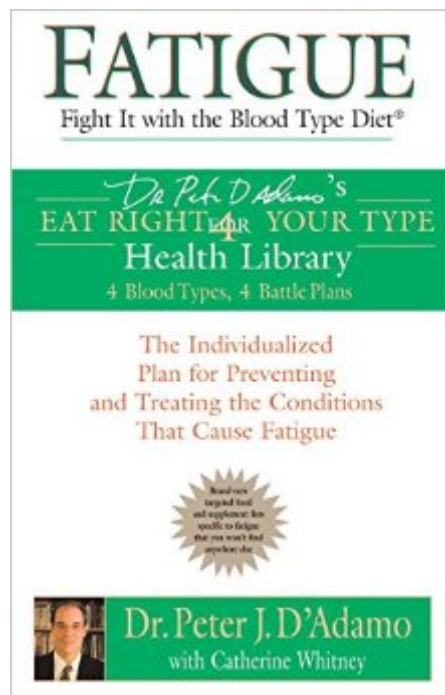


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# Fatigue: Fight It With The Blood Type Diet: The Individualized Plan For Preventing And Treating The Conditions That Cause Fatigue



## 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 See all reviews (22 customer reviews)

Best Sellers Rank: #779,098 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #5954 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## 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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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Cancer: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Cancer (Eat Right for Your Type Health Library) Menopause: Manage Its Symptoms with the Blood Type Diet: The Individualized Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions Aging: Fight it with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Inefficiency, and the Loss of Vitality Associated with Advancing Years Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions Allergies: Fight them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, ... Eat Right 4 Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'Adamo's Eat Right for Your Type Health Library) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan, Diabetes ... Diabetes, Type 2 Diabetes Diet Book Book 1) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Fatigue: Fight It with the

Blood Type Diet (Dr. Peter J. D'Adamo's Eat Right 4 Your Type Health Library) The Food  
Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type  
Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The  
Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic  
Fatigue) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood  
Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse  
type 2,atkins)

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