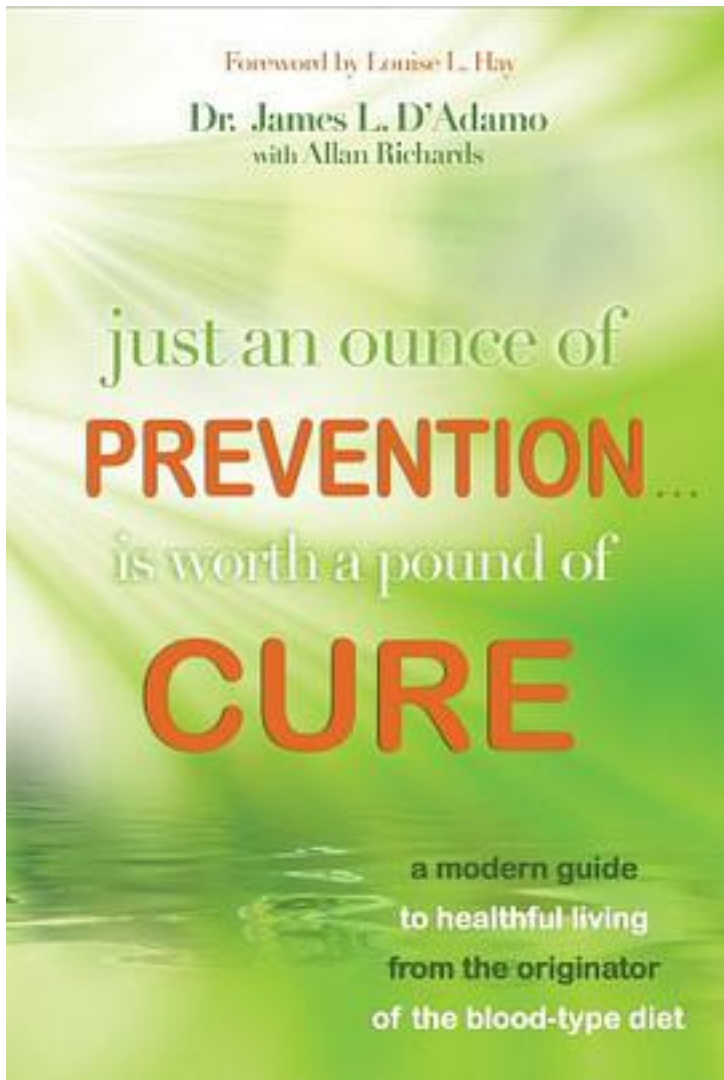


Just An Ounce of Prevention.Is Worth a Pound of Cure



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Dr. James D'Adamo burst onto the world of natural medicine in the 1970s with his revolutionary discovery of, and approach to, healing based on a person's blood type. In this fascinating book, Dr D'Adamo exhorts us to take responsibility for our own health and prevent chronic degenerative diseases using his newest discoveries, which he has used to treat more than 50,000 patients. He explains which foods and exercises are right for each of us, what assets and liabilities we're born with, and how our minds can work to better process information. This book contains Dr D'Adamo's most up-to-date and comprehensive teachings; and includes recipes, exercise regimens, and a panoply of natural therapies he recommends to the patients at his institute. Having great health isn't solely a matter of healing after symptoms arise, but in reducing the possibility of them happening at all. With Dr D'Adamo's advice, you could find yourself feeling healthier, spending less time sick and extending your lifespan.

作者介绍:

目录:

[Just An Ounce of Prevention.Is Worth a Pound of Cure_ 下载链接1](#)

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