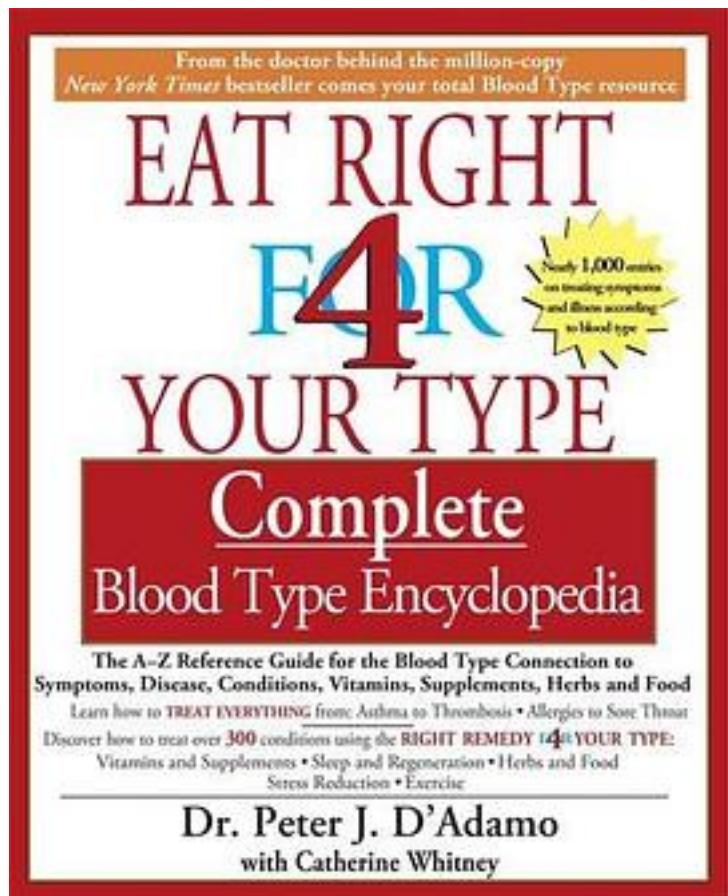


Eat Right for 4 Your Type



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著者:Peter D'Adamo

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Dr. Peter J. D'Adamo has established himself as the world's most popular and respected authority on the connection between blood type and eating, cooking and living. Eat Right 4 Your Type, Cook Right 4 Your Type, and Live Right 4 Your Type have created an international phenomenon.

Now comes the essential reference book to answer all your questions about conditions, herbs, supplements, medication and food. From asthma to sore throat, from cancer to thrombosis, this guide recommends treatment for hundreds of conditions, citing rigorous studies that detail the frequency and severity of the conditions for each blood type.

作者介绍:

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food

评论

为我天生爱吃肉爱内脏的灵魂提供了理论基础

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