

Eat Right 4 Your Type Personalized Cookbook Type A 150 Healthy Recipes For Your Blood Type Diet Pdf

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the new york times bestselling diet book phenomenon if you ve ever suspected that not everyone should eat the same thing or do the same exercise you re right in fact what foods we absorb well and how our bodies handle stress differ with each blood type your blood type reflects your internal chemistry it is the key that unlocks the mysteries of disease longevity fitness and emotional strength it determines your susceptibility to illness the foods you should eat and ways to avoid the most troubling health problems based on decades of research and practical application eat right 4 your type offers an individualized diet and health plan that is right for you in this revised and updated edition of eat right 4 your type you will learn which foods spices teas and condiments will help maintain your optimal health and ideal weight which vitamins and supplements to emphasize or avoid which medications function best in your system whether your stress goes to your muscles or to your nervous system whether your stress is relieved better through aerobics or meditation whether you should walk swim or play tennis or golf as your mode of exercise how knowing your blood type can help you avoid many common viruses and infections how knowing your blood type can help you fight back against life threatening diseases how to slow down the aging process by avoiding factors that cause rapid cell deterioration includes a 10 day jump start plan

after nearly twenty years of research dr peter j d adamo revealed the connection between blood type diet and health in eat right 4 your type now with a team of chefs he helps you design a total health program that s right for your blood type cook right 4 your type is the essential guide for living with a sensible diet individualized for you that allows you to eat food that seems like a major indulgence with possibilities ranging from lamb stew to lemon squares and braised vegetables to delicious soups you ll barely notice you ve started a regimen designed to optimize your health your weight and your total well being cook right 4 your type includes individualized 30 day meal plans for each blood type more than 200 great tasting recipes food lists and shopping guides an easy to follow food program

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