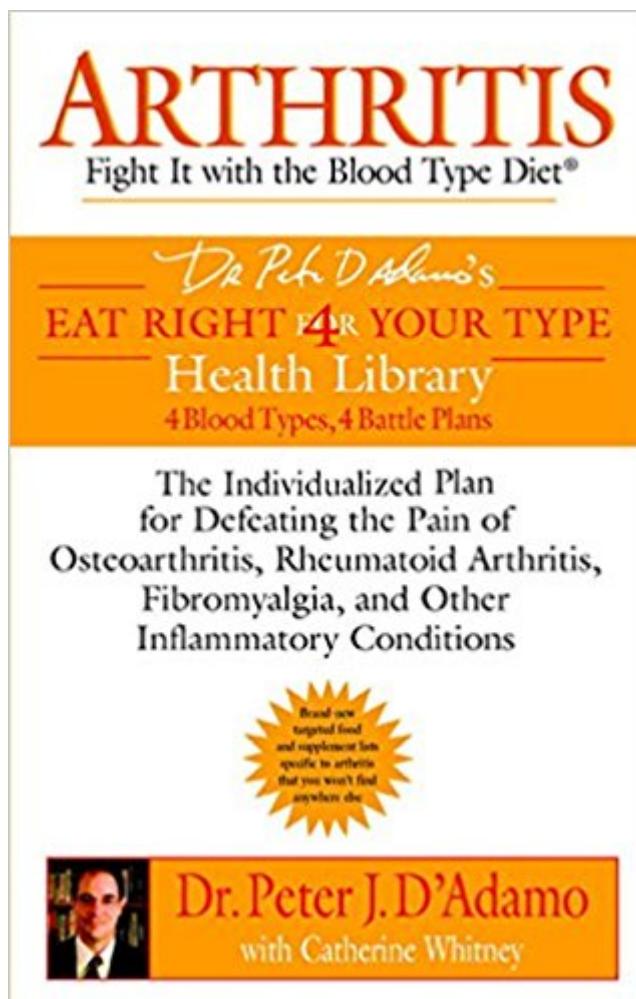


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# Arthritis: Fight It With The Blood Type Diet: The Individualized Plan For Defeating The Pain Of Osteoarthritis, Rheumatoid Art Hritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library)





## 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. This revolutionary volume contains individualized plans for counterbalancing the painful effects of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions.

## Book Information

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

Paperback: 224 pages

Publisher: Berkley (September 6, 2005)

Language: English

ISBN-10: 0425205355

ISBN-13: 978-0425205358

Product Dimensions: 5.1 x 0.6 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 54 customer reviews

Best Sellers Rank: #309,621 in Books (See Top 100 in Books) #33 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #134 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases #334 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management

## 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.

Unfortunately, I didn't find out until after I received the book that my doctor's office didn't know my

blood type nor do they run tests to find out; in addition, the author says one has to have a test to discover if one is a "secretor" or a "non-secretor". Without these two pieces of information, it is impossible to make any use of the book.

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my mom loves this book and notices differences in her weight and arthritis when following the guidelines in this book

Great book on managing arthritis with diet.

I already had Peter D'Adamo's book, Eat right for your type. There was not a lot of new information that pertained specifically to osteoarthritis, but enough to be helpful, and to remind me to try the diet again. The diet information is good. Not sure yet whether it's really helping my arthritis.

This book is informative and very useful. My husband and I have both benefited by following the suggestions. We both are pain free and have recommended this to our friends who have mutual problems. We continue to refer to this book and are becoming much more nutrition aware. Great reference book.

My friend for whom I purchased this book feels already better after one month of using Dr D'Adamo's advise .Thank you DR. D!

Excellent book, good information that has really helped me carry on.

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