



Live Right 4 Your Type

Peter J. D'Adamo , Catherine Whitney

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From the doctor who brought us the blood-type health craze that has swept the nation, here is new research that shows you how to live according to your blood type so that you can achieve total physical and emotional well-being.

Over a million readers have used the individualized blood-type diet solution developed by **Dr. Peter J. D'Adamo** to achieve their ideal weight. In the five years since the **New York Times** bestseller **Eat Right 4 (for) Your Type** was published, new research has indicated that there's a blood-type profile for almost every aspect of our lives, and thanks to that new research, your blood type reveals how you can live a better life. **Live Right 4 (for) Your Type** is Dr. D'Adamo's ground breaking book that will give you individualized prescriptions according to blood type.

According to your blood type, should you:

- Eat three regular meals a day, or small, frequent ones?
- Have a regimented or flexible routine?
- Go to sleep at the same time every night or have a flexible bedtime?
- Do without rest periods or take them religiously?
- Achieve emotional balance through exercise, meditation, or herbs?

Each blood-type prescription is divided into five life areas. Recommendations, guidelines, and informational charts are provided for the following:

- Lifestyle
- Stress and Emotional Balance
- Maximizing Health
- Overcoming Disease
- Strategies for Aging

Live Right 4 (for) Your Type also has information compiled from new research that greatly expands on the information in **Eat Right 4 (for) Your Type**. **Live Right** features:

- new metabolism-boosting supplement lists to increase the body's efficiency and ability to achieve ideal weight;
- refined food and supplement lists to increase cardiac efficiency, lower cholesterol, and strengthen your ability to fight colds, flu, and more serious diseases;
- instructions on how to use vegetables and herbs to improve Natural Killer Cell activity; and
- new information on blood type subgroups that influence not only weight, but also physical and mental health.

Live Right 4 Your Type Details

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From Reader Review Live Right 4 Your Type for online ebook

Heidi says

I really like the concept, and I like the book of food lists. But the more I read by this guy, the more confused I get. In one place it says I'm supposed to have 2-3 servings of juice a day, and in another it says I really shouldn't have any juice other than lemon water in the morning. Same with red meat: in one book he says it's best avoided but is ok once a week or so, and in another it's absolute poison. Like I said in another review, this diet is best taken as loose guidelines rather than a prescription.

His lifestyle recommendations are fine, but I didn't look closely at his specific treatments of various ailments. I was too frustrated by that point.

Kenneth says

I'm not sure if the science is correct, but I've been mixing the recipes with the South Beach Diet recipes and do feel better. I do believe the idea our blood type has something to do with our diet has some validity.

Dawn says

I don't know about this. The concept of eating/avoiding certain foods b/c of your blood type is interesting, but I'm not sure about the science. In my personal, very non-scientific experience, I've found some of this advice to apply (I should avoid dairy) and some not so much (I should also avoid wheat). I had a very expensive acupuncturist base her diagnosis and advice on this book, which I kind of consider cheating. The book struck me as horoscope-ish in that you could say "oh yeah that's me" no matter which blood type you were reading about. I remain skeptical.

Elijah Christopher says

Though I've been trying to limit the amount of books I give a five to, I could give no less to "Live Right 4 Your Type." This book was my first exposure to Dr.D'Adamo's work. I had not previously heard of him, and I'm not nearly far enough along in education to be considered a pre-med student, none the less, I found the book quite resourceful and full of valuable, organized information that can be essential to learning to optimize our health. Times are always changing of course, as well as health and living standards. However, this resource can be used for anyone. Although it is rather shifted towards the average American, anyone can use it. Very well done and entertaining to read. It was enjoyable and provided valuable information that can help anyone, if they find some way to apply it to themselves.

Megan L.ong says

This is one book in a series and the biggest thing is one needs to know their blood type, which unless you have had surgery or have given blood can be hard to find out. I am not sure if there is an updated version, but

some of the information in this one (2000) contradicts what some of his other books suggest. Overall this is a helpful book, but only if you know your specific type.

Wendy says

Although this book has a lot of scientific words, and is not very easy to understand, I found it very interesting and helpful. I do believe Dr. D'Adamo is onto something. The best parts are the testimonials that are sprinkled throughout the book from people who were really experiencing some painful and sometimes life-threatening symptoms, and then had a very quick turn-around in their overall health after eating the right foods for their blood type. Even if you just skim through this to get the general idea, I do recommend you try it for yourself, especially if you have any ongoing sicknesses or you can't figure out why you're not losing weight.

Ploetzly says

because of my wheat allergy, i started researching about the effects of different plants on different organs and found out about lectins, and this book goes more in depth about lectins. i find them really facinating. still don't know my blood type, but sort of excited, its like learning about my signs all over again!

Laurie says

As others have said, unless you are well versed in the subjects of chemistry, food, and bodily functions, much of this book may go over your head. However, there is enough understandable information for those of us who require simpler descriptions to help us comprehend the importance of eating for our blood-type.

For the first time ever I now understand why I balk so much at the idea of not eating meat, and increasing in other foods my body reacts so badly to, whereas my husband can eat things I can't with absolute ease. What's more is Dr. D'Amado goes a step further in this book and helps us to looks for healthier ways to handle our emotional and mental well-being, and even takes us through exercises that will be the most beneficial for our blood type.

One must keep in mind, however, that just because we are a certain blood type it does not mean we fit into "the mold." My mother and I are different blood types, but our body types are very similar. There are genetics passed from her to me that go against the typical blood type descriptions in this book. That being said, there is enough good information here to help you get a better insight on how to take the best care of yourself.

Janice says

From the author of "Eat right for your type" this is a more in depth look at the health benefits for eating right for your type. There are testimonials from people who have experienced various health issues and testify that by simply changing their diet how they were able to rectify or lessen the effects of their health issues. Being 25 years old atm it really made me think that there is a better way to look after myself and to have a better

quality of life in the long run.

Berlyn says

excellent! now to just find out what blood type i actually am.... so i can apply this info... XD but i do believe it holds a lot of merit

Andrea says

This has some Very interesting ideas that make sense based on some of my health issues. What lost me was the ridiculous theories on vaccines for the blood type. It lost credibility for me then.

Lesley Morrison says

Fascinating for me as I am a nutrition coach, and when aligning information from the book to my client blood groups, it is very accurate. A good read if you can get beyond the science.

Tracey says

Again, I found this book was great for me. Many do not believe foods, meds, etc, based on blood type can help/hurt your body. But, it does apply to me!

David says

Another great book

I enjoyed reading thus book After completing a previous nook eat right for your type, this book was a great follow up book. Highly recommended if you believe you are suffering from a diet imbalance.

Angela says

Though we are just beginning the avoidance of foods that are not good for our blood type, I am already feeling a difference. I have no health issues other than a bit tired in the afternoon. My daughter on the other hand has joint pain, gut issues, mood swings, a hard time focusing. We are excited to see how she does. I would encourage everyone to read this and give it a try if not for just a week.

Here are some examples for what it suggests...type a should avoid food like potatoes, bananas, tomatoes, shrimp and cows milk. Type o should avoid food like wheat, corn, peanuts, potatoes, pork, cows milk. Type b should avoid chicken, corn, peanuts, tomatoes, pork and shrimp. Everyone should avoid aspartame, MSG, sodas, etc. as many of us knew.

