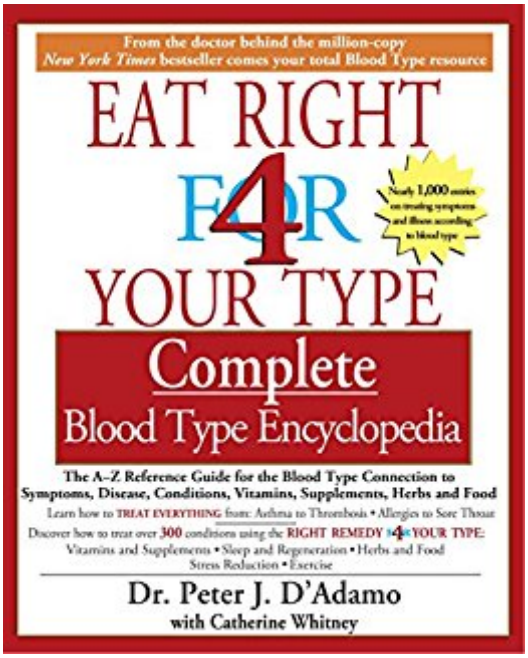
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The Eat Right 4 Your Type The Complete Blood Type Encyclopedia



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Synopsis

From the doctor behind the New York Times bestsellerÃ¢â ¬â •with over seven million copies sold worldwideÃ¢â ¬â •comes your total Blood Type resource.Dr. Peter J. DÃ¢â ¬â„¢Adamo has established himself as the worldÃ¢â ¬â„¢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:Ã¢â ¬Â¢Ã Â Disease susceptibilityÃ¢â ¬Â¢Ã Â Allergic responsesÃ¢â ¬Â¢Ã Â SymptomsÃ¢â ¬Â¢Ã Â Chronic painÃ¢â ¬Â¢Ã Â Digestive healthÃ¢â ¬Â¢Ã Â FatigueÃ¢â ¬Â¢Ã Â Immune enhancementÃ¢â ¬Â¢Ã Â Sleep enhancementÃ¢â ¬Â¢Ã Â Cognitive improvementÃ¢â ¬Â¢Ã Â DetoxificationÃ¢â ¬Â¢Ã Â Healthy skinÃ¢â ¬Â¢Ã Â Cardiovascular protectionÃ¢â ¬Â¢Ã Â Metabolic enhancementÃ¢â ¬Â¢Ã Â ExerciseÃ¢â ¬Â¢Ã Â Herbs, Supplements, and FoodWith nearly 1,000 entries on treating symptoms and illness according to blood type,Ã Â 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.

Book Information

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Customer Reviews

First I am not one for diets. Second I was very skeptical about this. I bought my friend a book too. She went to the extreme and did everything she was suppose to and well, I gradually worked in the foods that are beneficial for me and removed the foods that weren't. Within three months my friend went from being in bed all the time, depressed, aching joints, ADD, etc... to being energetic, not ADD, younger looking skin, etc. I mean a completely different person that was obvious to all of us around her. Needless to say I was shocked. Still don't quite understand how food has that kind of impact on the body but the proof was undeniable. So, I and my other friend decided to buckled down and do exactly what the book said to do. I am type O so there were some foods to avoid that were my favorite like Avocado, corn, etc. but for the most part it was easy. I just literally threw everything out of my kitchen that was not type O approved. For me I am a picky eater so wasn't sure how this was going to go. Well, I am still eating type O after four years now. Before I would be in the hospital three to four times a year due to bronchitis, asthma, etc. Always on an antibiotic or steroid, etc. When you walk into an ER and the doctors remember you and know how to treat you off of their memory it is pretty sad. I was also the type of person where if someone was sick and even near me for a minute it was just a matter of time that I was going to be sick too, every single time. Well, in the four years doing type O I have not been sick once. Not even once. I have been around people that were very sick and never once have I been sick. Have not had any antibiotics or steroids. My other friend no longer clears his throat that he did repeatedly for 10 years. One of the key issues was corn for us. Anything with corn...corn starch, etc. in fact, after three months of being on type O strictly if I have something with corn starch my body and my friend's body reacts immediately...head pressure, sinus pressure it is crazy. Not all avoid foods will my body react to dramatically but there are key ones it will and I am like I should not have eaten that. Still don't understand the science behind it. But now several people I know eat this way and every single one of us has changed and improved dramatically. What is even crazier I don't even crave the foods I really liked that are on my avoid list and crave foods now that I thought I would never eat. I love spinach now, before maybe once a year. I love pizza with just a little olive oil, crushed garlic, feta, spinach, no sauce, kalamata olives, maybe some red onions...my favorite...before I loved cheese pizza but not no more. I eat mozzarella cheese over cheddar. Eat feta cheese now. Never ate onions in my life but now do, it is crazy. My body literally craves type O food it is absolutely mind

blowing. I mean anyone that tries eating their blood type and does so strictly for at least three months, meaning avoid all avoid foods, eat all beneficial foods, etc. will see a major difference. As I have seen it with my own eyes with several different blood types. It works, can't explain it. I bought the app on my iPhone so when in the grocery store I just quickly look up an item as type O can have mushrooms but some mushrooms are on my avoid list so I just click on the app as I can never remember which one and know immediately what to buy and what not too.

