



# Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution

By Dr. Peter J. D'Adamo, Catherine Whitney

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**Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution** By Dr. Peter J. D'Adamo, Catherine Whitney

## THE NEW YORK TIMES BESTSELLING DIET PHENOMENON

If you've ever suspected that not everyone should eat the same thing or do the same exercise, you're right. In fact, what foods we absorb well and how our bodies handle stress differ with each blood type.

Your blood type reflects your internal chemistry. It is the key that unlocks the mysteries of disease, longevity, fitness, and emotional strength. It determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems.

Based on decades of research and practical application, *Eat Right 4 Your Type* offers an individualized diet-and-health plan that is right for you.

**In this revised and updated edition of *Eat Right 4 Your Type*, you will learn:**

- Which foods, spices, teas, and condiments will help maintain your optimal health and ideal weight
- Which vitamins and supplements to emphasize or avoid
- Which medications function best in your system
- Whether your stress goes to your muscles or to your nervous system
- Whether your stress is relieved better through aerobics or meditation
- Whether you should walk, swim, or play tennis or golf as your mode of exercise
- How knowing your blood type can help you avoid many common viruses and infections
- How knowing your blood type can help you fight back against life-threatening diseases
- How to slow down the aging process by avoiding factors that cause rapid cell deterioration

**INCLUDES A 10-DAY JUMP-START PLAN**

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- Sales Rank: #14413 in eBooks
- Published on: 1997-01-06
- Released on: 1997-01-06
- Format: Kindle eBook

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### **Editorial Review**

#### Amazon.com Review

This abridged audiobook introduces Dr. Peter J. D'Adamo's revolutionary approach to dieting based on the connection between blood type and health. Read by audio pro Polly Adams, D'Adamo's bestseller details how different foods affect specific blood types both positively and negatively. We learn that "pastas made from buckwheat are better tolerated for Type Os," and that type As should eliminate all meat from their diet to reduce the risk of heart disease and cancer. Adams blends an efficient, no-nonsense delivery and warm tones that may remind some of a favorite talk-radio personality. And considering the important subject matter, listeners will appreciate all of these qualities. While some dieters may find the suggestions too progressive--it's recommended that women with a history of breast cancer in their family introduce snails into their diet--this is a beneficial three-hour investment for dieters seeking alternative nutritional plans. (Running time: three hours, two cassettes) --*Cate Bick*

#### From [Booklist](#)

As recently as five years ago, any talk about the healing powers of alternative medicine would have produced considerable scoffing. Today, many patients of alternative practitioners can relate at least one true curative tale. The time is ripe, then, for naturopathic physician-researcher D'Adamo to promote his family's two-generation investigation into the alliance between blood type, diet, exercise, and health. His premise is that the four blood types--O, A, B, and AB--are the key to our immune systems. There is a strong and proven chemical reaction, positive or negative, between blood type and the foods one eats. Each type, he (and his coauthor) says, requires its own diet, exercise, and meal plans; vitamin supplements; and personality profile. For instance, type AB, the rarest, has a sensitive digestive tract but the friendliest immune system of the four. Furthermore, there is a documented link between blood type and risk for disease. Once the publicity machine starts, expect users to queue up to borrow this title. *Barbara Jacobs*

#### Review

"I found the information in *Eat Right 4 Your Type* absolutely fascinating. [It] gives all of us an extremely practical way to apply it to our own lives."—Christiane Northrup, MD, Author of *Women's Bodies, Women's Wisdom*

"Peter D'Adamo's merits are not esteemed enough. . . . [He is] one of the most creative scientists in the Western world."—Professor Gerhard Uhlenbruck, PhD, MD, World-Renowned Lectin Researcher at the University of Cologne, Germany

### **Users Review**

#### **From reader reviews:**

#### **Mary Gillon:**

Book will be written, printed, or descriptive for everything. You can recognize everything you want by a publication. Book has a different type. As we know that book is important factor to bring us around the world. Alongside that you can your reading ability was fluently. A guide Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution will make you to possibly be smarter. You can feel much more confidence if you can know about every thing. But some of you think in which open or

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**Kathe Waller:**

In this 21st century, people become competitive in each way. By being competitive right now, people have do something to make these survives, being in the middle of the particular crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yeah, by reading a book your ability to survive enhance then having chance to stay than other is high. To suit your needs who want to start reading a new book, we give you this particular Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution book as beginning and daily reading publication. Why, because this book is more than just a book.

**John Wiser:**

People live in this new moment of lifestyle always aim to and must have the extra time or they will get lot of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to anyone of course your answer will probably unlimited right. Then ever try this one, reading guides. It can be your alternative inside spending your spare time, often the book you have read is Eat Right 4 Your Type (Revised and Updated): The Individualized Blood Type Diet Solution.

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