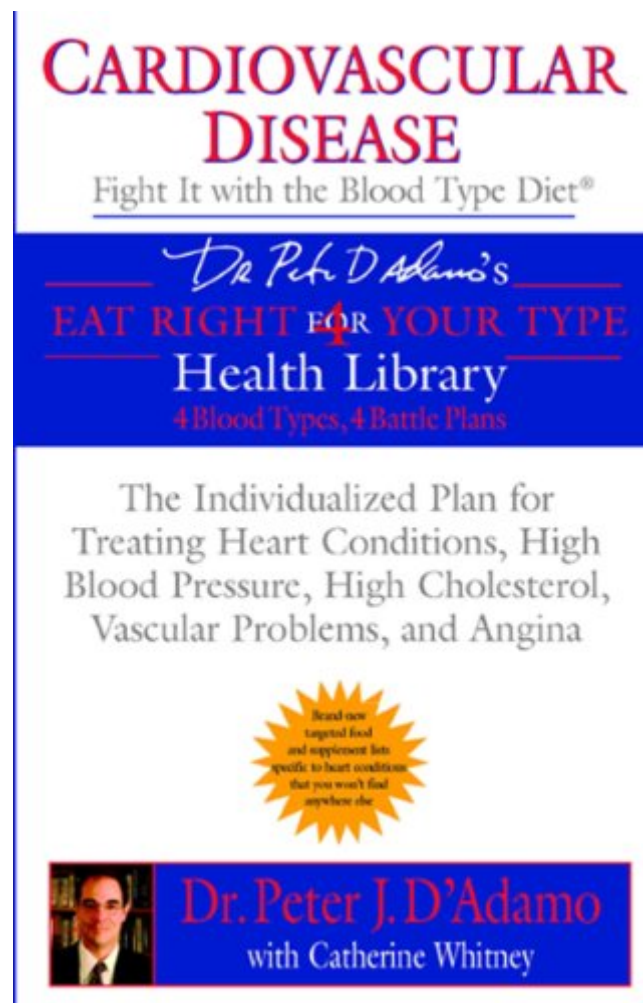


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Cardiovascular Disease: Fight It With The Blood Type Diet (Eat Right 4 (for) Your Type Health Library)



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. Here, D'Adamo offers individualized battle plans for preventing and treating heart conditions, high blood pressure, high cholesterol, vascular problems, and angina.

Book Information

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Customer Reviews

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.

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.

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!

Brother-in-law wanted this book, said it was good.

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