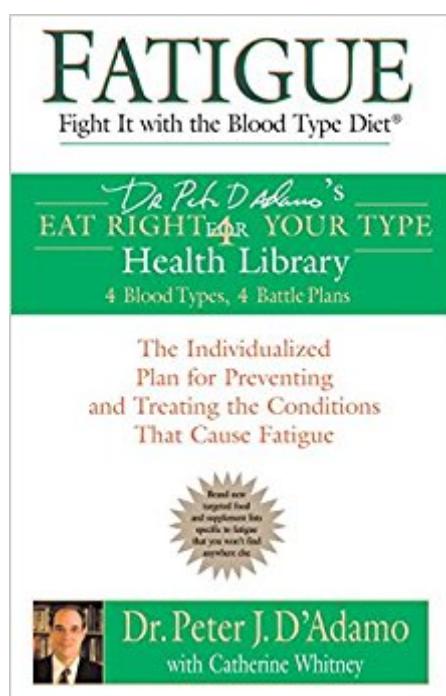


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# Fatigue: Fight It With The Blood Type Diet: The Individualized Plan For Preventing And Treating The Conditions That Cause Fatigue



## 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

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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.

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