



Allergies: Fight Them with the Blood Type Diet: The Individualized Plan for Treating Environmental and Food Allergies, Chronic Sinus Infections, Asthma and Related Conditions

Dr. Peter J. D'Adamo, Catherine Whitney

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One of the world's most common chronic conditions just got dealt a major blow. Dr. Peter J. D'Adamo, author of the Eat Right 4 (for) Your Type® series—with more than two million copies in print—has developed a brand-new, targeted plan for fighting allergies. With specific tools unavailable in any other book, Allergies: Fight Them with the Blood Type Diet® has four battle plans—individualized for your needs—for preventing and treating environmental and food allergies, chronic sinus infections, asthma, and related allergy conditions.

Dr. D'Adamo's Allergies: Fight Them with the Blood Type Diet® battle plan includes:

- A diet tailored to your blood type that attacks allergies at their source, reducing inflammatory activity, and pinpointing dietary factors that trigger allergic reactions.
- A new category of Super Beneficials highlighting powerful allergy-fighting foods for your blood type.
- Blood type-specific protocols for vitamins, supplements, and herbs to target allergies and related conditions.
- A four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies.

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