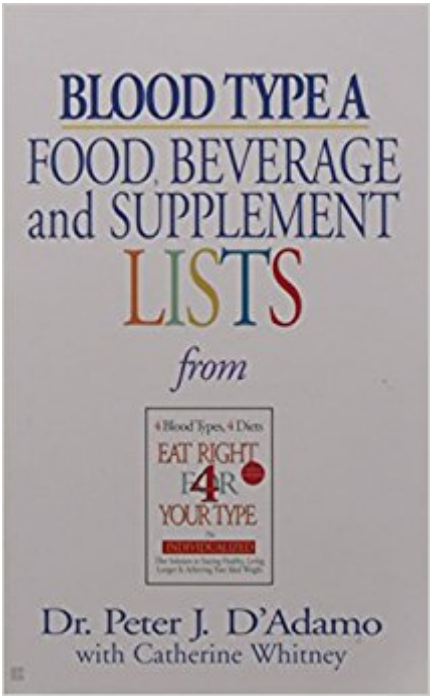
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# Blood Type A: Food, Beverage And Supplemental Lists From Eat Right 4 Your Type




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## Synopsis

The Eat Right 4 (For) Your Type portable and personal guide that will help people with blood type A stay healthy and achieve their ideal weight.Different blood types mean different body chemistry. If your blood type is A, enjoy your best health on a vegetarian diet. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing.Ã Â Inside you will find complete listings of whatÃ¢â ¬â„¢s right for Type A in the following categories:Ã¢â ¬Â¢Ã Â meats, poultry, and seafood Ã¢â ¬Â¢ oils and fatsÃ Â Ã¢â ¬Â¢Ã Â dairy and eggsÃ Â Ã¢â ¬Â¢Ã Â nuts, seeds, beans, and legumesÃ Â Ã¢â ¬Â¢Ã Â breads, grains, and pastasÃ Â Ã¢â ¬Â¢Ã Â fruits, vegetables, and juicesÃ Â Ã¢â ¬Â¢Ã Â spices and condimentsÃ Â Ã¢â ¬Â¢Ã Â herbal teas and other beveragesÃ Â Ã¢â ¬Â¢Ã Â special supplementsÃ Â Ã¢â ¬Â¢Ã Â drug interactionsÃ Â Ã¢â ¬Â¢Ã Â resources and supportRefer to this book while shopping, dining, or cookingÃ¢â ¬â •and soon, you will be on your way to developing a prescription plan thatÃ¢â ¬â„¢s right for your type.

## Book Information

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## 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 thought the book well written, giving very specific information as to the why take this direction to feel and age better.I have already taken steps toward these goals of better eating and food intake. I would classify myself as a very health conscious person to begin with. At 59 years old I have no ailments, take no medications and work out 5 to 6 days a week. I think this book will focus me that much more on living well in my senior years.

This food list is just what I need to carry with me. It helps me remember the foods that are best for me. Great idea!

I've been following this guide for years now, and I will never change it. After just a couple of weeks of eating this way I lost a few un-needed/unwanted pounds before leveling off at what I consider my natural body weight. From there I held weight, but kept leaning up. My energy increased throughout the day, I slept better at night, I immediately started breathing better, and my strength and endurance went up. I lost a bunch of mystery aches, and my digestive issues cleared up. In was starting to think something was seriously wrong with my GI system before I started this. The concept employed here is that the chemistry of certain foods reacts differently to the chemistry folks with with different blood types. I'm in my forties and feel as good as I did in my late twenties. I believe a large portion of that is due to the way I eat.

I became interested in the blood type diet after I read a personality description of myself based on my blood type. It described me very well and kind of reminded me of astrology and horoscopes. I don't know if there's any truth behind it, but it's still interesting. It started me thinking, if my blood type could describe my personality so well, maybe there is something behind the blood type diet? This diet has been around for years, but I never gave it much thought based on people calling it a fad. It may very well be, I'm still not sure, but I did enjoy this little book.This book is my initial introduction into the blood type diet. I wanted to get right down to the nitty gritty and see if eating more of these beneficial foods and less of the avoid foods would benefit my health before diving right into the main book. After reading this I will be reading "Eat Right for Your Type." So far most of the information has rung true for me. There is a high incidence of cancer in our family so that is a

fear of mine. I am interesting in learning ways to prevent it. The author's advice matches pretty closely to other "anti-cancer" diets-- *Eat more plants/ plant based foods *Eat less meat and animal products.Dr. D'Adamo is surprisingly correct about some of his advice, atleast for me. I got diagnosed with a gluten sensitivity 3 months ago and the avoid grains I have discovered to be problematic foods for me are the same foods on his avoid list. Also about Type A's creating a lot of mucous, right for me too. Dr. D'Adamo was also correct about the low-stomach acid of Type A individuals, information I thought was incorrect due to having acid reflux and believing it to be caused by high stomach acid which I now know to be caused by low-stomach acid.I noticed that many of his avoid foods do upset my stomach such as tomatoes and peppers, but others which he says to avoid seem beneficial to me (bananas, coconut milk/oil) I enjoy and have no problems with, hence the reason I give the book 4 stars and not 5. Once I read the main book there should be an explantion for that, but at this moment I'm still not 100% convinced of the validity of the book even though his advice is working well for me so far.In summary, if you are curious about the blood type diet this may be a good place to start. If you already have read and enjoyed "Eat Right for Your Blood Type" then this is an Excellent pocket guide to carry around with you. I am heeding the advice in this book and am losing weight. My weight which has been stagnant for the past 3 months finally started moving in the right direction. I am sleeping better and my digestion has greatly improved. I don't know if this diet will work for everyone but I think it is working for me.

Handy little book with all the pertinent materials right at your finger tips!

Very informative book about the foods that are best for your blood type. Very accurate we found!

Interesting information contained in this book.

I was diligent in this program but have decided it doesn't have credence. The book is very simple and information in it is readily available for free online too. It didn't do what the author claims it will do.

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