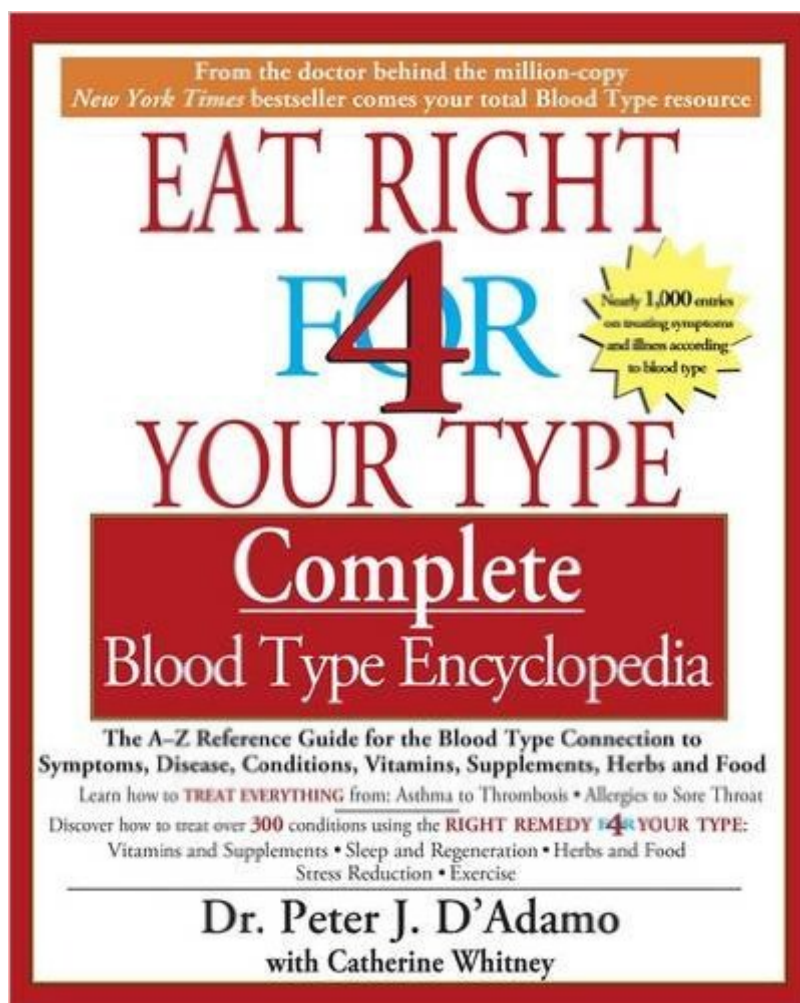


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# Eat Right For 4 Your Type: Complete Blood Type Encyclopedia



## Synopsis

Which blood types shouldâRespond quickly to signs of depression with anti-depressants? Use a widely available vaccine to lower the risk of cancer? Avoid aspirin because of thin blood? Use diet to treat an ear infection? The answers are hereâDr. Peter J. DâAdamo has established himself as the worldâs most popular and respected authority on the connection between blood type and eating, cooking, healing and living. Eat Right 4 Your Type, Cook Right 4 Your Type, and Live Right 4 Your Type have created an international phenomenon. Now comes the essential desk reference to answer all your questions. The first book to draw on the thousands of medical studies proving the connection between blood type and disease, this is the ultimate blood type guide to: Disease susceptibilityAllergic responsesSymptomsChronic painDigestive healthFatigueImmune enhancementSleep enhancementCognitive improvementDetoxificationHealthy skinCardiovascular protectionMetabolic enhancementExerciseHerbs, Supplements, and Food Food, herb and supplement entries give specific information by blood type on efficacy for different conditions as well as overall health. A comprehensive introduction lays out the history of blood type science as well as confirmation of DâAdamoâs theories yielded by the new maps of the human gene. The Eat Right 4 Your Type Complete Blood Type Encyclopedia will give you keys to unlocking the secrets to the health and well-being of yourself and your family.

## Book Information

Paperback: 608 pages

Publisher: Riverhead Books; 1 edition (January 8, 2002)

Language: English

ISBN-10: 1573229202

ISBN-13: 978-1573229203

Product Dimensions: 7.4 x 1.5 x 9.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (265 customer reviews)

Best Sellers Rank: #13,115 in Books (See Top 100 in Books) #2 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #5 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #19 inÂ Books > Health, Fitness & Dieting > Reference

## Customer Reviews

I admit it: I was suspicious of this diet. Before examining this book, I thought the diet sounded very "fad-like" (and I remain wholly unconvinced by the personality-trait correspondences which are NOT

essential to the scientific basis of the diet, just a curiosity). I read negative reviews and their justifications. What I noticed was that most of these reviews sounded a lot like the criticisms leveled at the Atkins diet, a diet that does work for a lot of people (though not all--this book makes clear why) that have since been disproven by double-blind studies. A number noted that d'Adamo's theories weren't backed up by scientific research. Fair enough; this book cites double-blind studies and peer-reviewed research extensively, far more so than the Eat Right and Cook Right books. It also fine-tunes some of the earlier findings. This is ongoing research, something you just don't see in proponents of "fad" diets. D'Adamo has clearly been listening to his critics, and makes every attempt to clarify, fine-tune, and explain how all of this works. I picked this book--and the diet--up when I browsed it in the store and noted that the medical problems in my family charted almost exactly with the risk factors for blood type. (Blood type correlations with disease have actually been established in peer-reviewed medical journals for a long time, although they aren't much talked about.) I tried the diet. I'm about three weeks in. I've lost 10 pounds, my digestive problems are much improved, I feel more energetic, I don't crave sweets, and -- the most convincing thing for me, because I wasn't looking for it and therefore can't attribute it to the placebo effect -- the morning stiffness I've had for 30 years is gone.

Dr. Peter D'Adamo has written a very interesting adjunct to his superb book, Live Right 4 Your Type. If you have already read that earlier book, you will find this book adds to your knowledge by letting you know about the latest research about the statistical correlations of various diseases and illnesses to those with various blood types. I wrote down the illnesses that I have more frequently than other people I know, and the diseases I have experienced before reading this book. I checked my experience against what the book reports, and found a high correlation (I have had two additional problems not typical of my Type O blood, and have not experienced three problems often associated with Type O people). I did the same for my wife, who has a different blood type, and found that her pattern reasonably closely matched what is described in the book as well. Then, the book has an excellent discussion of why people with each blood type can be affected differently by each illness or disease. You are also given extensive suggestions for herbal therapies that match your herb type. I have not had experiences with the herbs that were suggested for me, so I cannot comment on how relevant they are. If you already use herbs to improve conditions, you will probably adore this book. If you don't use many herbs, you will probably appreciate understanding more about the potential strengths and weaknesses of your blood chemistry. The book is quite thorough in providing articles you can read for more details, and where to access these articles on-line. If you

have not read Live Right 4 Your Type, you will find that this book covers almost the same background material but at a much higher level of abstraction.

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