



Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions (Paperback)

By Dr Peter J D Adamo

Penguin Putnam Inc, United States, 2006. Paperback. Condition: New. Reprint. Language: English . Brand New Book. One of the world s most common chronic conditions just got dealt a major blow. Dr. Peter J. D Adamo, author of the Eat Right 4 (for) Your Type(R) series--with more than two million copies in print--has developed a brand-new, targeted plan for fighting allergies. With specific tools unavailable in any other book, Allergies: Fight Them with the Blood Type Diet(R) has four battle plans--individualized for your needs--for preventing and treating environmental and food allergies, chronic sinus infections, asthma, and related allergy conditions. Dr. D Adamo s Allergies: Fight Them with the Blood Type Diet(R) battle plan includes: - A diet tailored to your blood type that attacks allergies at their source, reducing inflammatory activity, and pinpointing dietary factors that trigger allergic reactions. - A new category of Super Beneficials highlighting powerful allergy-fighting foods for your blood type. - Blood type-specific protocols for vitamins, supplements, and herbs to target allergies and related conditions. - A four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies.



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