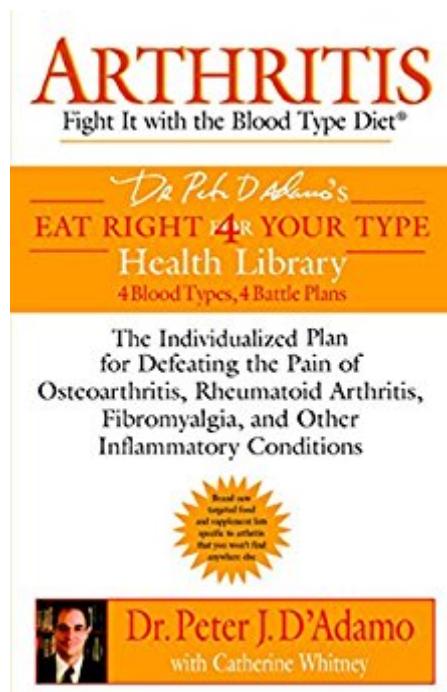


The book was found

Arthritis: Fight It With The Blood Type Diet (Dr. Peter D'adamo's Eat Right 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. This revolutionary volume contains individualized plans for counterbalancing the painful effects of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions.

Book Information

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Customer Reviews

Unfortunately, I didn't find out until after I received the book that my doctor's office didn't know my blood type nor do they run tests to find out; in addition, the author says one has to have a test to discover if one is a "secretor" or a "non-secretor". Without these two pieces of information, it is impossible to make any use of the book.

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my mom loves this book and notices differences in her weight and arthritis when following the guidelines in this book

Great book on managing arthritis with diet.

I already had Peter D'Adamo's book, Eat right for your type. There was not a lot of new information that pertained specifically to osteoarthritis, but enough to be helpful, and to remind me to try the diet again. The diet information is good. Not sure yet whether it's really helping my arthritis.

This book is informative and very useful. My husband and I have both benefited by following the suggestions. We both are pain free and have recommended this to our friends who have mutual problems. We continue to refer to this book and are becoming much more nutrition aware. Great reference book.

My friend for whom I purchased this book feels already better after one month of using Dr D'Adamo's advise .Thank you DR. D!

Excellent book, good information that has really helped me carry on.

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