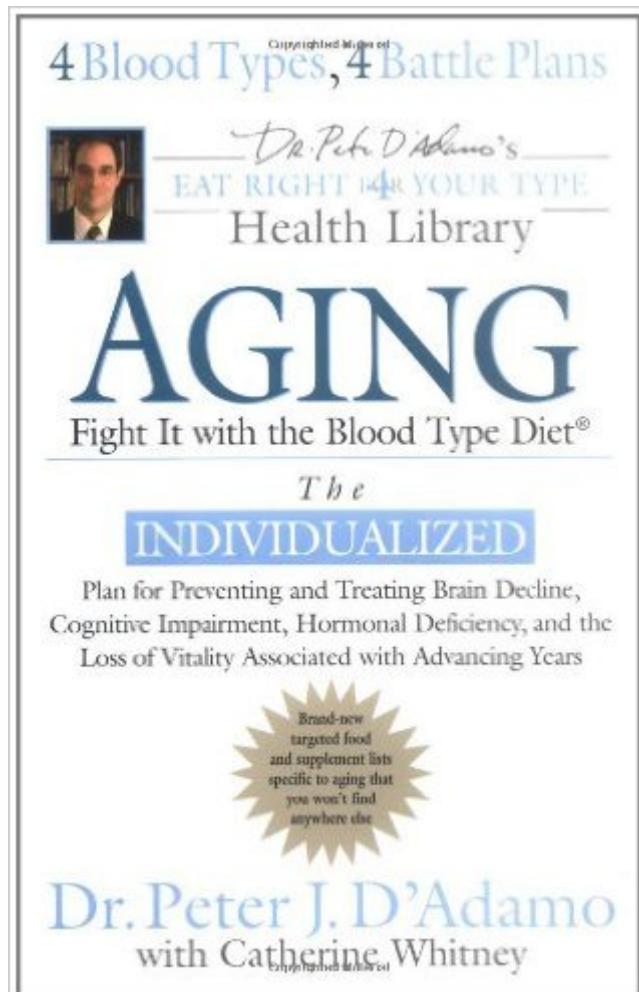


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# Aging: Fight It W/ The Blood Type Diet (Eat Right 4 Your Type Health Library)



## Synopsis

From the author of the 2 million-copy-selling Eat Right 4 (for) Your Type series, which has helped millions of people lose weight and stay healthy using the Blood Type Diet(r), come two new books to help fight the effects of aging and manage the symptoms of menopause. Having written books specifically geared toward fighting cancer, diabetes, arthritis, cardiovascular disease, allergies, and fatigue, Dr. Peter J. D'Adamo adds two new volumes to the Eat Right 4 (for) Your Type Health Library. This time he zeros in on aging, addressing the issues of brain decline, hormonal deficiency and loss of vitality, and menopause, focusing on treating hot flashes, loss of libido, osteoporosis, and mood changes. Dr. D'Adamo offers new information (not included in any of the other Eat Right books) individualized for the four blood types. In addition to the standard food categories of the Blood Type Diet®-Beneficial, Neutral, and Avoid-he provides a fourth category, Super Beneficial, which emphasizes foods that have medicinal properties that help fight the symptoms and signs of aging and menopause. Self-assessment tests that help determine your status and measure your progress on the diet are included, as well as supplement, lifestyle, and exercise protocols tailored to each blood type. There has never been a better arsenal nor an easier tool for using blood type to fight disease and promote health and longevity.

## Book Information

Series: Eat Right 4 Your Type Health Library

Hardcover: 208 pages

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Product Dimensions: 5.4 x 0.8 x 8.3 inches

Shipping Weight: 10.6 ounces

Average Customer Review: 4.8 out of 5 starsÂ  [See all reviewsÂ \(8 customer reviews\)](#)

Best Sellers Rank: #1,477,953 in Books (See Top 100 in Books) #93 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #2437 inÂ Books > Medical Books > Basic Sciences > Physiology #9530 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

We have found it quite easy to acclimate to the original Blood Type diet regime. We found

alternatives to what we had been eating and feeling better is a great incentive to keep it up. BUT - this book changed so much of what we thought was 'okay'. It was like having a completely new set of rules. If you are a Blood Type O - give up all that is sugar, including honey. The only way to get anything sweet, and stay on the diet, is fruit. What was 'okay' on the regular 'O' diet are now off limits. We will continue to eat sensibly and increase/alter our supplement intake, but that is it for now.

I am a 76 year old full time senior military and civilian flight instructor and Marine. I am type "O". This is not something you argue about, it is not a diet. It is pure science. When I eat something I am to "avoid" it triggers my immune system. Since there is no "outside" attack the immune system goes after ME! I have personally observed in others I have trained, in DAYS, the incredible impact not eating what is killing us has..... Once again. There is nothing to argue about or "discuss" The author is not "selling" anything other than his incredible life preserving scientific discoveries. Either do it or suffer. Captain Kent P. Larsen ATP, CFII ASMEL (USMC)

this is an amazing book. anyone that has trouble losing weight should try this. its not only for weight loss but for a healthy way to eat the right foods for your body type. the book was added to my collection of other books from this same dr.

It is working. I have lost 30 pounds, and my blood sugar is down 100 points.

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