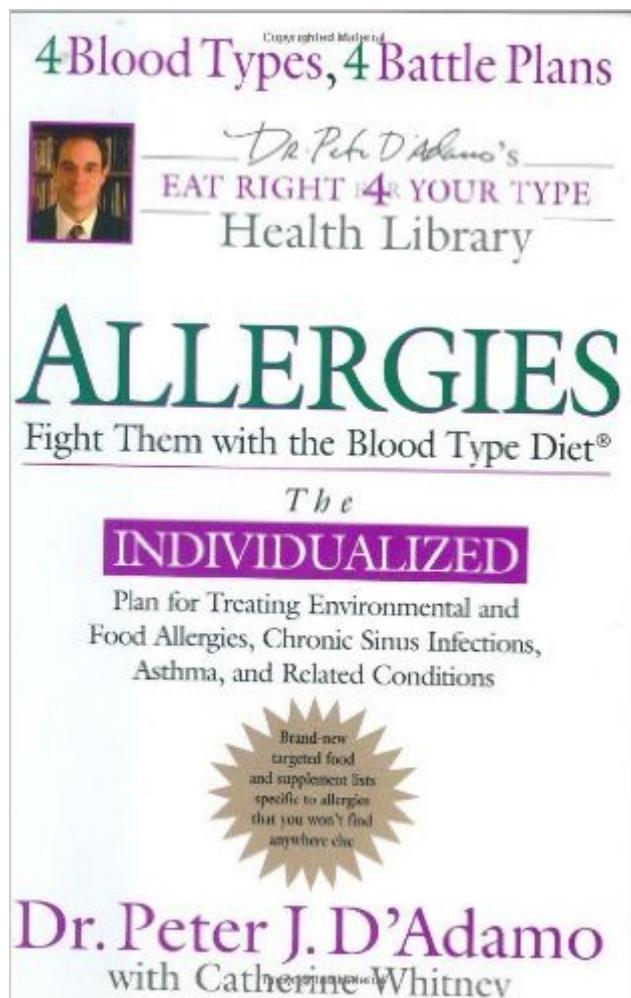


The book was found

Allergies: Fight Them With The Blood Type Diet (Eat Right For Your Type)



Synopsis

Peter J. Dâ™Adamo, author of the Eat Right 4 Your TypeÂ®Â seriesâ "with more than two million copies in printâ "has developed a brand new, targeted plan for fighting allergies. With specific tools unavailable in any other book, Allergies: Fight Them with the Blood Type DietÂ®Â has four battle plansâ "individualized for your needsâ "for preventing and treating environmental and food allergies, chronic sinus infections, asthma, and related allergy conditions. Dr. Dâ™Adamoâ™s Allergies: Fight Them with the Blood Type DietÂ® battle plan includes:A diet tailored to your blood type that attacks allergies at their source, reducing inflammatory activity, and pinpointing dietary factors that trigger allergic reactions.A new category of Super Beneficials highlighting powerful allergy-fighting foods for your blood type.Blood typeâ "specific protocols for vitamins, supplements, and herbs target allergies and related conditions.Finally, a four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies. --This text refers to the Paperback edition.

Book Information

Series: Eat Right for Your Type

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Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (45 customer reviews)

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Customer Reviews

Some of the concepts in this book are not fully scientifically supportable, but the diet may still make lots and lots of people feel a whole lot better and attain a much greater level of health! These two things are not mutually exclusive.Reasons the claims made about the scientific merit of the exact food lists provided for each blood type are unconvincing (on the whole) to me include:1. I have read more than half a dozen detailed and methodical explanations of why the scientific concepts in the

'Blood Type' books are based on sketchy and incomplete science. While some of the theory makes sense, they found holes in the theory and the way the food lists have been compiled big enough to drive buses through. These were not in books which deny the validity of anything that is not 'mainstream' - quite the opposite in fact. These were by some of the best health and nutrition authors around. Their arguments were very compelling (although I don't have the time to go into them here). There are also numerous articles online that contain this information which you can find by Googling. The general consensus is that the author has part of his theory right, but the way it is being presented as a complete theory with all questions answered is not correct.² Even if it's true that our blood type has an enormous amount to do with what we should eat, the concept of biochemical individuality would still mean that there would be just as many differences between what people with the same blood type would eat, as similarities. People are remarkably individual on a biochemical level as the book

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