



Eat Right 4 Your Type

By Peter D'Adamo, Catherine Whitney

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Eat Right 4 Your Type, Peter D'Adamo, Catherine Whitney, The individualised diet solution to staying healthy, living longer and achieving your ideal weight. Have diets you've tried in the past failed or even been counter-productive? Are you sure your diet is right for your blood type? This breakthrough programme is the only diet book to reveal the hidden key to successful dieting. Your blood type reflects your internal chemistry and actually determines the way you absorb nutrients. The foods you absorb well and how your body handles stress differ with each blood type and plays a key part in losing weight, avoiding disease and promoting fitness and longevity. Based on that knowledge, Eat Right 4 Your Type provides a set of blood type-specific diets to help you learn how to combine the foods that are right for you, to ensure physical and mental well-being, whilst helping guarantee weight loss.



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