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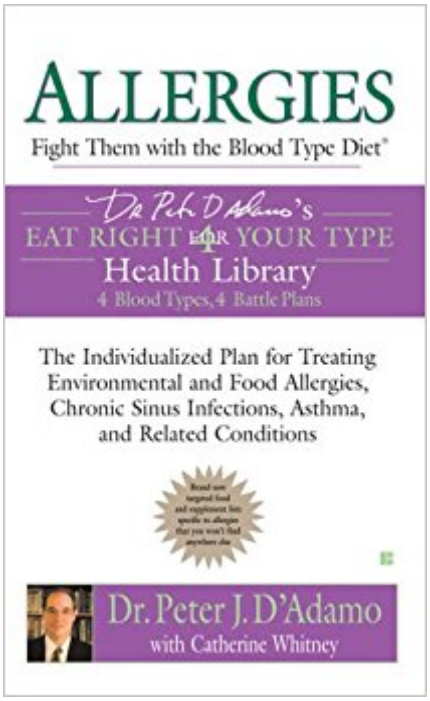
Allergies: Fight Them With The Blood Type Diet: The Individualized Plan For Treating Environmental And Food Allergies, Chronic Sinus Infections, Asthma And Related Conditions



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Synopsis

One of the worldâ ™s most common chronic conditions just got dealt a major blow. Dr. Peter J. Dâ ™Adamo, author of the Eat Right 4 (for) 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:â ¢ A diet tailored to your blood type that attacks allergies at their source, reducing inflammatory activity, and pinpointing dietary factors that trigger allergic reactions.â ¢ A new category of Super Beneficials highlighting powerful allergy-fighting foods for your blood type.â ¢ Blood typeâ “specific protocols for vitamins, supplements, and herbs to target allergies and related conditions.â ¢ A four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies.

Book Information

Mass Market Paperback: 256 pages

Publisher: Berkley (April 4, 2006)

Language: English

ISBN-10: 0425209172

ISBN-13: 978-0425209172

Product Dimensions: 4.2 x 0.7 x 6.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #550,425 in Books (See Top 100 in Books) #54 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #183 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #311 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

Dr. Peter J. Dâ ™AdamoÂ is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of theÂ New York TimesÂ best-sellingÂ Eat Right 4 Your TypeÂ book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunulogist, Dr. Gerhard Uhlenbruck of the University of Cologne,

Germany, has called Dr. Dâ ™Adamo â œone of the most creative scientists in the Western world.â •Â Catherine WhitneyÂ is the coauthor of numerous bestselling books on health and wellness.

The very helpful part of this book is not only the food tables but an allergy supplement list for each type! This is my favorite part of the blood type diet - not wasting time on the wrong way of eating for me or money on the wrong supplements for my individual type. (However, all supplements can have side effects so read reviews and do your own checking to avoid any products that might have unwanted side effects.)I also like the Appendix B FAQs section of the book. It helps make better sense of things by addressing common questions such as allergy to beneficial foods (beneficial foods that are genetically modified, such as soy and peanuts, could contain an avoid lectin! And organic and non-gmo don't always go together.)Other things related to the blood type diet and this book that have worked for me - Finding out I am a non-secretor has made a positive impact as far understanding and learning to tolerate why my system is not as robust in some ways as compared to others who share my blood type and why I have to work harder to stay healthy.Also, there is great, customizable D'Adamo software available to further refine the diet for the individual, for some health conditions and for leaving out some types of foods. If you like the blood type diet but are having some issues with the more generic suggestions, getting a more individualized report might help.And for people who complain there's no science in the Blood Type Diet - a link to the science and research can be found on the D'Adamo website and sometime there's a long list of referenced science/research papers in the appendices of his books. He doesn't quote just his own research either.Needless to say, Dr. D's work has helped me a lot and I encourage everyone to try it. Not saying it's perfect and it's not always easy, but it's a good place to start.

...i've had some issues with it personally. this theory was introduced to me by a health care provider, and my profile as a blood type a seemed to fit me well. during a recent pregnancy, i was plagued with terrible allergies, and my options were limited in terms of medications. i clung to this book and followed it as best i could. for the first few days my allergies improved, so i tried following it to a tee. suddenly, the allergies came back, and i knew that i was eating something that was making them worse. i gave up and returned to a regular diet. after my pregnancy i was tested for allergies, and in addition to my environmental allergies, i am allergic to soy and peanuts, two of the foods that were "highly beneficial" to me. in addition, i had sensitivities to a plethora of other foods on my "blood type a" food list. i may be unique in experiencing this, so i don't want to throw anyone off if this works for

you, i just want to let you know about my experience. good luck to you!

Good book, everything was good.

I have been using the blood type diet for over a year and have lost around 40 pounds. I am getting my health back in order and feel great. Try it! It works for me and it might work for you too! Hope this helps!

Great reading for this season. However, the information regarding allergies might possibly have been added in the original For your blood Type book rather making it into a new book.

It is much more valuable, I think, to read the author's books Live Right for Your Type and the Eat Right for Your Type Encyclopedia. Or to check out the author's website at dadamo.com where the most recent recommendations for each blood type are kept updated.

Received in perfect condition. I am happy with it, thank you.

I have all of his books so I was adding to my collection when I bought this one. Love all his products. Highly recommend his program to anyone with health issues.

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