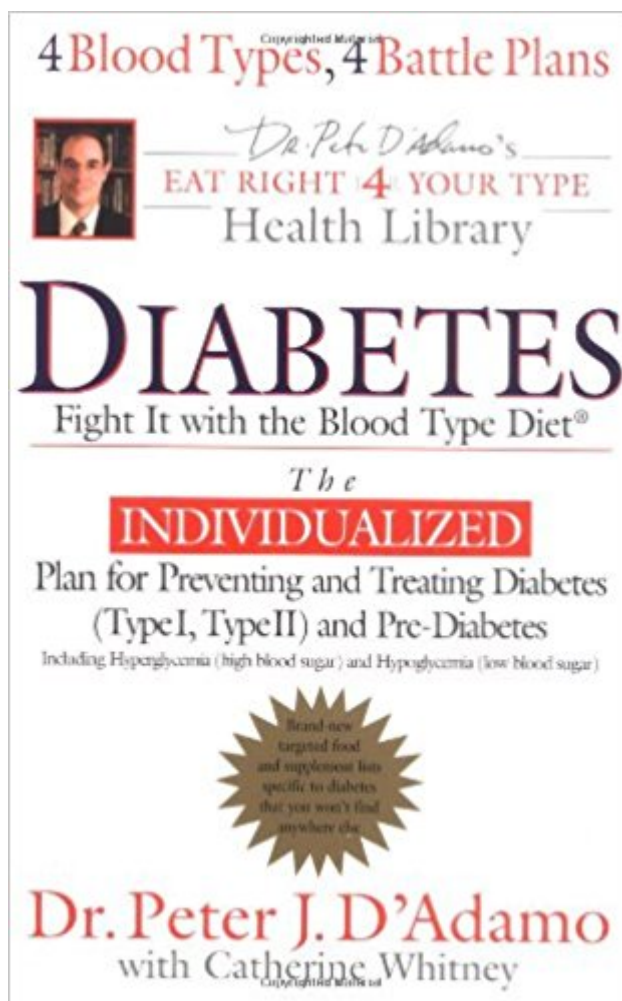


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# Diabetes: Fight It With The Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library)



## Synopsis

Dr. Peter J. D'Adamo has forever changed the strategy for eating right to lose weight and achieving maximum health. Because he discovered what many already instinctively knew-that a plan that works for one person may make another ill-there will never be a one-size-fits-all diet again. And since we now know that each blood type is affected differently by common diseases and conditions, there will never be a one-size-fits-all plan of action. With more than 2 million copies of his books in print, G. P. Putnam's Sons announces the launch of Dr. D'Adamo's Eat Right 4 (for) Your Type Library. Over the next two years, eight books will be published on eight different conditions, the first two being cancer and diabetes. In these books, readers will find new information individualized for their blood type and illness. In addition to the food categories Beneficial, Neutral, and Avoid, Dr. D'Adamo introduces a new category-Superbeneficial-for helping your body fight disease. He also introduces self-assessment tests to determine status and measure progress. Supplement, lifestyle, and exercise protocols are tailored to each blood type and condition. There has never been a better arsenal for fighting disease, and never an easier or clearer tool.

## Book Information

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## Customer Reviews

My family has a history of type 2 diabetes, so I wanted to know how to avoid becoming a diabetic. This book in addition to the other books especially Live Right 4 Your Type have been excellent resources to help me understand my genetic heritage. I am an O blood type, secretor. I am amazed

at how much more energetic and powerful I feel now that I have been utilizing the diet for a year now. I rarely feel fatigued now. I have increased muscle mass. Best of all, now that I have eliminated wheat products, dairy and corn from my diet, I do not have anymore cramping/pain in my colon. I know that avoiding the 'avoid foods' is difficult. It was for me too; I had been eating a goblet of ice cream every night before going to bed and I loved OREO cookies. As we get older (I'm 40 now) however we need to leave such childish eating behavior behind us if we want to be healthy and this book is the best resource I have read to date. If you are overweight and/or diabetic and you want take eating action to solve your health condition this book is a start. I also would highly recommend working with a doctor who is IjHI (Institute for Human Individuality) Certified. These doctors specialize in treating diabetes and other preventable health conditions with this diet. These doctors are not cheap but worth every penny if you value your health. Doctors not certified are simply unaware of treatments that can solve someones diabetic condition, so they prescribe what they know short term solutions (drugs). I love being in control of my health, my kids do too. It's not easy or cheap, but it's worth it. If you solve the problem, you live life with joy; If treat the symptoms only, you live life with agony.

The author disposes of the myth that one size fits all when it comes to managing diabetes. He presents plans for each of the classic blood types. In addition, he recommends reducing stress as a condition precedent to managing the disease optimally. Soy, vegetables, fish oil, broccoli, mushrooms and exercise are presented as important ingredients in the control over diabetes and its related manifestations. If you have tried everything and nothing has worked, then this book will help you to identify strategies for dealing effectively with diabetes. Understand that you must develop effective strategies for managing the diabetes because the disease impacts the nerves, heart and virtually every body function. This book is worth the price because the author has discovered a new and unique dimension to handling the disease; namely, a different strategy for each blood type.

I found this book to be most informative and helpful in the successful management of elevated blood sugar levels, triglycerides and body fat. This book allowed me to eliminate foods from my diet that are triggers for insulin production for my blood type, and allowed me to take control of my diet. This book very matter of factly lists foods that are beneficial to your blood type and those that are harmful. Each food group is broken down into five categories, from "very beneficial" to "avoid" for literally hundreds of foods. As I began to eliminate foods that are in the avoid column, I immediately

noticed a difference in my energy level, and overall well being. It was a dramatic change for me, and the side benefit is the loss of eleven pounds in three weeks, better sleep patterns, loss of cravings, and an overall feeling of renewed health. I recommend this book to anyone that has been diagnosed with early stages of Type 2 Diabetes, or is pre-diabetic. Following the recommendations in this book will help you to take control of your health, and create lifestyle changes that will benefit you long into the future.

My husband discovered two years ago that he was diabetic. Two months ago, I started him on this diet Eat Right 4 your Blood Type and thought we would try it. Last week he went back to the doctor and he took him off all his meds. He was on metformin and a statin and was taken off all of them. This works. We have both lost weight and feel better. I highly recommend this eating system.

I have been eating for my blood type for 2 months and have had AMAZING results....allergy and asthma improvement, weight loss, more energy, etc. As to diabetes control/prevention - it is a huge and neglected health concern for women - the suggestions in this little tome all lead to a healthier lifestyle! I by no means advocate going off or rejecting medication but this is a really vital adjunct for good health!

Good reference manual for those of us who wish to holistically heal our Type 2 Diabetes. Rather than go the pharmaceutical path which chemically treats symptoms why not go the natural path and treat the disease thus curing oneself? Useful and informative material in this book has helped me control my blood sugar to healthy levels. Thank God for people like Dr. D'Adamo who help those willing to help themselves!

This is an amazing book. If you have diabetes I highly recommend it, and if you don't, I recommend you buy one of the other "Eat Right 4 Your Blood Type". It was incredible to see this book hit right on the spot that the foods I like are mostly good for me, and then ones I dislike are mostly bad for my blood type. The book details which foods are beneficial for my diabetes, and in less than a month, I've achieved a considerable reduction in my glucose level.

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