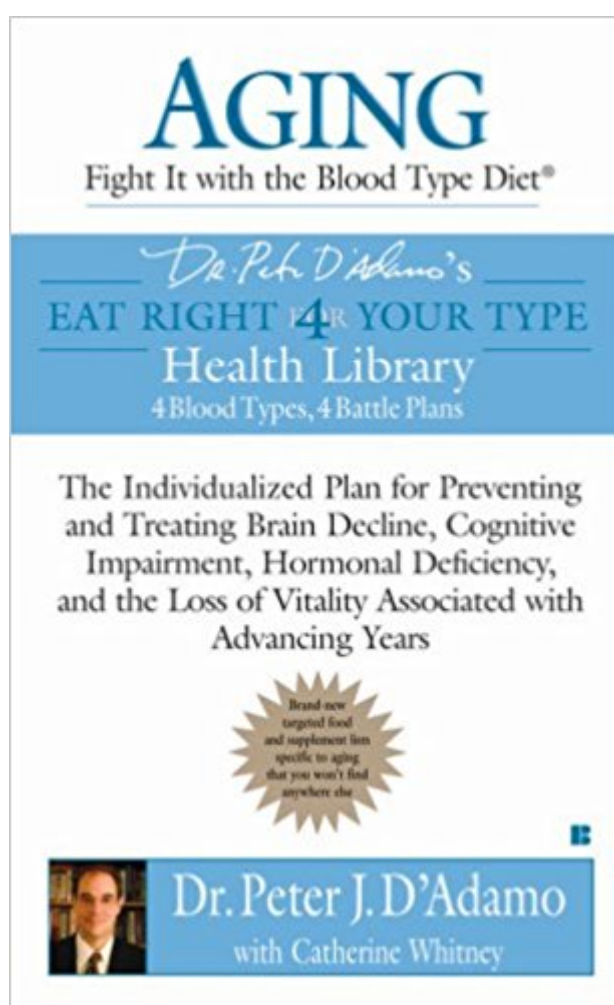


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# Aging: Fight It With The Blood Type Diet: The Individualized Plan For Preventing And Treating Brain Impairment, Hormonal D Efficiency, And The Loss Of Vitality Associated With Advancing Years





## Synopsis

With specific tools unavailable anywhere else, here is an all-new individualized blood-type-specific plan to gain control over the signs and symptoms of aging. Includes ways to fight brain decline, cognitive impairment, hormonal deficiency, and loss of vitality.

## Book Information

Mass Market Paperback: 256 pages

Publisher: Berkley (January 2, 2007)

Language: English

ISBN-10: 0425213412

ISBN-13: 978-0425213414

Product Dimensions: 4.2 x 0.7 x 6.7 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #69,809 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #15 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #1130 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

I have always followed a healthy lifestyle and I have no health problems but this book has helped me fine-tune my health and fitness. I was amazed that I have been eating some wrong food most of my life. Since I changes I feel even better than I did before and lost some excess stomach fat,even though that was not my intention. Highly recommended. By the way, I am over 70 and I have bought it for an 80 year old friend. I think it would work for any age.

Dr. D'Adamo's work is profoundly life changing. Moving to the Type O Diet has cured my 40+ year allergy to sunlight, acne, athlete's foot, and carpal tunnel syndrome -- all my body's inflammatory responses to eating the wrong foods! This book, "Aging: Fight It with the Blood Type Diet" is a further refinement and is helping me focus on eating the best and healthiest foods as I grow older (AND BETTER!) Thank you, Dr. D'Adamo for changing my life for the best!

You have always heard you are what you eat...well believe it! I'm knocking down the door to my 60's and I'm told ALL the time that I look like I'm in my late 30s or early 40s! Big compliment if you ask

me. I have lost over 30 lbs in the past year and a half and look and feel great.

This is an update to previous publications by Dr. D'Adamo. It includes refinements to the food listing for each blood type as well as strategies for beginning the diet based on the individual's needs.

From the minute I adjusted my food intake to this model I started feeling better. I've been looking for a solution to my joint aches and pains for a long time and this seems to be helping. I'm looking forward to a brighter future.

Small pocket book size. Some of the food choices have changed in this book compared to his website. The book basically changes a few foods for your type to supposedly help you live longer better.

Like many boomers, I've switched my primary concern in managing my body from "Looking good" to "Being healthy." D'Adamo's book is useful in that undertaking. His lists of supplements is also helpful.

This book is everything I was hoping for and more. It just makes sense. I will start today to implement the recommendations and also incorporate the recipes from the sister book, Personalized Living Using the Blood Type Diet

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