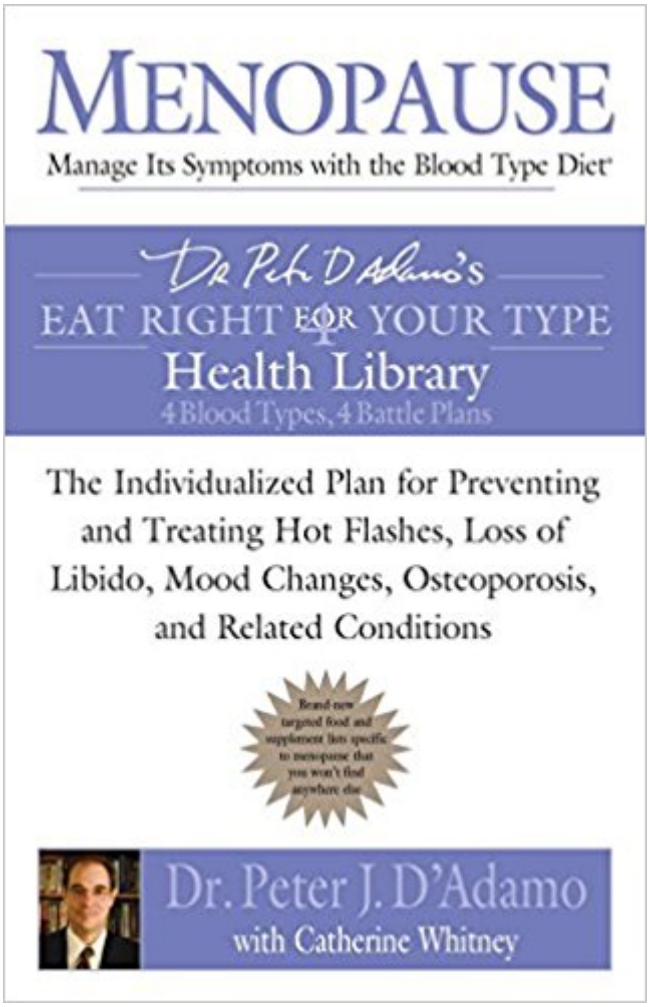
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Menopause: Manage Its Symptoms With The Blood Type Diet: The Individualized Plan For Preventing And Treating Hot Flashes, Lossof Libido, Mood Changes, Osteoporosis, And Related Conditions




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Synopsis

Dr. Peter J. D'Adamo now brings women a targeted plan for managing the symptoms of menopause. With specific tools not available in any other book for preventing and treating such symptoms as hot flashes, insomnia, loss of libido, and osteoporosis, this volume includes tools that will help you treat and prevent menopausal symptoms.

Book Information

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Average Customer Review: 4.0 out of 5 stars 15 customer reviews

Best Sellers Rank: #989,517 in Books (See Top 100 in Books) #78 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #80 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #2371 inÃ Â Books > Health, Fitness & Dieting > Women's Health > General

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.

I follow the eat right 4 your type food plan & this was a very helpful addition. It helped to fine tune some issues.

The Blood type is so important.

The book arrive in excellent condition and was very informative. I was not disappointed.

It’s a good reference book.

love this book on menopause

Very good!

this is an awesome book with a lot of great information very happy with the book, i would highly recommend this book

I have the book eat right 4 your type and have seen the benefits of doing this and the results of weight gain when not following this diet. I have read Menopause Manage Its Symptoms with the Blood Type Diet and am so encouraged. Dr. D’Adamo lays out a plan for you to change the way you eat over a few weeks so it’s not so drastic. He also tells you how to incorporate exercise into your week. I think I will have no trouble following this. As far as does it really work...I have no doubt it will, but I haven’t followed it yet, so I can’t really say. I truly believe it will. I am very excited about my new diet and can’t wait to get started.

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