



Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions

By Dr. Peter J. D'Adamo, Catherine Whitney

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Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions By Dr. Peter J. D'Adamo, Catherine Whitney

One of the world's most common chronic conditions just got dealt a major blow. Dr. Peter J. D'Adamo, author of the Eat Right 4 (for) 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 to target allergies and related conditions.
- A four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies.

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Editorial Review

About the Author

Dr. Peter J. D'Adamo is a noted naturopathic physician, researcher, and lecturer, and the author of the revolutionary Eat Right series. His extensive research and clinical testing of the connection among blood type, health, and disease has garnered international recognition and led to groundbreaking work on many illnesses. His books have been translated into more than 50 languages.

Catherine Whitney is the co-author of numerous bestselling books on health and medicine.

Users Review

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Angela Harris:

This Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions are usually reliable for you who want to be described as a successful person, why. The reason why of this Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions can be one of the great books you must have will be giving you more than just simple examining food but feed an individual with information that might be will shock your prior knowledge. This book is definitely handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed ones. Beside that this Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions forcing you to have an enormous of experience such as rich vocabulary, giving you trial of critical thinking that we know it useful in your day task. So , let's have it and luxuriate in reading.

Suzanne Cicero:

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Luis Poole:

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