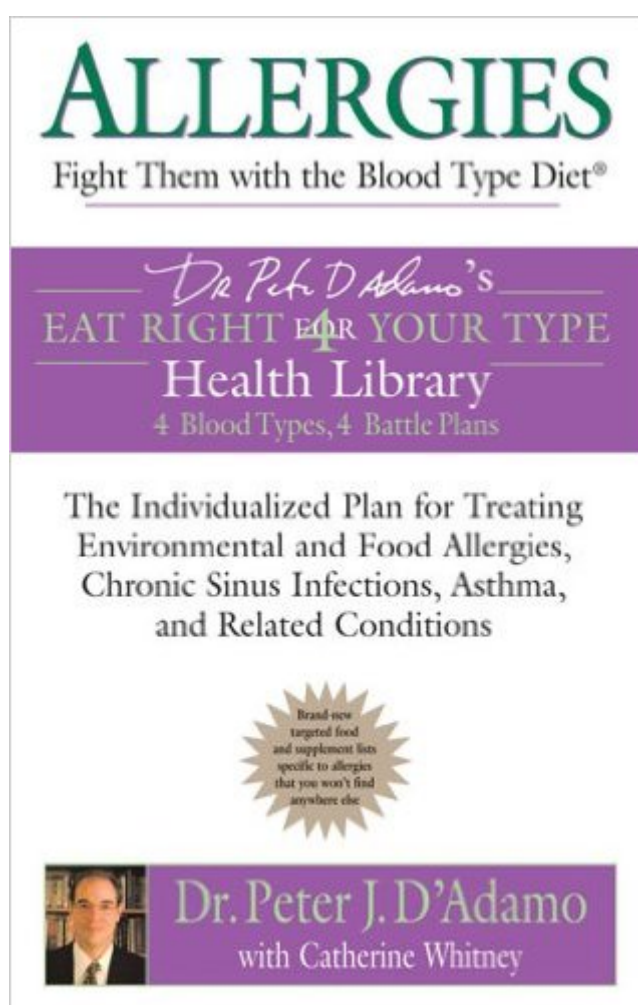


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# Allergies: Fight Them With The Blood Type Diet: The Individualized Plan For Treating Environmental And Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type (Health Library)





## Synopsis

Peter J. D'Adamo, author of the Eat Right 4 Your Type® series "with more than two million copies in print" 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 Diet® has four battle plans "individualized for your needs" for preventing and treating environmental and food allergies, chronic sinus infections, asthma, and related allergy conditions. Dr. D'Adamo's Allergies: Fight Them with the Blood Type Diet® 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 type-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.

## Book Information

Series: Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library

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

Best Sellers Rank: #1,109,558 in Books (See Top 100 in Books) #79 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #438 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #602 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## 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.<sup>2</sup> 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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