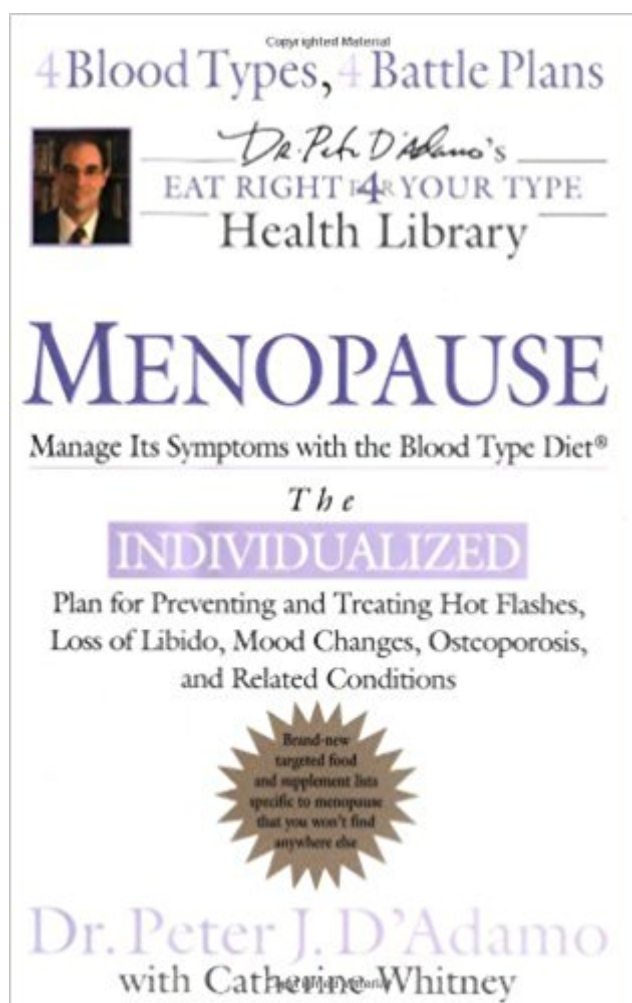


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# Menopause: Manage Its Symptoms With The Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right For Your Type Health Library)



## Synopsis

From the author of the 2 million-copy-selling Eat Right 4 (for) Your Type series, which has helped millions of people lose weight and stay healthy using the Blood Type Diet(r), come two new books to help fight the effects of aging and manage the symptoms of menopause. Having written books specifically geared toward fighting cancer, diabetes, arthritis, cardiovascular disease, allergies, and fatigue, Dr. Peter J. D'Adamo adds two new volumes to the Eat Right 4 (for) Your Type Health Library. This time he zeros in on aging, addressing the issues of brain decline, hormonal deficiency and loss of vitality, and menopause, focusing on treating hot flashes, loss of libido, osteoporosis, and mood changes. Dr. D'Adamo offers new information (not included in any of the other Eat Right books) individualized for the four blood types. In addition to the standard food categories of the Blood Type Diet®-Beneficial, Neutral, and Avoid-he provides a fourth category, Super Beneficial, which emphasizes foods that have medicinal properties that help fight the symptoms and signs of aging and menopause. Self-assessment tests that help determine your status and measure your progress on the diet are included, as well as supplement, lifestyle, and exercise protocols tailored to each blood type. There has never been a better arsenal nor an easier tool for using blood type to fight disease and promote health and longevity.

## Book Information

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## Customer Reviews

Wish I had not spent the time or money on this one. It is just a reflection of the original Blood Type Diet book with medically approved overcasts toward menopause thrown in for good measure. It's a

non useful rehash of the same old same old. I am not totally sold on the Blood Type Diet but have made good use of much of it as my body approves or does not approve. Some of the items on my blood type diet are absolutely right on the money and others are so far off, its not worth discussing. Your body knows what it will tolerate and what it won't. It also knows what it needs and doesn't if you learn to listen up. A lot of the entire principal of blood typing for diet is good, sound and practical but it does not apply equally to everyone in every blood type category. Why so many people are combinations of two or more blood types in terms of what their bodies will make use of or won't is difficult to explain but as the gene is fluid in its expression, the final results may be termed, "essential adaptations."

This is the best diet ever. I have overcome many health problems using the Blood Type Diet by Dr. D'Adamo. I am @ my perfect weight, friends that haven't seen me in years say I look great. I do not take prescription medications. All Americans should be eating right because the standard American diet is killing us. Dr. D'Adamo is brilliant & has I'm sure, given many people the key to feeling & looking great. Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight

When pre-menopausal symptoms became more and more evident I was looking for an alternative method to deal with the bothersome hot-flashes and mood swings. I had heard about the blood type diet many years ago and thought I give it a try. I have to say that when following the guides given the symptoms are no longer there and I can tell right away when I deviate from the recommended food intake.

I follow the eat right 4 your type food plan & this was a very helpful addition. It helped to fine tune some issues.

See for yourself how it can help you or your loved ones. Read his first book if you need more background. This book definitely has helped me. Two of my chiropractors use his information to help their patients.

I have the book eat right 4 your type and have seen the benefits of doing this and the results of weight gain when not following this diet. I have read Menopause Manage Its Symptoms with the Blood Type Diet and am so encouraged. Dr. D'Adamo lays out a plan for you to change the way you

eat over a few weeks so it's not so drastic. He also tells you how to incorporate exercise into your week. I think I will have no trouble following this. As far as does it really work...I have no doubt it will, but I haven't followed it yet, so I can't really say. I truly believe it will. I am very excited about my new diet and can't wait to get started.

I got the book this week and read it before I knew my blood type. When I was done, I thought, "Boy I sure hope my blood type isn't A"!!! All of my favorite foods were on the avoid list for that blood type, and even the exercise I love the most. Guess what? I'm an A+. I think I might still give this a try and see if helps any of my symptoms because the insomnia and night sweats are not fun at all!

this is an awesome book with a lot of great information very happy with the book, i would highly recommend this book

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Menopause: Manage Its Symptoms with the Blood Type Diet (Dr. Peter J. D'adamo's Eat Right for Your Type Health Library) By Dr. Peter J. D'Adamo Cancer: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Libra (1st Frist Edition) [Hardcover] By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Diabetes: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Cancer: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Fatigue: Fight It with the Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Lossof Libido, Mood Changes, Osteoporosis, and Related Conditions Cardiovascular Disease: Fight it (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms)

Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Eat Right for Your Type Live Right for Your Type (4 blood types, 4 diets 4 blood types, 4 programs) Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet

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