



Eat Right for 4 Your Type: Complete Blood Type Encyclopedia

By Peter D'Adamo

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Which blood types should...

Respond quickly to signs of depression with anti-depressants?

Use a widely available vaccine to lower the risk of cancer?

Avoid aspirin because of thin blood?

Use diet to treat an ear infection?

The answers are here...

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

Food, herb and supplement entries give specific information by blood type on efficacy for different conditions as well as overall health. A comprehensive introduction lays out the history of blood type science as well as confirmation of D'Adamo's theories yielded by the new maps of the human gene. The **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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Editorial Review

About the Author

Dr. Peter D'Adamo is an eminent naturopathic physician and researcher with a wide international following. His first book, *Eat Right 4 Your Type*, is consistently on bestseller lists three years since its publication and has been translated into more than forty languages. For his work on blood type and nutrition, Dr. D'Adamo was selected 1990 Physician of the Year by the American Association of Naturopathic Physicians. In 1999, respected industry analysts named *Eat Right 4 Your Type* one of the ten most influential health books ever, and Dr. D'Adamo the most intriguing health author of the year. He is the founder and editor emeritus of *The Journal of Naturopathic Medicine*, and maintains a small, private practice. He is also the author of *Cook Right 4 Your Type* and *Live Right 4 Your Type*.

Catherine Whitney is a co-author of numerous bestselling books on health and medicine.

Users Review

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Samara Reed:

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