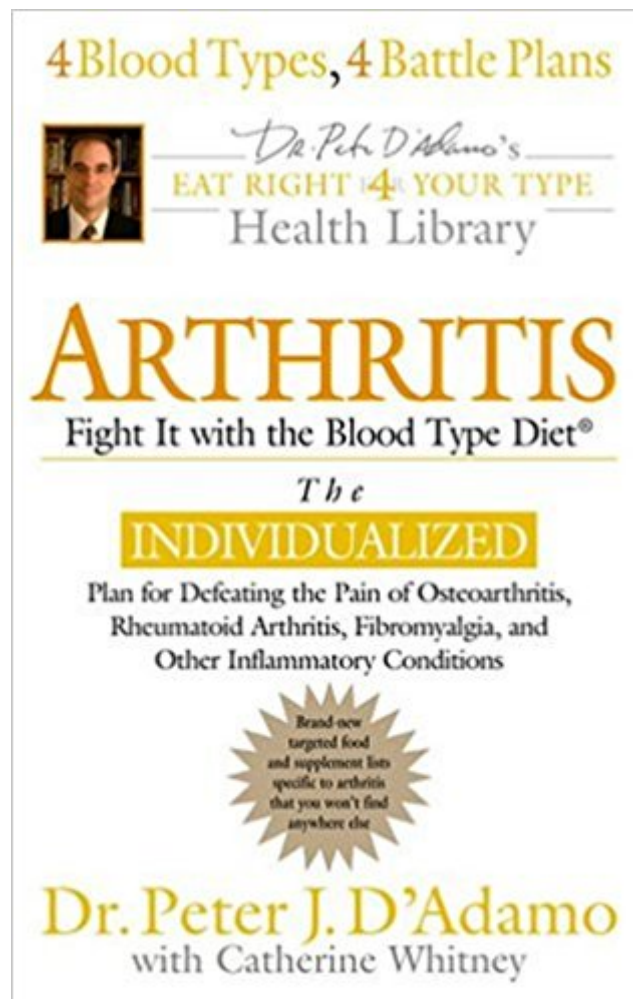




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Arthritis: Fight It With The Blood Type (Eat Right 4 Your Type Library)



Synopsis

From the author of the two million copy Eat Right 4 (for) Your Type series- a library of books to help defeat eight of the most common conditions with the Blood Type Diet.(r) Dr. Peter J. D'Adamo has forever changed the face of eating right to lose weight and achieve maximum health. Because he discovered what many already instinctively new-that a plan that works for one person may make another ill-there will never be a one-size-fits-all diet again. And since we now know that each blood type is affected differently by common diseases and conditions, there will never be a one-size-fits-all plan of action. Now Dr. D'Adamo adds two new volumes to his Eat Right for Your Type Health Library. The first two were Cancer and Diabetes. The next books tackle arthritis (including osteoarthritis, rheumatoid arthritis and other conditions caused by inflammation) and cardiovascular disease (such as high blood pressure, heart disease, and stroke). In these volumes, readers will find new information individualized for their blood type and illness. Self-assessment tests that help determine status and measure progress are included, as well as supplementary, lifestyle, and exercise protocols tailored to each blood type and each condition. There has never been a better arsenal for fighting disease, nor an easier or clearer tool.

Book Information

Series: Eat Right 4 Your Type Library

Hardcover: 224 pages

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Product Dimensions: 5.4 x 0.8 x 8.3 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.4 out of 5 stars 54 customer reviews

Best Sellers Rank: #425,205 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #174 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #2793 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Dr. Peter J. D'Adamo is a noted naturopathic physician, researcher, lecturer, and author. His extensive research and clinical testing of the connection between blood type and disease have

garnered international recognition and led to groundbreaking work with many illnesses. Dr. D'Adamo's books have been translated into more than fifty languages. Catherine Whitney is the coauthor of numerous bestselling books on health and medicine.

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.

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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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Arthritis: An Ultimate Guide For Arthritis: (Symptoms of Arthritis, Rheumatoid Arthritis, Psoriasis

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