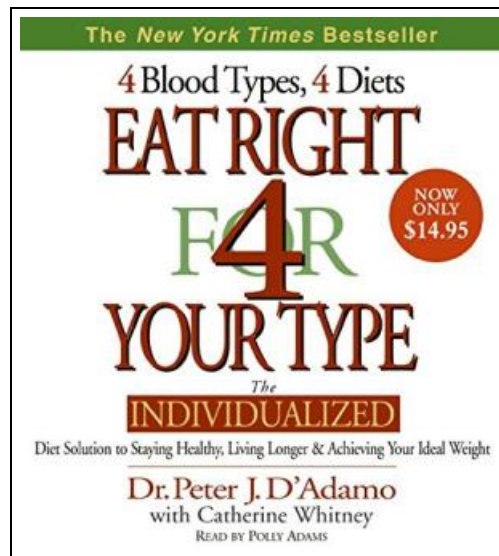


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HarperCollins Publishers Inc, United States, 2008. CD-Audio. Book Condition: New. abridged edition. 147 x 132 mm. Language: English . Brand New. Noted naturopathic physician Dr. Peter J. D. Adamo introduces a revolutionary new way to eat and to live. In *Eat Right For Your Type*, he explains his groundbreaking diet plan based upon blood type. Our blood type is a roadmap to our inner chemistry and each blood type processes food, handles stress, and fights disease differently. Find out what you should be eating, and how you should be exercising in accord with your own type. For instance, For Type O: Focus on higher protein, eliminate grains, and perform energetic aerobic exercise. For Type A: Go vegetarian, exercise more mildly, and ease tension through meditation. For Type B: Vary your diet with a diversity of food groups, and exercise moderately. For Type AB: You have most of the benefits and intolerances of Types A and B. From A to O, *Eating Right For Your Type* is as simple as A, B, C! An Important Note: This audio is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended to offer information to help the reader cooperate with physicians and health professionals in a mutual quest for optimum well-being. The identities of people described in the case histories have been changed to protect patient confidentiality. The publisher and the author are not responsible for any goods and/or services offered or referred to in this audio and expressly disclaim all liability in connection with the fulfillment of orders for any such goods and/or services and for any damage, loss, or expense to person or property arising out of or relating to them.



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