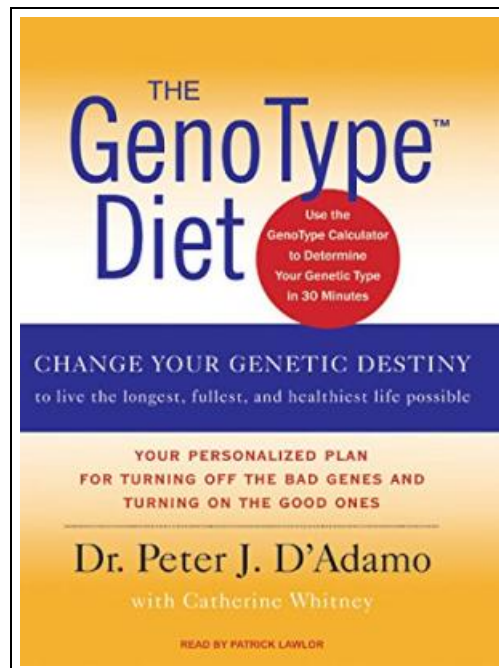


The GenoType Diet: Change Your Genetic Destiny to Live the Longest, Fullest and Healthiest Life Possible



Filesize: 1.19 MB

Reviews

Completely one of the best publication I have actually read. Indeed, it is perform, nonetheless an interesting and amazing literature. Your lifestyle span will likely be transform when you complete reading this book.

(Mrs. Agustina Kemmer V)

THE GENOTYPE DIET: CHANGE YOUR GENETIC DESTINY TO LIVE THE LONGEST, FULLEST AND HEALTHIEST LIFE POSSIBLE



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Tantor Media, Inc, United States, 2008. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. The author of the internationally bestselling *Eat Right 4 Your Type* again breaks new ground with the first diet plan based on your unique genetic code. With *Eat Right 4 Your Type* and additional books in the *Blood Type Diet* series, Dr. Peter J. D. Adamo pioneered a new, revolutionary approach to dieting—one linked to a person's blood type. In *The GenoType Diet*, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D. Adamo offers a customized program that compliments your genetic makeup to maximize health and weight loss, as well as to prevent or even reverse disease. In simple, concise prose, Dr. D. Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and shutting down the bad ones. Your health risks, weight, and life span can all be improved by following the *GenoType* diet that's right for you. Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D. Adamo shows you how to map out your genetic identity and discover which of the six *GenoType* plans you should follow. Without expensive tests or a visit to the doctor, *The GenoType Diet* reveals previously hidden genetic strengths and weaknesses and provides a precise diet and lifestyle plan for every individual. Based on the latest and most cutting-edge genetic research, this is a twenty-first-century plan for wellness...

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