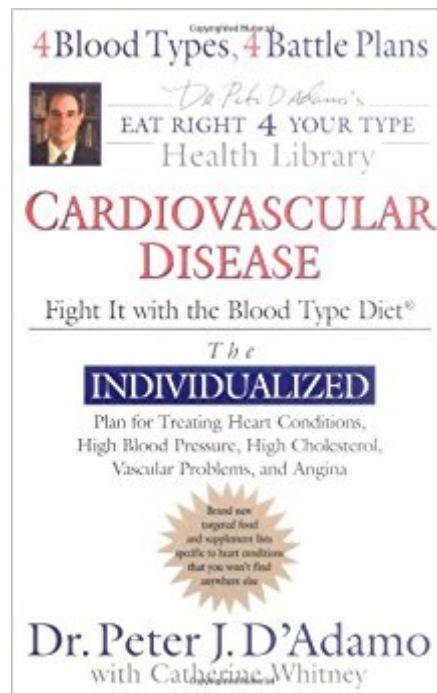




The book was found

Cardiovascular Disease: Fight It (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library)



Synopsis

From the author of the two million copy Eat Right 4 (for) Your Type series- a library of books to help defeat eight of the most common conditions with the Blood Type Diet.(r) Dr. Peter J. D'Adamo has forever changed the face of eating right to lose weight and achieve maximum health. Because he discovered what many already instinctively knew-that a plan that works for one person may make another ill-there will never be a one-size-fits-all diet again. And since we now know that each blood type is affected differently by common diseases and conditions, there will never be a one-size-fits-all plan of action. Now Dr. D'Adamo adds two new volumes to his Eat Right for Your Type Health Library. The first two were Cancer and Diabetes. The next books tackle arthritis (including osteoarthritis, rheumatoid arthritis and other conditions caused by inflammation) and cardiovascular disease (such as high blood pressure, heart disease, and stroke). In these volumes, readers will find new information individualized for their blood type and illness. Self-assessment tests that help determine status and measure progress are included, as well as supplementary, lifestyle, and exercise protocols tailored to each blood type and each condition. There has never been a better arsenal for fighting disease, nor an easier or clearer tool.

Book Information

Series: Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library

Hardcover: 240 pages

Publisher: Putnam Adult (September 9, 2004)

Language: English

ISBN-10: 0399152261

ISBN-13: 978-0399152269

Product Dimensions: 5.4 x 0.9 x 8.4 inches

Shipping Weight: 12 ounces

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

Best Sellers Rank: #1,379,909 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #643 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #7019 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Dr. Peter J. D'Adamo is a noted naturopathic physician, researcher, lecturer, and author. His extensive research and clinical testing of the connection between blood type and disease have

garnered international recognition and led to groundbreaking work with many illnesses. Dr. D'Adamo's books have been translated into more than fifty languages. Catherine Whitney is the coauthor of numerous bestselling books on health and medicine.

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...](#)

Cardiovascular Disease: Fight it (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library)

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)

Diabetes: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Arthritis: Fight it with the Blood Type Diet (Eat Right 4 (for) Your Type Health Library) by D'Adamo. Peter (2006) Paperback By Dr. Peter J. D'Adamo Aging: Fight it w/ the Blood Type Diet (Eat Right 4 Your Type Health Library) [Hardcover] Arthritis: Fight it with the Blood Type Diet (Dr. Peter D'adamo's Eat Right 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: 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) Summary, Analysis & Review of Peter J. D'Adamo's Eat Right 4 Your Type by Instaread Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for 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) 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) Aging: Fight it w/ the Blood Type Diet (Eat Right 4 Your Type Health Library) Diabetes: Fight It with the Blood Type Diet by Dr. Peter J. D'Adamo (Aug 2 2004) BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB

[Contact Us](#)

[DMCA](#)

[Privacy](#)

