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

By Dr Peter J D Adamo

HarperCollins Publishers Inc, United States, 2008. CD-Audio.

Book Condition: New. abridged edition. 147 x 132 mm.

Language: English . Brand New. Noted naturopathic physician

Dr. Peter J. D Adamo introduces a revolutionary new way to

eat and to live. In Eat Right For Your Type, he explains his

groundbreaking diet plan based upon blood type. Our blood

type is a roadmap to our inner chemistry and each blood type processes food, handles stress, and fights disease differently.

Find out what you should be eating, and how you should be

exercising in accord with your own type. For instance, For Type

O: Focus on higher protein, eliminate grains, and perform

energetic aerobic exerciseFor Type A: Go vegetarian, exercise

more mildly, and ease tension through meditation For Type B:

Vary your diet with a diversity of food groups, and exercise

moderatelyFor Type AB: You have most of the benefits and

intolerances of Types A and B From A to O, Eating Right For

Your Type is as simple as A, B, C!An Important Note: This audio

is not intended as a substitute for the medical

recommendations of physicians or other healthcare providers.

Rather, it s intended to offer information to help the...



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