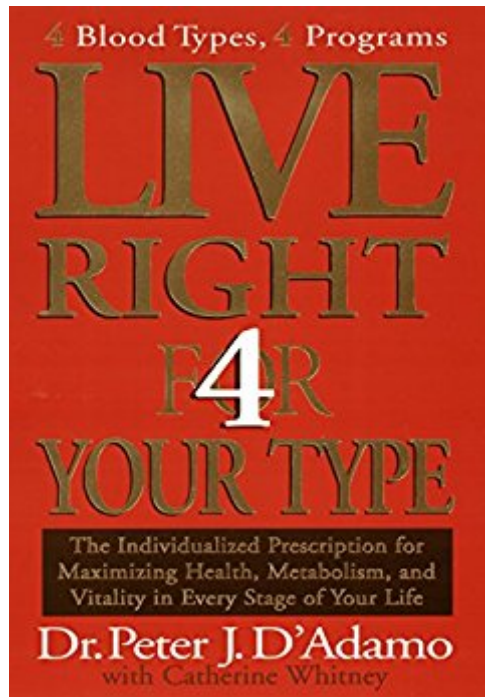


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# Live Right 4 Your Type



## Synopsis

From the doctor who brought us the blood-type health craze that has swept the nation, here is new research that shows you how to live according to your blood type so that you can achieve total physical and emotional well-being. Over a million readers have used the individualized blood-type diet solution developed by Dr. Peter J. D'Adamo to achieve their ideal weight. In the five years since the New York Times bestseller *Eat Right 4 (for) Your Type* was published, new research has indicated that there's a blood-type profile for almost every aspect of our lives, and thanks to that new research, your blood type reveals how you can live a better life. *Live Right 4 (for) Your Type* is Dr. D'Adamo's ground breaking book that will give you individualized prescriptions according to blood type. According to your blood type, should you:

- Eat three regular meals a day, or small, frequent ones?
- Have a regimented or flexible routine?
- Go to sleep at the same time every night or have a flexible bedtime?
- Do without rest periods or take them religiously?
- Achieve emotional balance through exercise, meditation, or herbs?

Each blood-type prescription is divided into five life areas. Recommendations, guidelines, and informational charts are provided for the following:

- Lifestyle
- Stress and Emotional Balance
- Maximizing Health
- Overcoming Disease
- Strategies for Aging

*Live Right 4 (for) Your Type* also has information compiled from new research that greatly expands on the information in *Eat Right 4 (for) Your Type*, featuring:

- New metabolism-boosting supplement lists to increase the body's efficiency and ability to achieve ideal weight.
- Refined food and supplement lists to increase cardiac efficiency, lower cholesterol, and strengthen your ability to fight colds, flu, and more serious diseases.
- Instructions on how to use vegetables and herbs to improve Natural Killer Cell activity.
- New information on blood type subgroups that influence not only weight, but also physical and mental health.

From the Hardcover edition.

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## **Customer Reviews**

I thought that Eat Right for Your Type was one of the most helpful self-help health books I had ever read. Live Right for Your Type is much more valuable than that one. If you have read neither, read this one. If you have read and liked Eat Right for Your Type, you will find this book a great improvement on that one. If your life seems strangely out of kilter and you and your doctors can't quite put your finger on what's wrong, I strongly urge you to read this book. It may well contain important clues for creating more "wellness" for you from the correct application of self-discipline in your eating and activities. The basic weakness of most scientific studies and almost all health books is that they look at average results for the whole population. The studies cited in this book are based on seeing major differences in the body chemistries of people with different blood types. In the same way that you can drown in an average of six inches of water (if that average expresses a range from 10 feet deep to half an inch), the average health advice can make your health worse in some cases. Eat Right for Your Type was first published in 1996. That pioneering book summarized hundreds of research studies to define healthful eating for people with each different blood type. The underlying mechanism for this relationship is that your blood type influences your body chemistry in ways that create vulnerability or resistance to disease and an efficiently operating body. The four blood types are O, A, B, and AB. Type O people need the most animal protein (especially beef. Type A people need lots of vegetables. Type B people should eat a varied diet. Type AB people should eat smaller, more frequent meals.

I've read reviews both good and bad on the idea of the blood-type diet. I'm not going to get into the theory behind all that for the sake of brevity but will just focus on my experience, which to me is the most important. For a decade I have been concerned with health, diet, fitness, and nutrition. I've practiced regular exercise, cooking for myself the majority of the time, and eating healthy, fresh, and

organic foods as often as possible. I ate fresh fruits and vegetables multiple times per day as well. I shop mainly at Whole Foods and farmers markets and when I ate meat, it was the best quality stuff that I could get. I am a male in my mid-thirties and have never been anywhere near over-weight. On the contrary, I am tall and quite thin, but not a rail. I did not start this diet to lose weight and actually losing muscle mass was a concern of mine when starting this diet. For my entire life I have struggled with drastic swings in energy level and mental clarity (brain-fog) throughout any given day, especially after meals. I had heard positive things about the blood-type diet years ago from a co-worker. One morning, after having plenty of rest for a couple of days, I woke up, yet again, with no energy. I literally said to myself, "There's no good reason for this. I've had enough!" And there and then I decided to give the blood-type diet a try. I decided to go all out for one month and then go from there. My blood-type is A, so I was quite dismayed when I looked at the A-type diet and saw that at its strictest adherence level, it's pretty much a vegan diet. My initial reaction was actually one of slight anger, but I would not be swayed and continued on. I am very glad that I did.

Speaking as a person who has been following the diet as put forth in the author's original, now classic book "Eat Right for Your Type" for over three years, I can tell you unequivocally that this diet has the power to profoundly change your quality of life and health for the better! I originally went on the blood type diet in 1997 because I was morbidly obese and needed to lose weight, but I have stayed on it and will stay on it for life because it has given me very deep health benefits that I never could have predicted or realized without it. The new book "Live Right for Your Type" goes into great detail on how to further refine the diet and exercise plan in order to minimize weaknesses inherent to your blood type and maximize your strengths, resulting in achieving optimal health. It provides greatly expanded food lists that also offer even more further fine-tuning of the diet with secretor/non-secretor lists (read the book to find out what the heck I'm talking about there!!!), which can be an important key in the diet as well. Whether you start out on this journey in order to lose weight, you have a specific chronic problem that you want to try to address through diet (and the book goes into detail on overcoming many health challenges by customizing the diet to treat these, instead of using drugs as orthodox medicine so often resorts to without trying simple dietary means first), or you are healthy and you just want to support your health in the best way possible for a lifetime, I highly recommend this book.

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