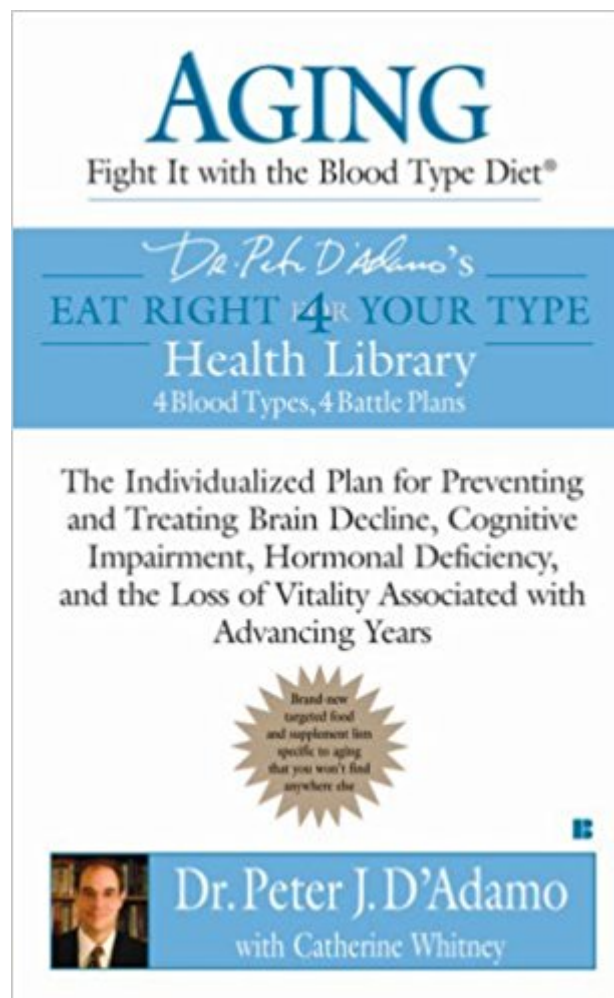


The book was found

Aging: Fight It With The Blood Type Diet: The Individualized Plan For Preventing And Treating Brain Impairment, Hormonal D Efficiency, And The Loss Of Vitality Associated With Advancing Years





Synopsis

With specific tools unavailable anywhere else, here is an all-new individualized blood-type-specific plan to gain control over the signs and symptoms of aging. Includes ways to fight brain decline, cognitive impairment, hormonal deficiency, and loss of vitality.

Book Information

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Best Sellers Rank: #408,126 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #60 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #3410 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Dr. Peter J. D'Adamo is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the New York Times best-selling Eat Right 4 Your Type book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. D'Adamo "one of the most creative scientists in the Western world." Catherine Whitney is the coauthor of numerous bestselling books on health and wellness.

You have always heard you are what you eat...well believe it! I'm knocking down the door to my 60's and I'm told ALL the time that I look like I'm in my late 30s or early 40s! Big compliment if you ask me. I have lost over 30 lbs in the past year and a half and look and feel great.

I LOVE all of D'Adamo's books. They do get a little repetitive if you have read them all like I have but

I learn something new in each one. I follow his diet. I use his supplements, and skin care. I am a nutritionist and this is the diet I follow and recommend to all my clients. He is the best.

Dr. D'Adamo's work is profoundly life changing. Moving to the Type O Diet has cured my 40+ year allergy to sunlight, acne, athlete's foot, and carpal tunnel syndrome -- all my body's inflammatory responses to eating the wrong foods! This book, "Aging: Fight It with the Blood Type Diet" is a further refinement and is helping me focus on eating the best and healthiest foods as I grow older (AND BETTER!) Thank you, Dr. D'Adamo for changing my life for the best!

Small pocket book size. Some of the food choices have changed in this book compared to his website. The book basically changes a few foods for your type to supposedly help you live longer better.

I have always followed a healthy lifestyle and I have no health problems but this book has helped me fine-tune my health and fitness. I was amazed that I have been eating some wrong food most of my life. Since I changed I feel even better than I did before and lost some excess stomach fat, even though that was not my intention. Highly recommended. By the way, I am over 70 and I have bought it for an 80 year old friend. I think it would work for any age.

From the minute I adjusted my food intake to this model I started feeling better. I've been looking for a solution to my joint aches and pains for a long time and this seems to be helping. I'm looking forward to a brighter future.

Great information for getting older. Wonderful diet for type O's specially. when your allergic to wheat products

Arrived promptly (note to seller there was a booger on the book cover....)Great read. A good solid approach to health and eatingA great book, full of quality info and food lists

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BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)

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