



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

By Dr. Peter J. D'Adamo, Catherine Whitney

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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® 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® 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® 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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Editorial Review

About the Author

Dr. Peter J. D'Adamo is a noted naturopathic physician, researcher, and lecturer, and the author of the revolutionary Eat Right series. His extensive research and clinical testing of the connection among blood type, health, and disease has garnered international recognition and led to groundbreaking work on many illnesses. His books have been translated into more than 50 languages.

Catherine Whitney is the co-author of numerous bestselling books on health and medicine.

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Eric Rodriguez:

Typically the book Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was authored by the very

famous author. McDougal makes some research just before write this book. This specific book very easy to read you will get the point easily after looking over this book.

Catherine Rosol:

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