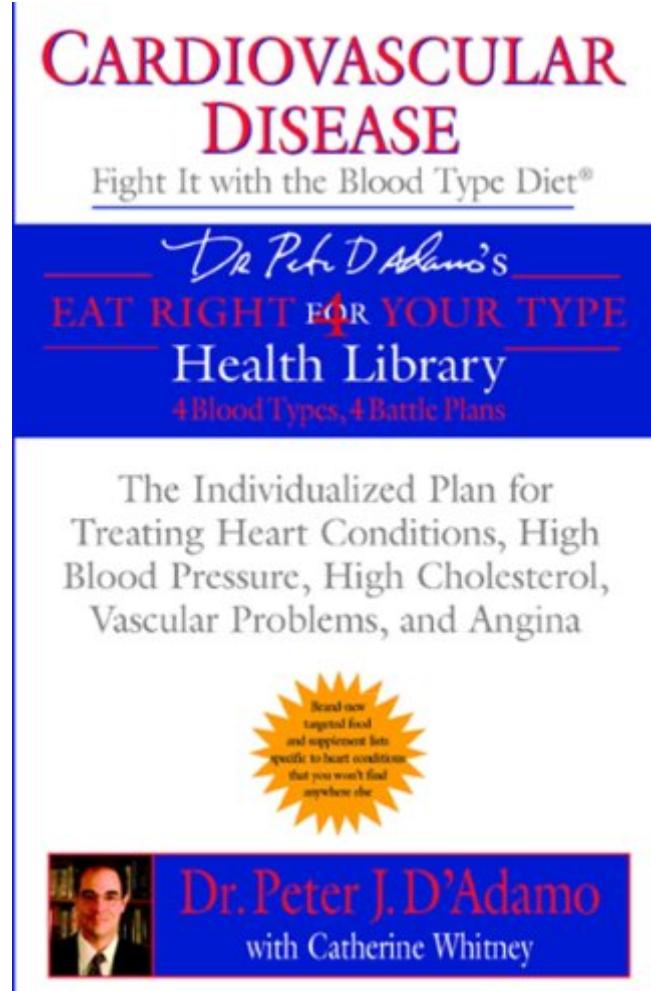


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# Cardiovascular Disease: Fight It With The Blood Type Diet (Eat Right 4 (for) Your Type Health Library)



## **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**

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## **Customer Reviews**

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 are 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.

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.

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!

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

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,)

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)

Cardiovascular Disease: Fight it with the Blood Type Diet (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)

Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat

According to Your Blood Type Cardiovascular Disease: Fight it (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Cancer: Fight It with the Blood Type Diet (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)

Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and

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Right 4 (for) Your Type Health Library) Cancer: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Aging: Fight it w/ the Blood Type Diet (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 (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Fatigue: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life By Dr. Peter J. D'Adamo Cancer: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Libra (1st Frist Edition) [Hardcover] Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) Arthritis: Fight it with the Blood Type (Eat Right 4 Your Type Library)

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