



Arthritis: Fight it with the Blood Type Diet (Eat Right 4 (for) Your Type Health Library)

Dr. Peter J. D'Adamo, Catherine Whitney

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Dr. Peter J. D'Adamo, the author of the **Eat Right 4 (for) Your Blood Type Diet** series, with more than two million copies in print, has now created a targeted plan for fighting arthritis and cardiovascular disease.

Using specific tools not available in any other book, sufferers can find their own, individualized battle plan for defeating the pain of these debilitating diseases.

This revolutionary volume contains individualized plans for counterbalancing the painful effects of osteoarthritis, rheumatoid arthritis, fibromyalgia, and other inflammatory conditions.

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