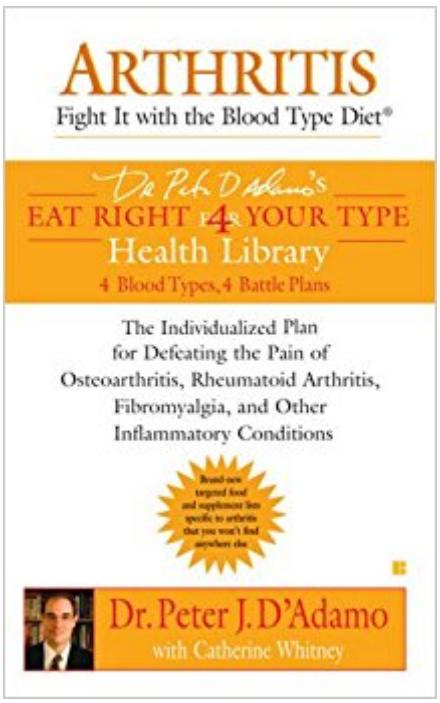
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Arthritis: Fight It With The Blood Type Diet: The Individualized Plan For Defeating The Pain Of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right For Your Type Health Library)



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Synopsis

Four blood types, four battle plans to fight arthritis. Bestselling author Dr. Peter J. D'Adamo delivers four unique, individualized battle plans for defeating the pain of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions. A new approach to one of the most painful and debilitating health problems.

Book Information

Series: Dr. Peter D'adamo's Eat Right for Your Type Health Library
Mass Market Paperback: 256 pages
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Shipping Weight: 4.8 ounces
Average Customer Review: 4.4 out of 5 stars 54 customer reviews
Best Sellers Rank: #1,374,265 in Books (See Top 100 in Books) #99 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #531 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #970 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

Customer Reviews

Dr. Peter J. DÃ¢â ¬â„¢AdamoÃ Â is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of theÃ Â New York TimesÃ Â best-sellingÃ Â Eat Right 4 Your TypeÃ Â book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. DÃ¢â ¬â„¢Adamo Ã¢â ¬Å“one of the most creative scientists in the Western world.Ã¢â ¬Â•Ã Â Catherine WhitneyÃ Â is the coauthor of numerous bestselling books on health and wellness. --This text refers to an out of print or unavailable edition of this title.

Unfortunately, I didn't find out until after I received the book that my doctor's office didn't know my blood type nor do they run tests to find out; in addition, the author says one has to have a test to

discover if one is a "secretor" or a "non-secretor". Without these two pieces of information, it is impossible to make any use of the book.

a

my mom loves this book and notices differences in her weight and arthritis when following the guidelines in this book

Great book on managing arthritis with diet.

I already had Peter D'Adamo's book, Eat right for your type. There was not a lot of new information that pertained specifically to osteoarthritis, but enough to be helpful, and to remind me to try the diet again. The diet information is good. Not sure yet whether it's really helping my arthritis.

This book is informative and very useful. My husband and I have both benefited by following the suggestions. W both are pain free and have recommended this to our friends who have mutual problems.We continue to refer to this book and are becoming much more nutrition aware.Great reference book.

My friend for whom I purchased this book feels already better after one month of using Dr D'Adamo's advise .Thank you DR. D!

Excellent book, good information that has really helped me carry on.

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