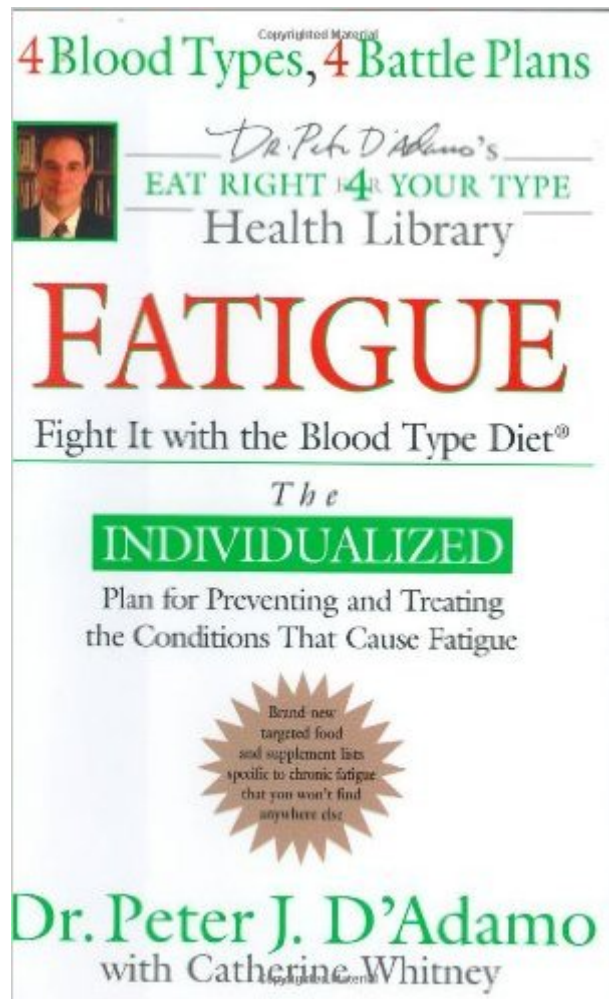


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# Fatigue: Fight It With The Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library)



## 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. --This text refers to the Paperback edition.

## Book Information

Series: Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library

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Product Dimensions: 5.3 x 0.9 x 8.3 inches

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #521,922 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #4472 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#) #6443 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

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.

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.

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 ;)

great subject to utilize for dramatically assisting your health. I also use Dr. Joel Wallach's vitamin line bought through the company found online as Youngevity. I use the tangy tangerine osteo fx and EPA oil tablets, and see a huge improvement in many parts of me as well as helping to fight any cold before it starts to hang on. the blood type diet is a great way to create a diet for your best physical comfort/ health.

Love this book, it was very helpful. I followed the recommended supplements for fighting fatigue during the day and feel more energized throughout the entire day. It also further describes the super beneficial and rarely allowed Neutral foods as well to promote better progress towards your BT diet goals. Thanks!

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

very informative. the information was very similar to the fighting cancer one. I have not as yet received the aging book to compare

I came back to edit my review when I realized that I felt so much better with dietary changes because I was eating unprocessed foods, not just following "blood type" suggestions. Desperate

with pain and fatigue, I tried several things. Personally utilizing a plant based diet increased my energy, gave my body the nutrients needed for healing. I do not think it is beneficial or long term likely to cut out certain fruits, grains, etc. unless you are of course allergic. Body needs a spectrum of food resources of nutrients. I will say that the writer of this book has a great website that offers some wonderful free recipes.

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