



The D'Adamo Diet

Dr. James D'Adamo

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The D'Adamo Diet

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Be healthy naturally. Unlock the energy, health, and vitality within you by matching the right foods and exercise to your blood type. The D'Adamo diet clearly outlines what each individual needs for good health by looking at the different blood types and their relevance to diet and exercise. Vitamins and minerals are examined to explain what they do and how much of these we need to take. As well, specific illnesses such as arthritis and asthma are addressed, and readers are given guidance for reversing these problems and many others.

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Nicholas Valles:

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