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Blue Ribbon
Reference
Material

4 Blood Types, 4 Diets

EAT RIGHT

FOR

YOUR TYPE

The

INDIVIDUALIZED

Diet Solution to Staying Healthy, Living
Longer & Achieving Your Ideal Weight

Dr. Peter J. D'Adamo
with Catherine Whitney

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Eat Right for Your Type

“In *Eat Right for Your Type*, Dr. Peter D’Adamo illustrates how the one size fits all approach simply doesn’t work – and provides a simple guide for you to make better choices with foods according to your blood type.

In addition, Dr. D’Adamo also points out, ‘As with food, nutritional supplements don’t always work the same way for everyone ... the miracle

remedy your Type B friend raves about may be inert or even harmful for your Type A system.’

It’s powerful motivation to address our unique nutritional needs.”

*-James Stevens, Director
JSI Institute of Michigan
JET Technique for
Kinesiology*

“I found the information in *Eat Right 4 Your Type* absolutely fascinating. Dr. D’Adamo’s work adds an exciting new dimension to the concept of biochemical individuality and gives all of us an extremely practical way to apply it to our own lives.”

—CHRISTIANE NORTHRUP, M.D., author of *Women’s Bodies, Women’s Wisdom*

“Peter D’Adamo has made a remarkable contribution to the literature on health and nutrition, demonstrating that our dietary needs are as unique as our fingerprints. Clear and easy-to-follow guidelines make eating right a simple pleasure.”

—JOAN BORYSENKO, Ph.D.,
author of *Minding the Body, Mending the Mind and A Woman’s Book of Life*

4 Blood Types
4 Diets
4 Exercise Programs
4 Plans for a Healthy Life

If you’ve ever suspected that not everyone should eat the same thing or do the same exercise, you’re right. Your blood type reflects your internal chemistry. It actually determines the way you absorb nutrients. What foods you absorb well and how your body handles stress differ with each blood type. *Eat Right 4 Your Type* will help you design a total health program that’s right for your blood type.

If your blood type is O:

- Eat meat (high protein, low carbohydrate).
- Cut out wheat and most other grains.
- Engage in vigorous aerobic exercise.
- Your risk factors for ulcers and inflammatory diseases such as arthritis increase if you eat incorrectly for your type.

If your blood type is A:

- You should be a vegetarian (high carbohydrate, low fat).
- Engage in gentle exercise such as yoga or golf.
- Meditate to deal with stress.
- Your risk factors for cancer and heart disease increase if you eat incorrectly for your type.

If your blood type is B:

- You should have the most varied diet of all the blood types, one including meat; yours is the only blood type that does well with dairy products.
- Engage in exercise such as moderate swimming or walking.
- Your risk for slow-growing viruses that attack the nervous system increases if you eat incorrectly for your type.

If your blood type is AB:

- You have most of the benefits and intolerances of types A and B.
- Engage in calming exercises and relaxation techniques.
- You have the friendliest immune system of all the blood types.

