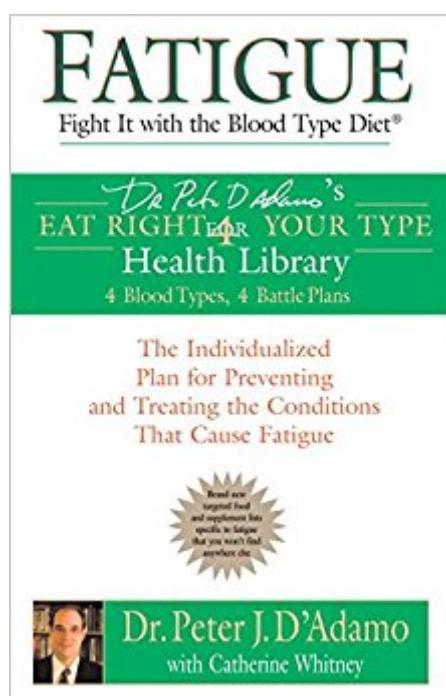


The book was found

# Fatigue: Fight It With The Blood Type Diet: The Individualized Plan For Preventing And Treating The Conditions That Cause Fatigue



## Synopsis

Dr. Peter J. D'Adamo's bestselling blood type diet plan that helps conquer debilitating fatigue. With specific tools unavailable in any other book, *Fatigue: Fight It with the Blood Type Diet*® has four battle plans-individualized for all needs-for preventing and treating fatigue, and for alleviating the symptoms of chronic fatigue syndrome, fibromyalgia, and other fatigue-causing conditions .

## Book Information

Paperback: 208 pages

Publisher: Berkley; Reprint edition (December 27, 2005)

Language: English

ISBN-10: 0425207544

ISBN-13: 978-0425207543

Product Dimensions: 5.1 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 28 customer reviews

Best Sellers Rank: #808,900 in Books (See Top 100 in Books) #66 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #349 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Sleep Disorders #5656 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Dr. Peter J. D'Adamo is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the New York Times best-selling Eat Right 4 Your Type book series. His extensive research and clinical testing of the connections between blood type, health, and disease has garnered world-wide recognition and led to groundbreaking work on many illnesses. The world-famous immunologist, Dr. Gerhard Uhlenbruck of the University of Cologne, Germany, has called Dr. D'Adamo "one of the most creative scientists in the Western world." Catherine Whitney is the coauthor of numerous bestselling books on health and wellness.

I LOVE this book and all the books by Dr. D'Adamo. I have been pretty strict with my Blood Type diet and his books and even order the supplements. I have Chronic Fatigue Syndrome, for 19 years and I have found my health getting better because of the Blood Type diet, my whole body is happier, My digestive processes work so much better ;)

Even though I had been kind of following the blood type diet, I needed to get more aggressive at battling my fatigue. The book helped me slowly transition to the O diet, and as a result I was able to get normal thyroid blood test results. Only 4 stars because there was some conflicting information that I never could figure out. For those trying to lose weight, I lost weight without even trying.

This is a great reference book that does an excellent job in outlining the best (and worst) foods for each blood type regarding fatigue. It provides fantastic information about how stress is actually created, and what is happening in the body from a physiological perspective. Dr D'Adamo outlines the causes of fatigue, and makes some great points. If anybody has ever followed the Blood Type Diet, they know the dramatic difference it makes. If somebody is battling with fatigue, this is the extra step that can help alleviate so many uncomfortable symptoms. There is a book for arthritis, cancer, allergies, and many more- which are all golden references in the D'Adamo library. Regarding other reviews which might downsize Dr D'Adamo's work- Dr D'Adamo began all of his research decades ago based upon medical studies that show tremendous blood type/disease correlations. Everything in his books can be found in medical reference libraries and detailed scientific studies. There is nothing to hide, people are just too coward to look at the facts for themselves. Heroin addicts crave heroin- is that because Heroin is good for them, and their body is "trying to tell them something?" Let's put on our thinking caps, people.

OK

I LOVE LOVE LOVE Peter D'adamo. I have tons of his books. I use his vitamins and skincare. He is so ahead of his time when it comes to his programs. I am a nutritionist and I have read hundreds of nutrition books and this is the one I live by. I am a O and I have had tons of success with his diet.

These books make sense, I am following the diet (not perfectly) but I have lost over 30 lbs in a year with avoiding foods that are on the Avoid list and making a few adjustments. Now in saying that, there are foods on the avoid list that I LOVE and if I want to have that particular food I'll have it, but I don't eat it very often. It is GREAT! I feel better and 4 sizes smaller too...I'm 58 years old and was getting (or got) the middle age SPREAD and it was horrible. I'm happy now. Also, I don't cook the foods in the cookbook but I eat correctly with the recipes already like and use all the time.

Gosh, this book is amazing, explains why I have been so tired for so long, and I am definitely on the Blood Type Diet.

Verrrrry thought-provoking! I enjoyed reading & trying out the suggestions for my blood type.

[Download to continue reading...](#)

BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue 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) 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) Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Aging: Fight it with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Deficiency, and the Loss of Vitality Associated with Advancing Years Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) 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) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Atkins Diet: Atkins Diet For

Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD TYPE FOOD AND SUPPLEMENTS FOR TYPE A BLOOD TYPE DIET: EAT RIGHT FOR YOUR BLOOD TYPE FOOD AND SUPPLEMENTS FOR TYPE O Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)