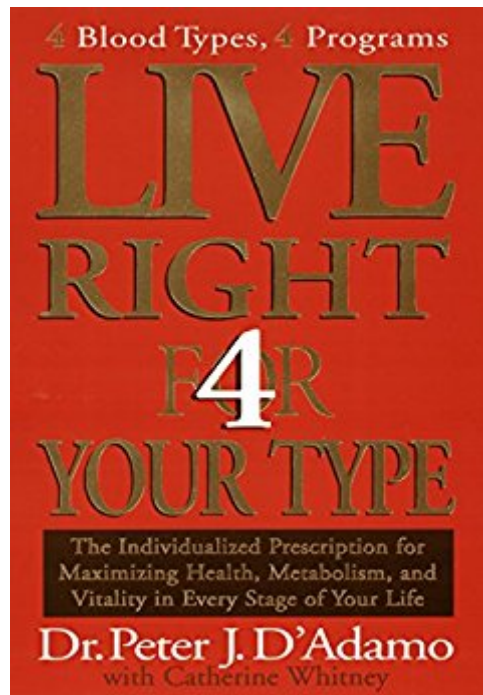




The book was found

Live Right 4 Your Type



Synopsis

From the doctor who brought us the blood-type health craze that has swept the nation, here is new research that shows you how to live according to your blood type so that you can achieve total physical and emotional well-being. Over a million readers have used the individualized blood-type diet solution developed by Dr. Peter J. D'Adamo to achieve their ideal weight. In the five years since the New York Times bestseller *Eat Right 4 (for) Your Type* was published, new research has indicated that there's a blood-type profile for almost every aspect of our lives, and thanks to that new research, your blood type reveals how you can live a better life. *Live Right 4 (for) Your Type* is Dr. D'Adamo's ground breaking book that will give you individualized prescriptions according to blood type. According to your blood type, should you:

- Eat three regular meals a day, or small, frequent ones?
- Have a regimented or flexible routine?
- Go to sleep at the same time every night or have a flexible bedtime?
- Do without rest periods or take them religiously?
- Achieve emotional balance through exercise, meditation, or herbs?

Each blood-type prescription is divided into five life areas. Recommendations, guidelines, and informational charts are provided for the following:

- Lifestyle
- Stress and Emotional Balance
- Maximizing Health
- Overcoming Disease
- Strategies for Aging

Live Right 4 (for) Your Type also has information compiled from new research that greatly expands on the information in *Eat Right 4 (for) Your Type*, featuring:

- New metabolism-boosting supplement lists to increase the body's efficiency and ability to achieve ideal weight.
- Refined food and supplement lists to increase cardiac efficiency, lower cholesterol, and strengthen your ability to fight colds, flu, and more serious diseases.
- Instructions on how to use vegetables and herbs to improve Natural Killer Cell activity.
- New information on blood type subgroups that influence not only weight, but also physical and mental health.

From the Hardcover edition.

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Customer Reviews

I've pretty well eliminated my arthritis symptoms with the "Eat Right 4 Your Blood Type" by Dr. Peter J. D'Adamo. About 4 years ago I was looking at knee replacement surgery. Now I think I'm going to get through life without it. And I lead a very active life with almost zero pain. Our blood is what carries the nutrients to the cells. The different blood types respond to food differently. Our blood is as unique as our fingerprints. Eating incorrectly not only affects your joints, but it also causes Charlie horses and mental fog. The symptoms last for about 24 hours--lots of time to repent of eating the offending items. I so love feeling great and mentally alert that I'm not tempted to eat things that I know cause pain and mental fog. I've just ordered his "Arthritis: Fight it with the blood type diet" to see if I can learn something new from Dr. D'Adamo's other books. Good luck with discovering some lifestyle changes that will make a difference.

Best thing that ever happened to me - thank you, Dr. D'Adamo! At first I was skeptical, then I learned that there are medical tests that can tell how your blood type metabolizes certain drugs (as in the case of some heart medicines). So the medical theory behind this started making sense to me. For years, I thought I was doing myself a favor by staying away from gluten, but there are other foods than can be worse for my body - such as corn and chicken! I lost that "last 5 pounds" and actually about 10 pounds, over the course of a 2-3 months, after changing my eating habits according to my blood type. It's not a "diet" like other restrictive diets. You just eat different foods. I know this works for me because I was unable to exercise (as in zero exercise) because of 2 injuries, for the past 3 months. I did NOT gain weight! (I'm in my mid-40s, so I would have expected to gain at least 5-10 pounds, as I have in the past) I'm convinced it's because of my new eating habits. I feel better, sleep better, and am more conscious what I put in my body thanks to this book. I do recommend checking out the website, as it has more up-to-date information than what is found in

the book. I hope it works as well for you, too.

I work with clients and have recommended this to everyone I speak to. I like the original version in that it is much simpler to read and understand. The new version can really be completed if you do not want all the background information. I am a stickler for detail so I read the whole thing. I follow this eating pattern for my blood type probably 90% of the time and have noticed a huge difference in my migraines, my retention of fluids and in my stomach (have always had a very reactive stomach). If you try to follow it for at least a month go back to your old ways you will see how much of a difference eating right for your type really makes.

only giving four stars because I like the book "Eat Right 4 Your Type" by same author better. I love that book. very accurate from what I have seen from various friends etc over last few years.

I don't care that they tried to debunk this - this book has been working for me for years and I look great just by paying attention to it being blood type B

Looking forward to ordering another for myself. This one was a recommended gift.

an interesting read for sure. enjoyed learning about the history of blood types

I believe in the blood type theory. I recommended this to a relative who was having a lot of problem with depression and manic disorders. I believe it was specific to bi-polar disorder. He followed the food suggestions in the Eat Right For Your Type which I also have and said it was life changing for him. He still thanks me regularly for helping him succeed in managing a very difficult health issue not many of us are aware of. These books are my bible for health and I have used them for years. Do yourself a favor and get educated about the blood type theory and change your weight slim down, exercise properly for your type and extend your lifespan. To find out your blood type, donate blood to the red cross. That's how I found out what my blood type is. Highly recommend this book!

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