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# Eat Right For Your Type

The New York Times Bestseller

4 Blood Types, 4 Diets  
**EAT RIGHT**  
**FOR**  
**YOUR TYPE**

*The*  
**INDIVIDUALIZED**

Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight

Dr. Peter J. D'Adamo  
with Catherine Whitney  
READ BY POLLY ADAMS



## Synopsis

New York Times best sellerâ œl found the information in Eat Right For Your Type absolutely fascinating.â • Christiane Northrup, M.D., author of Women's Bodies, Women's WisdomFINALLY, A DIET THAT'S JUST YOUR TYPE!Noted naturopathic physician Dr. Peter J. D'Adamo introduces a revolutionary new way to eat - and to live. In Eat Right For Your Type, he explains his groundbreaking diet plan based upon blood type. Our blood type is a roadmap to our inner chemistry - and each blood type processes food, handles stress, and fights disease differently. Find out what you should be eating, and how you should be exercising in accord with your own type. For instance, For Type O:Focus on higher protein, eliminate grains, and perform energetic aerobic exerciseFor Type A:Go vegetarian, exercise more mildly, and ease tension through meditation For Type B:Vary your diet with a diversity of food groups (including dairy), and exercise moderately by swimming or walkingFor Type AB:You have most of the benefits and intolerances of Types A and B. Utilize relaxation exercisesFrom A to O, Eating Right For Your Type is as simple as A, B, C!Read by Polly Adams. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Two of us have been following this plan for over 1.5 years. My partner lost about 20 pounds in the first few months, without counting portions or calories, and has maintained his ideal weight without effort. His energy returned to a level not experienced for several years - one of the keys was putting MODERATE amounts of organic beef back into his diet. Eliminating wheat, dairy products and foods with problematic lectins, while emphasizing beneficial foods such as leafy dark-green vegetables

also helped. Since he's Type O and I'm Type A, the protein part of our diets differs somewhat, but we've quite easily found ways to cook together. We both noticed much clearer sinuses after just a week. He eliminated asthma symptoms and my allergies improved. I no longer suffer from PMS. I lived with knee problems since childhood, but these have now disappeared, as did the stiffness in my fingers and back in the morning. Digestive problems and stomach aches, a major problem for me since childhood, eased greatly in the first couple of months and are still improving. My complexion cleared and my heart stopped "skipping beats" - I could go on and on. I have been interested in nutrition and have kept abreast of various schools of thought for the last 25 years. When I first heard of Eat Right I dismissed it as a fad diet that was not based on scientific evidence. Before reading Eat Right I consumed what I believed were "healthy" foods for many years: whole grains, little or no meat, lots of fresh vegetables, fruit, legumes, "good" fats, spring water. Very few additives, prepared or fast foods or medications. However, some foods that were healthy according to the literature and research were healthy for other blood types but not for Type A.

Twentyone years ago, my father died from a heart attack. Nine years ago, hoping to avoid that fate, I became a vegetarian. Four years ago, I developed a potentially fatal auto-immune disease called pemphigus (my immune system attacks my skin). Note, at this time, I was eating a primarily organic, whole foods, grain based, vegetarian diet. As close as I came to dying, I thought that had I been eating meat, I'd be sicker. After being hospitalized, given 180mg/day Prednisone, and released, I spent the next year and a half trying numerous traditional medicine and naturopathic medicine based treatments. These expensive treatments included visits and prescriptions from notable professors of Chinese Medicine, Aryurveda, traditional Naturopathy @ Portland Naturopathic Clinic, etc. All this time, I stayed vegetarian, all this time I remained on 30-40mg per day of Prednisone. I underwent allergy tests, hair analysis, numerous blood tests. I eventually became a raw foods vegetarian. I got sicker. In short, I was doing everything right, based on numerous scientific studies, and I was getting sicker. Since there is very little research done on Pemphigus, I was forced to read about other autoimmune diseases. A common manifestation of chronic diseases is a phenomenon known as "blood sludge," or erythrocyte aggregation. Simply put, the red blood cells clump together, as if they are stuck together with velcro. It was noted, by one of my doctors, that I too, exhibited this phenomenon. We/He did not know what to do about it. Two months later, I read Eat Right 4 Your Type. Dr. D'Adamo explains why "blood sludge" happens, and explains why it is food choice that causes it to happen.

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