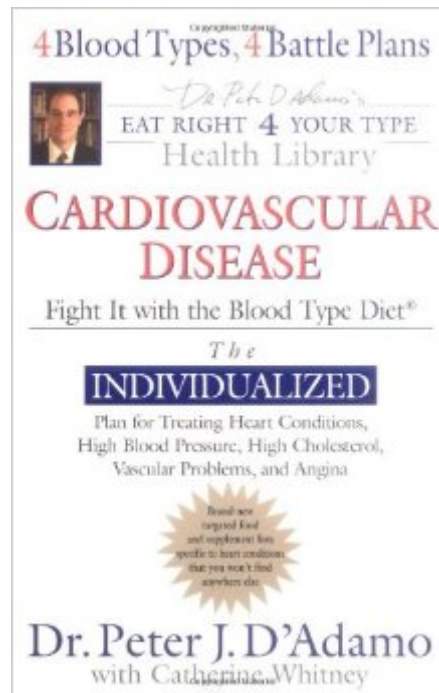


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Cardiovascular Disease: Fight It (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library)



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 knew-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: Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library

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Average Customer Review: 4.4 out of 5 stars Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #1,607,441 in Books (See Top 100 in Books) #97 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #785 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #8064 in Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

I love the D'Adamo series. I am currently in medical school and the more I learn about how things work, the more his information makes sense. I still wish all the actual research result were more

readily available. This book does a great job customizing the diet to fit your personal type. If you don't believe in the body or blood type idea then it is still a great book. The foods recommended are great and healthy as well as the exercise recommendations. Either way, it will be beneficial.

For me, I found the diet to be more limiting than what I currently follow and I am pretty limited. I have CVD, complete with a single graft bypass 2 years ago. Thanks parents. If it causes anyone to pay more attention to their heart health and it helps without harming, go for it! I found the heart health educational portion repetitive. I didn't get what I wanted but doesn't mean others won't.

Not too impressed with this book. He says some things that make sense, and some things that do not. How much stock can you put into someone's teaching that starts with evolution. Don't you believe it.

I have been eating for my blood type for 2 months and have had AMAZING results....allergy and asthma improvement, weight loss, more energy, etc. As to heart disease prevention - it is a huge and neglected health concern for women - the suggestions in this little tome all lead to a healthier lifestyle!

Brother-in-law wanted this book, said it was good.

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