



# **Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight**

*Peter J. D'Adamo*

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"What would you say if I told you that the secret to healthy, vigorous, and disease-free living might be as simple as knowing your blood type," ask **Dr. Peter D'Adamo** and Catherine Whitney, and in **Eat Right 4 Your Type**, they shows us the simple answer.

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.

Only recently have all the pieces of the scientific and clinical puzzle started coming together. Dr. D'Adamo has spent the past fifteen years researching the connections among blood type and exercise, food, and disease, and his research is built on thirty years of work done by his father.

In **Eat Right 4 Your Type** he shows:

- which foods, spices, teas, and condiments help someone of your blood type maintain 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 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 specific to your blood type that cause rapid cell deterioration.

**Eat Right 4 Your Type** provides a clear, simple life plan that anyone can follow and suggests the easiest ways to determine your blood type and diet for your blood type. Here is a breakthrough book that will change the way we eat and live.

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#### **Maria Gomez:**

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a publication. The book Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. In case you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book has high quality.

#### **Valerie Bell:**

As we know that book is significant thing to add our know-how for everything. By a guide we can know everything we really wish for. A book is a group of written, printed, illustrated or perhaps blank sheet. Every year had been exactly added. This guide Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight was filled about science. Spend your time to add your knowledge about your science competence. Some people has distinct feel when they reading the book. If you know how big benefit from a book, you can feel enjoy to read a guide. In the modern era like today, many ways to get book which you wanted.

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#### **Lamar Santiago:**

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photographs on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. So , this Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight can make you experience more interested to read.

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