

FROM THE PUBLISHER

Dr. D'Adamo has spent the past fifteen years researching the connections among blood type, food, and disease, and his research is built on thirty years of work done by his father. Now Dr. D'Adamo offers a total resource for health, an individualized plan that's right for your blood type. In *Eat Right 4 Your Type* he shows which foods, spices, teas, and condiments help someone of your blood type maintain optimal health and ideal weight; which vitamins and supplements to emphasize or avoid; which medications function best in your system; whether your stress goes to your muscles or your nervous system; whether your stress is relieved better through aerobics or meditation; whether you should walk, swim or play tennis or golf as your mode of exercise; how knowing your blood type can help you avoid many common viruses and infections; how knowing your blood type can help you fight back against life-threatening diseases; and how to slow down the aging process by avoiding factors specific to your blood type that cause rapid cell deterioration.

What's your blood type?

The answer could hold the key to unleashing buried energy, lowering cholesterol and blood pressure and losing *all* the weight!

Women from coast to coast are praising a decades-old diet, and not because it is a weight-loss miracle. Sure, thousands of women have achieved their happy weights thanks to this plan, but what these women really want the world to know is that a food formula exists that alleviates every nagging health woe, plus prevents numerous serious diseases.

So what is this healthy marvel? It's based on a book, *Eat Right 4 Your Type* (Putnam), by Peter J. D'Adamo, N.D. Dubbed ER4YT by devotees, it was released in 1996 and remains a best seller on amazon.com today. Women rave online and to their friends about how it transformed (even saved!) their lives.

The link between blood type and health

ER4YT is based on blood-type dieting, a science first investigated in the 1950s. Forward-thinking researchers speculated that since blood is the prime nourishment for the body, tailoring the diet for the various blood types (O, A, B, AB) could enhance well-being. During the decades that followed, research proved that each blood type is indeed linked to an increased risk for certain health concerns, such as high blood pressure,

thyroid problems and allergies. The real breakthrough came when scientists determined that eating foods that nourish each blood type can safeguard health, while eating the wrong foods can cause illness. The reason: Each blood type is determined by the presence of a different *antigen*—a chemical marker on the surface of blood cells that provides the body's first line of defense against foreign invaders. When a suspicious substance enters the body, antigens activate immune cells to produce antibodies that help destroy those invaders.

The problem for health is that foods contain proteins called *lectins*. Each blood type has evolved to accept certain lectins as nourishment and reject others as invaders. For example, type Os, the original hunters, thrived on meat, and type As, the first farmers, thrived on grains. To this day, if a woman eats foods that go against her genetic needs, her body's antigens signal the immune system to "attack" those lectins, causing cellular inflammation, sluggish metabolism and more, says Dr. D'Adamo.

"The good news is that eating the foods your blood type evolved to eat can improve health on every level," Dr. D'Adamo asserts. "It can also help you lose 15 pounds in two weeks!"



Jill's cholesterol dropped 102 points

THEN:
138 lbs.

It worked for me!

"I have the energy to play with my girls!"

At age 30, Jill Robustelli got the news that her cholesterol was dangerously high. "I tried everything to avoid the heart attack I was destined for," Jill recalls. "I dieted, exercised and took herbs. I wanted to around for my daughters."

But it was only after she turned to blood-type dieting that her cholesterol dropped from 305 to 203. As a welcome bonus, she she 15 pounds. "With my newfound energy I can chase after my girls, confident that I'll be with them for many years to come!"