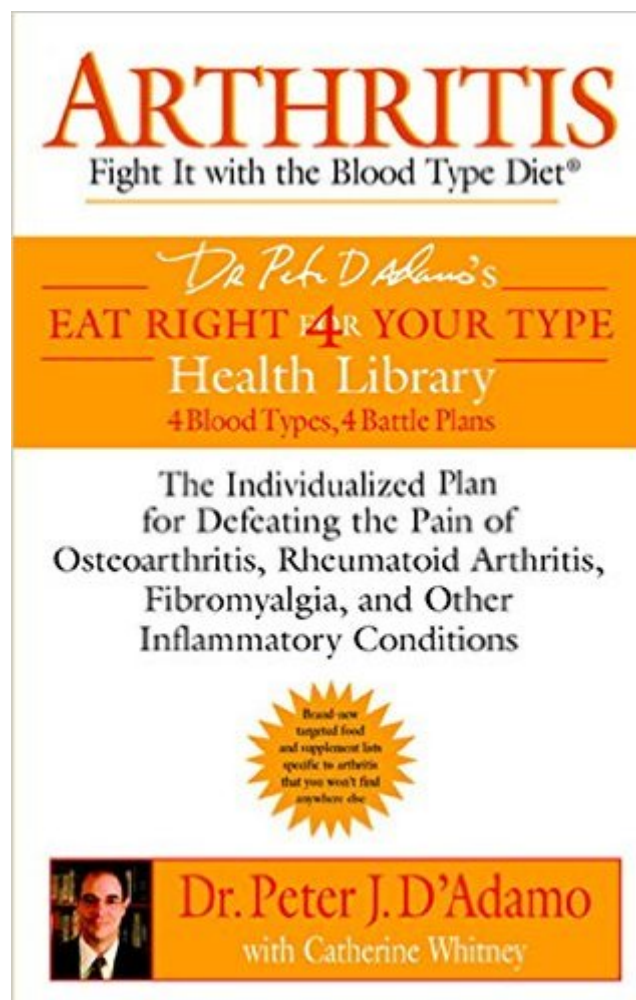


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# Arthritis: Fight It With The Blood Type Diet: The Individualized Plan For Defeating The Pain Of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library)





## Synopsis

Dr. Peter J. D'Adamo, the author of the Eat Right 4 (for) Your Blood Type Diet series, with more than two million copies in print, has now created a targeted plan for fighting arthritis and cardiovascular disease. Using specific tools not available in any other book, sufferers can find their own, individualized battle plan for defeating the pain of these debilitating diseases. This revolutionary volume contains individualized plans for counterbalancing the painful effects of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions.

## Book Information

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Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (49 customer reviews)

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## Customer Reviews

I'm a 79 year old airline certified full time flight instructor. Dr. D'Adamo Eat 4 your blood type (I'm type "O") changed my life and the lives of many professional pilots I've trained for many years. His books are scientific not "professional opinions or diets" Every year I pass rigorous FAA medical exams and also submit letters from my Docs who state, in writing" they have never seen a 79 year old in my incredible health. I do no regular exercise, as a Marine I did enough of that boring crap. I weighed 145 lbs, a grunt feather merchant at 17 in the early 1950's. I weigh 154 lbs now and thanks to Dr. D'Adamo am a lean Marine fighting machine. Keep it simple. Just suck it up (I thought life was over giving up Chicago Pizza, Hebrew dill pickles, my beloved potatoes and corn for rice and giving up other "Avoid" items that I loved while they were slowly killing me.)if I am a guest I will eat what they serve, the books say don't be a fanatic. Every once in awhile I will just savor Papa Murphy's

Pizza and tell my body , "okay this won't kill you just do your damn job". For just five days AND nights don't eat or drink ANTHING LISTED TO AVOID. You won't notice anything because you never did anything like this before. On the sixth day eat any damn thing you want all day. You will wake up we with a "hangover" that will feel like the way you used to wake up!!! Like crap. I would rather die then give up a big mug of brewed coffee laced with International Hazelnut Cream first thing in the morning. After, I chug a 16.9 oz bottle of water hoping the body won't notice. For me, my personal "truth" is, DOES IT WORK?

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