



Live Right for Your Type: The Individualised Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life

By Peter J. D'Adamo, Catherine Whitney

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Live Right for Your Type: The Individualised Prescription for Maximizing Health, Metabolism, and Vitality in Every Stage of Your Life, Peter J. D'Adamo, Catherine Whitney, The individualized prescription for maximising health, metabolism and vitality in every stage of your life. Your blood type is the key to living a healthy and vibrant life. Dr. Peter J. D'Adamo's groundbreaking work on blood types and their connection to diet and lifestyle has attracted huge attention and support. Thousands of testimonials and new genetic research all confirm that blood type affects your mental health, the way you digest your food and the efficiency of your metabolic and immune systems. His first book on the subject of blood types, "Eat Right 4 (for) Your Type", has consistently been on the bestseller lists.



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