



Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution

By Dr. Peter J. D'Adamo, Catherine Whitney

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THE NEW YORK TIMES BESTSELLING DIET PHENOMENON

If you've ever suspected that not everyone should eat the same thing or do the same exercise, you're 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.

Based on decades of research and practical application, *Eat Right 4 Your Type* offers an individualized diet-and-health plan that is right for you.

In this revised and updated edition of *Eat Right 4 Your Type*, you will learn:

- Which foods, spices, teas, and condiments will help maintain your optimal health and ideal weight
- Which vitamins and supplements to emphasize or avoid
- Which medications function best in your system
- Whether your stress goes to your muscles or to your nervous system
- Whether your stress is relieved better through aerobics or meditation
- Whether you should walk, swim, or play tennis or golf as your mode of exercise
- How knowing your blood type can help you avoid many common viruses and infections
- How knowing your blood type can help you fight back against life-threatening diseases
- How to slow down the aging process by avoiding factors that cause rapid cell deterioration

INCLUDES A 10-DAY JUMP-START PLAN

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- Sales Rank: #14413 in eBooks
- Published on: 1997-01-06
- Released on: 1997-01-06
- Format: Kindle eBook

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Editorial Review

Amazon.com Review

This abridged audiobook introduces Dr. Peter J. D'Adamo's revolutionary approach to dieting based on the connection between blood type and health. Read by audio pro Polly Adams, D'Adamo's bestseller details how different foods affect specific blood types both positively and negatively. We learn that "pastas made from buckwheat are better tolerated for Type Os," and that type As should eliminate all meat from their diet to reduce the risk of heart disease and cancer. Adams blends an efficient, no-nonsense delivery and warm tones that may remind some of a favorite talk-radio personality. And considering the important subject matter, listeners will appreciate all of these qualities. While some dieters may find the suggestions too progressive--it's recommended that women with a history of breast cancer in their family introduce snails into their diet--this is a beneficial three-hour investment for dieters seeking alternative nutritional plans. (Running time: three hours, two cassettes) --*Cate Bick*

From [Booklist](#)

As recently as five years ago, any talk about the healing powers of alternative medicine would have produced considerable scoffing. Today, many patients of alternative practitioners can relate at least one true curative tale. The time is ripe, then, for naturopathic physician-researcher D'Adamo to promote his family's two-generation investigation into the alliance between blood type, diet, exercise, and health. His premise is that the four blood types--O, A, B, and AB--are the key to our immune systems. There is a strong and proven chemical reaction, positive or negative, between blood type and the foods one eats. Each type, he (and his coauthor) says, requires its own diet, exercise, and meal plans; vitamin supplements; and personality profile. For instance, type AB, the rarest, has a sensitive digestive tract but the friendliest immune system of the four. Furthermore, there is a documented link between blood type and risk for disease. Once the publicity machine starts, expect users to queue up to borrow this title. *Barbara Jacobs*

Review

"I found the information in *Eat Right 4 Your Type* absolutely fascinating. [It] gives all of us an extremely practical way to apply it to our own lives."—Christiane Northrup, MD, Author of *Women's Bodies, Women's Wisdom*

"Peter D'Adamo's merits are not esteemed enough. . . . [He is] one of the most creative scientists in the Western world."—Professor Gerhard Uhlenbruck, PhD, MD, World-Renowned Lectin Researcher at the University of Cologne, Germany

Users Review

From reader reviews:

Joe Bell:

The book *Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution* gives you the sense of being enjoy for your spare time. You can use to make your capable more increase. Book can to get your best friend when you getting pressure or having big problem with the subject. If you can make reading a book *Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution* to get your habit, you can get far more advantages, like add your capable, increase your knowledge about

many or all subjects. You are able to know everything if you like wide open and read a publication Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution. Kinds of book are several. It means that, science publication or encyclopedia or some others. So , how do you think about this e-book?

Willard Sarvis:

What do you concerning book? It is not important along with you? Or just adding material when you require something to explain what the ones you have problem? How about your spare time? Or are you busy individual? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Everyone has many questions above. They have to answer that question simply because just their can do in which. It said that about guide. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need that Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution to read.

Edgar Hightower:

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Ruth Little:

That e-book can make you to feel relax. This book Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution was colorful and of course has pictures on there. As we know that book Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution has many kinds or category. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and think you are the character on there. Therefore , not at all of book are generally make you bored, any it makes you feel happy, fun and unwind. Try to choose the best book for yourself and try to like reading this.

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