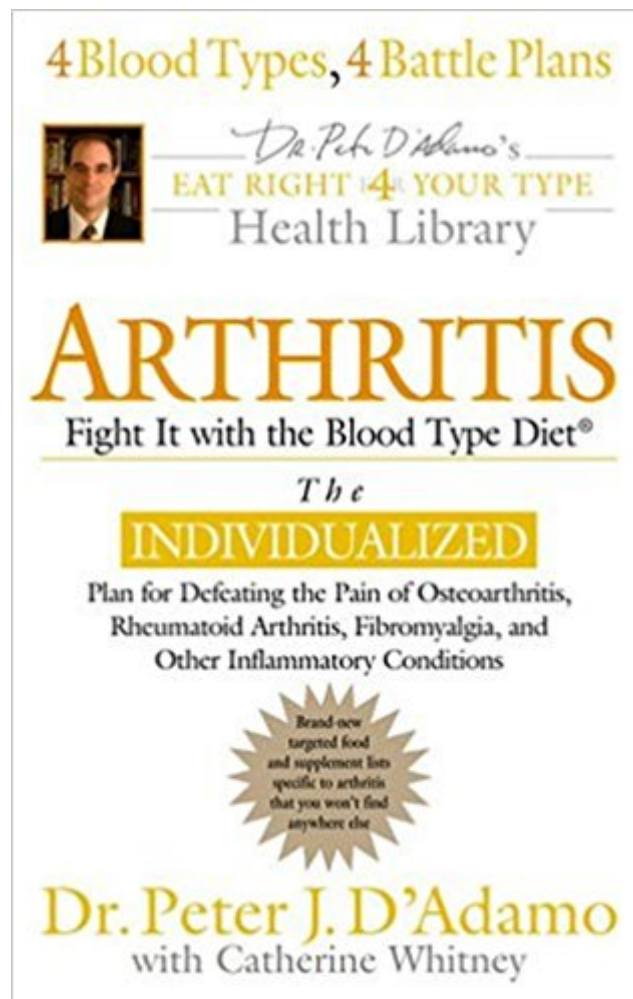




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Arthritis: Fight It With The Blood Type (Eat Right 4 Your Type Library)



Synopsis

From the author of the two million copy Eat Right 4 (for) Your Type series- a library of books to help defeat eight of the most common conditions with the Blood Type Diet.(r) Dr. Peter J. D'Adamo has forever changed the face of eating right to lose weight and achieve maximum health. Because he discovered what many already instinctively knew-that a plan that works for one person may make another ill-there will never be a one-size-fits-all diet again. And since we now know that each blood type is affected differently by common diseases and conditions, there will never be a one-size-fits-all plan of action. Now Dr. D'Adamo adds two new volumes to his Eat Right for Your Type Health Library. The first two were Cancer and Diabetes. The next books tackle arthritis (including osteoarthritis, rheumatoid arthritis and other conditions caused by inflammation) and cardiovascular disease (such as high blood pressure, heart disease, and stroke). In these volumes, readers will find new information individualized for their blood type and illness. Self-assessment tests that help determine status and measure progress are included, as well as supplementary, lifestyle, and exercise protocols tailored to each blood type and each condition. There has never been a better arsenal for fighting disease, nor an easier or clearer tool.

Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (49 customer reviews)

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Customer Reviews

I'm a 79 year old airline certified full time flight instructor. Dr. D'Adamo Eat 4 your blood type (I'm type "O") changed my life and the lives of many professional pilots I've trained for many years. His

books are scientific not "professional opinions or diets" Every year I pass rigorous FAA medical exams and also submit letters from my Docs who state, in writing" they have never seen a 79 year old in my incredible health. I do no regular exercise, as a Marine I did enough of that boring crap. I weighed 145 lbs, a grunt feather merchant at 17 in the early 1950's. I weigh 154 lbs now and thanks to Dr. D'Adamo am a lean Marine fighting machine. Keep it simple. Just suck it up (I thought life was over giving up Chicago Pizza, Hebrew dill pickles, my beloved potatoes and corn for rice and giving up other "Avoid" items that I loved while they were slowly killing me.)if I am a guest I will eat what they serve, the books say don't be a fanatic. Every once in awhile I will just savor Papa Murphy's Pizza and tell my body , "okay this won't kill you just do your damn job". For just five days AND nights don't eat or drink ANTHING LISTED TO AVOID. You won't notice anything because you never did anything like this before. On the sixth day eat any damn thing you want all day. You will wake up we with a "hangover" that will feel like the way you used to wake up!!! Like crap. I would rather die then give up a big mug of brewed coffee laced with International Hazelnut Cream first thing in the morning. After, I chug a 16.9 oz bottle of water hoping the body won't notice. For me, my personal "truth" is, DOES IT WORK?

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