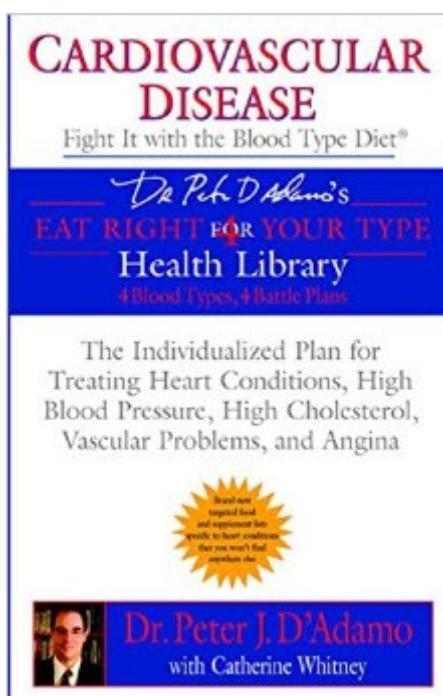


The book was found

Cardiovascular Disease: Fight It With The Blood Type Diet: The Individualized Plan For Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library)



Synopsis

Dr. Peter J. D'Adamo, the author of the Eat Right 4 (for) Your Blood Type Diet series, with more than two million copies in print, has now created a targeted plan for fighting arthritis and cardiovascular disease. Using specific tools not available in any other book, sufferers can find their own, individualized battle plan for defeating the pain of these debilitating diseases. Here, D'Adamo offers individualized battle plans for preventing and treating heart conditions, high blood pressure, high cholesterol, vascular problems, and angina.

Book Information

Series: Eat Right 4 (for) Your Type Health Library

Paperback: 240 pages

Publisher: Berkley (September 6, 2005)

Language: English

ISBN-10: 0425205363

ISBN-13: 978-0425205365

Product Dimensions: 5.1 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #560,178 in Books (See Top 100 in Books) #51 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #317 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #520 inÂ Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular

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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