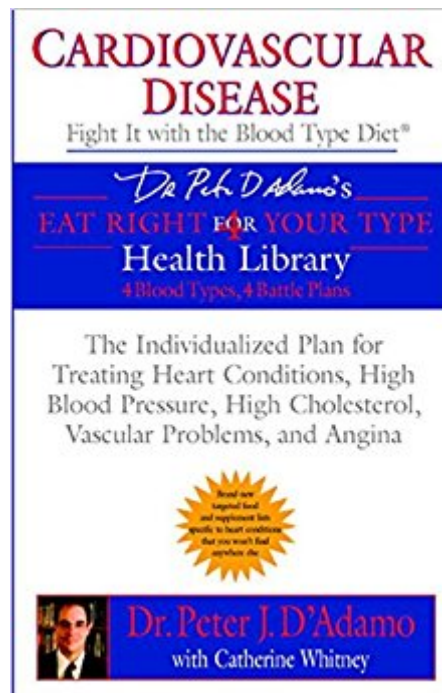




The book was found

Cardiovascular Disease: Fight It With The Blood Type Diet: The Individualized Plan For Treating Heart Conditions, High Blood Pressure, High ... (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. Here, D'Adamo offers individualized battle plans for preventing and treating heart conditions, high blood pressure, high cholesterol, vascular problems, and angina.

Book Information

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

Paperback: 240 pages

Publisher: Berkley (September 6, 2005)

Language: English

ISBN-10: 0425205363

ISBN-13: 978-0425205365

Product Dimensions: 5.1 x 0.7 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 14 customer reviews

Best Sellers Rank: #746,290 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #361 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #633 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular](#)

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.

I love the D'Adamo series. I am currently in medical school and the more I learn about how things

work, the more his information makes sense. I still wish all the actual research result were more readily available. This book does a great job customizing the diet to fit your personal type. If you don't believe in the body or blood type idea then it is still a great book. The foods recommended a great and healthy as well as the exercise recommendations. Either way, it will be beneficial.

For me, I found the diet to be more limiting than what I currently follow and I am pretty limited. I have CVD, complete with a single graft bypass 2 years ago. Thanks parents. If it causes anyone to pay more attention to their heart health and it helps without harming, go for it! I found the heart health educational portion repetitive. I didn't get what I wanted but doesn't mean others won't.

The diet is changing with new research but is still relevant and given many proofs

Not too impressed with this book. He says some things that make sense, and some things that do not. How much stock can you put into someone's teaching that starts with evolution. Don't you believe it.

Excellent product + delivery!

I have been eating for my blood type for 2 months and have had AMAZING results....allergy and asthma improvement, weight loss, more energy, etc. As to heart disease prevention - it is a huge and neglected health concern for women - the suggestions in this little tome all lead to a healthier lifestyle!

wonderful book...love it

Brother-in-law wanted this book, said it was good.

[Download to continue reading...](#)

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)
Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Cancer: Fight It with

the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Cardiovascular Disease: Fight it with the Blood Type Diet (Eat Right 4 (for) Your Type Health Library) Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Aging: Fight it with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Deficiency, and the Loss of Vitality Associated with Advancing Years HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)