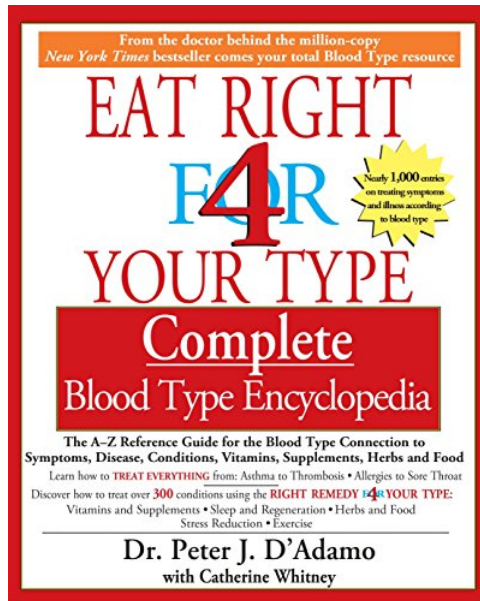


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From the doctor behind the New York Times bestseller with over seven million copies sold worldwide comes your total Blood Type resource. Dr. Peter J. D'Adamo has established himself as the world's most popular and respected authority on the connection between blood type and eating, cooking, healing and living. Eat Right 4 Your Type, Cook Right 4 Your Type, and Live Right 4 Your Type have created an international phenomenon. Now comes the essential desk reference to answer all your questions. The first book to draw on the thousands of medical studies proving the connection between blood type and disease, this is the ultimate blood type guide to: Disease susceptibility Allergic responses Symptoms Chronic pain Digestive health Fatigue Immune enhancement Sleep enhancement Cognitive improvement Detoxification Healthy skin Cardiovascular protection Metabolic enhancement Exercise Herbs, Supplements, and Food. With nearly 1,000 entries on treating symptoms and illness according to blood type, Eat Right 4 Your Type Complete Blood Type Encyclopedia will give you keys to unlocking the secrets to the health and well-being of yourself and your family.

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