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Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight

By Peter J. D'Adamo

G.P. Putnam's Sons, 1996. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: "What would you say if I told you that the secret to healthy, vigorous, and disease-free living might be as simple as knowing your blood type," ask Dr. Peter DAdamo and Catherine Whitney, and in Eat Right 4 Your Type, they shows us the simple answer. If youve ever suspected that not everyone should eat the same thing or do the same exercise, youre right. In fact, what foods we absorb well and how our bodies handle stress differ with each blood type. Your blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength. It determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems. Only recently have all the pieces of the scientific and clinical puzzle started coming together. Dr. DAdamo has spent the past fifteen years researching the connections among blood type and exercise, food, and disease, and his research is built on thirty years of work done by his father. In Eat Right 4 Your Type he shows: which...



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Reviews

This ebook is great. I am quite late in start reading this one, but better then never. I am just easily will get a satisfaction of reading through a composed pdf.

-- **Brendan Doyle**

I actually started reading this article ebook. I actually have read and i also am certain that i will likely to go through once again again in the future. You are going to like just how the article writer compose this ebook.

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