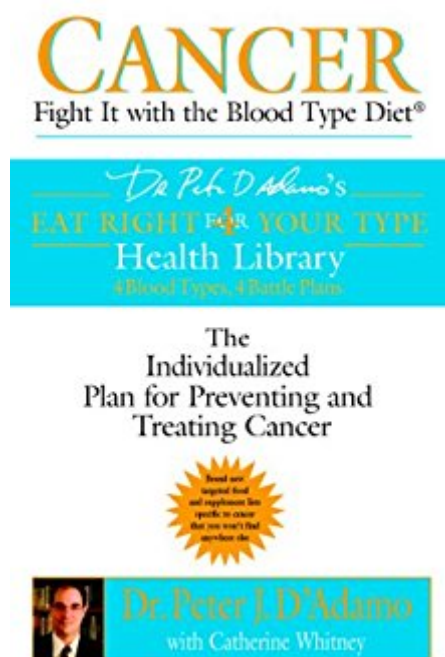


The book was found

Cancer: Fight It With The Blood Type Diet (Eat Right For Your Type Health Library)



Synopsis

More information to be announced soon on this forthcoming title from Penguin USA.

Book Information

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> Cancer > General

Customer Reviews

Please bear with this long review. I am currently being treated for breast cancer and I have AB blood type. My chiropractor gave me this book. I was struck by the fact that AB blood type is not only rare, but creates a friendly immune system. My particular diagnosis is early stage (2), estrogen-receptor positive. This cancer is known to be more aggressive in Black women. Based on those factors, I knew that I did not want a one-size-fits-all approach to nutrition. I had never been able to conquer my sweet tooth prior to this diagnosis. I want to share with readers my results in following the diet for blood type AB. The sweet tooth problem became easier to deal with once I viewed sugar as a poison. I have been following the diet as faithfully as possible for 2-1/2 months. I unexpectedly lost 18 pounds in nine weeks. My goal was to give my body the best nutrition possible as I headed toward surgery and chemo. The first 7 pounds were gone in two weeks before I had surgery. This was a good thing since I had to have lymph nodes removed and biopsied from my

armpit. This procedure creates a lifelong risk of lymphedema. I still do not have lymphedema, but the weight loss helps my chances of continuing to avoid it. Chemo can also cause the onset of lymphedema. I do not ever want to get it because I am an avid tennis player. I continued to stay on the diet and was very intentional about what I would put in my body. I dropped an additional 11 pounds. Without exercise or counting calories, the weight fell off. I became concerned that it would continue, but then my weight stabilized at just five pounds over what it was 13 years ago when I started gaining weight. It was like my metabolism had been re-set. I started chemo almost two months ago.

My health care provider plugs this book heavily, so I have had the opportunity to look through it, read the portions that pertain to my blood type and listen to his input regarding its worth. In this slimmer volume, D'Adamo again looks at all four blood types and recommends food, drink and vitamins to help keep you cancer-free. On solely a practical level what this means is that only one fourth of the book will be read by you---why D'Adamo doesn't simply offer 4 books at a fourth of the price, I'll never know. The fourth of the book that you will read pretty much duplicates what is written in 'Eat Right for Your Type', 'Live Right for Your Type' and 'The Eat Right for your Type Encyclopedia'. In this book, D'Adamo adds 2 new food categories to the triumvate of BENEFICIAL, NEUTRAL and AVOID categories found in the older editions. One of the new food categories--Super Beneficial further delineates the already restrictive ground he has already covered at length in his earlier books. A few new vegetables and spices are added in the newer categories, but otherwise the directives found in his earlier work still define the underlying principles in this one. So the really bottom line on this one is whether or not you really need to purchase a \$20 book to further affirm D'Adamo's thinking on food and supplements. I think not. Whether or not you accept the idea that observing blood type and D'Adamo's corresponding food do's and don't's is the key to a longer and healthier life will definitely sway you in either making or not making this purchase.

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