I think someone's opinion on this book is going to be largely based on their health going into the diet. I first found this book in high school and my mom said I was an A blood type so I concentrated on vegetarian foods. I was happy to do this because it was in the 90's and all my teen magazines promoted low fat and vegetarian diets and of course, I wanted to be like the models. I would skip the meat part of the meal and I would never get full. My weight ballooned. I had digestive problems. After about 4 years, I developed a chronic cough that never went away. I went to a lung specialist and he told me I probably had cystic fibrosis and sent me to the hospital to get tested. My sodium test was borderline. He was so sure that I had it, he sent me to another hospital in another town to have the test retaken because he thought the staff was bad at the first place. My test was borderline again. He gave me all sorts of steroids to help with the cough and eventually it went away.Anyway, fast forward years and my health was destroyed. I ended up desperate to fix it so I went to college for dietetics and became a nutritionist. Of course, dietetic school said this was a fad diet so I went on a dietary guidelines plan. I was able to lose a little weight because I had incorporated meat back into my diet.'Fast forward a year out of school, I discovered the paleo diet and my whole world was better. I thrived on the paleo diet, lost weight, and told everyone about it. I was one of the first nutritionists on the web promoting it, but then something happened. Some of my clients did horrible on it. I just assumed they were not doing it right. Then I had my son and my pregnancy with him was a train wreck. I was sick all the time and I couldn't eat anything but turkey (this is a hint at what blood type he was going to be).I tried to eat a paleo diet when I was pregnant with him and he wouldn't let me. When I was breastfeeding, he didn't like the paleo diet either. It was torture. My mom was managing a health food store at the time and she had blood type supplements on her shelf. I grabbed them and took them to my naturalpath doctor to ask her about them. She highly recommended the blood type diet.What I discovered was that I wasn't an A; I was an O and I was doing the diet backwards for years. That's also why I thrived on paleo and my son was an A and he hates meat. Now, as a four year old, he only eats chicken maybe 2 times a month. He loves protein shakes and I don't push meat on him because I know your body will naturally like what it needs. It is

insane though because our eating styles are exactly opposite and I am grateful for this book because I know that his needs are different from mine and I shouldn't force him to eat what I like.So, my point to this long review is that some people may not like this book because they might not be experiencing any health issues so they don't see the difference or others might not try it long enough. Also, you can see by my story what eating the wrong diet did to my health and it didn't take long.I love Dr. D Adamo. I use his supplements. I read all of his books. I use his skin care. As a nutritionist, I have studied the science and it's there. This isn't a fad diet.When you have your blood type you have a blue print for your health. It's freedom.One thing that I love about him that I have to add is his ability to speak against what's popular. When I was pregnant, it didn't make sense to me how I could carry a type A baby, if type A blood would kill me. I developed a horrible rash called the pupps rash. I say 5 OBGYN's and I told me all my theory that I was reacting to the blood of the body and they all thought I was nuts. After I delivered I still believed the reason I was so sick in pregnancy was because of the blood type difference. Years later I read in one of his books that he supports that theory of the most difficult pregnancies are usually type O mom's with A babies. And warning: don't get the flu shot because it will make worse.I could go on forever about this book, but I'll give you a break .

This diet is stable and curbs hunger. Weight goes off naturally and one attains a higher level of well being with adherence to the diet. I did it for three years in the early 2000's and never felt better before or since. I advocate the diet and the book. BUYER BEWARE: misrepresents this product. The book I received is not the 1997 edition (which I have had before) but the 1996 edition and it does make a difference. The food lists are more refined in the 1997 edition. Buy the book elsewhere!

My blood chemistry changed for the better after following the guidelines in this book. I was about to take risky medicines to lower certain markers, and by following the guidelines they've gone down and stayed down. I for one was shocked that it actually worked.

everyone should read this amazing info I feel great after being on this recommended food for my blood type WOW going on 10 months now and still fantastic with energy like never before

A most interesting book about eating for your blood type.I was able to make lists of what to eat and what not to eatfor my blood type. When I go food shopping, I keep thelists with me. My health

seems to have improved andI am not spending money on food that is not good for me.This is a big help when one is trying to live on a socialsecurity check. I am 87 and still competing as a Mastersswimmer. What you eat is what you are!

So much good information and scientifically based. Not just what someone happens to think..Really has helped me with fibromyalgia, chronic fatigue syndrome and myofascial pain disorder. I am not as tired as I used to be. Not as painful either! It has changed my life!!!

Great book. Very useful. The older I get the more true to my blood type I get - the effects of eating positively and negatively are clearly apparent to me

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