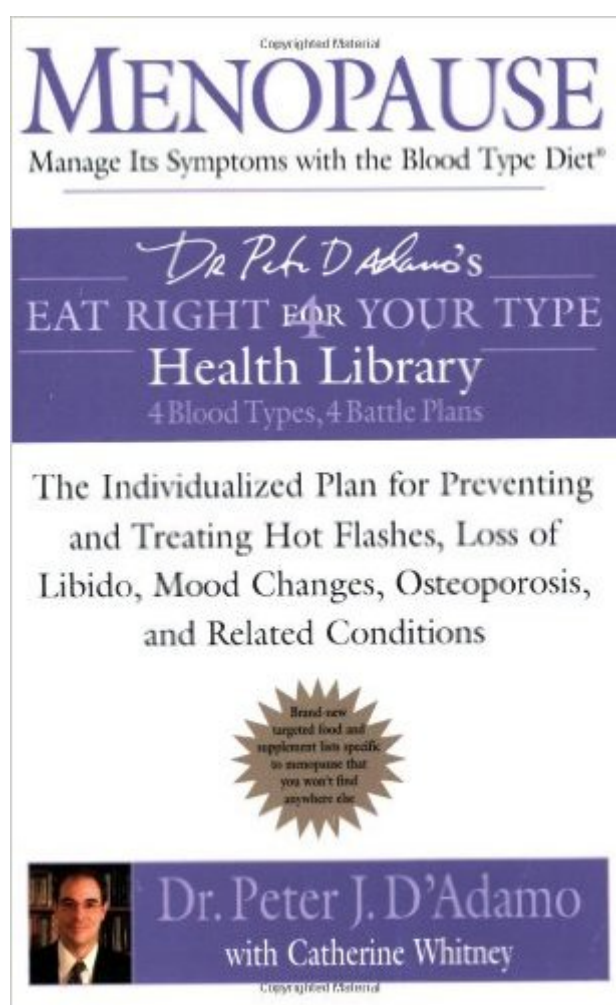


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# Menopause: Manage Its Symptoms With The Blood Type Diet: The Individualized Plan For Preventing And Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, And Related Conditions





## Synopsis

Dr. Peter J. D'Adamo now brings women a targeted plan for managing the symptoms of menopause. With specific tools not available in any other book for preventing and treating such symptoms as hot flashes, insomnia, loss of libido, and osteoporosis, this volume includes tools that will help you treat and prevent menopausal symptoms.

## Book Information

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## Customer Reviews

Wish I had not spent the time or money on this one. It is just a reflection of the original Blood Type Diet book with medically approved overcasts toward menopause thrown in for good measure. It's a non useful rehash of the same old same old. I am not totally sold on the Blood Type Diet but have made good use of much of it as my body approves or does not approve. Some of the items on my blood type diet are absolutely right on the money and others are so far off, its not worth discussing. Your body knows what it will tolerate and what it won't. It also knows what it needs and doesn't if you learn to listen up. A lot of the entire principal of blood typing for diet is good, sound and practical but it does not apply equally to everyone in every blood type category. Why so many people are combinations of two or more blood types in terms of what their bodies will make use of or won't is difficult to explain but as the gene is fluid in its expression, the final results may be termed, "essential adaptations."

This is the best diet ever. I have overcome many health problems using the Blood Type Diet by Dr.

D'Adamo. I am @ my perfect weight, friends that haven't seen me in years say I look great. I do not take prescription medications. All Americans should be eating right because the standard American diet is killing us. Dr. D'Adamo is brilliant & has I'm sure, given many people the key to feeling & looking great. Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight

When pre-menopausal symptoms became more and more evident I was looking for an alternative method to deal with the bothersome hot-flashes and mood swings. I had heard about the blood type diet many years ago and thought I give it a try. I have to say that when following the guides given the symptoms are no longer there and I can tell right away when I deviate from the recommended food intake.

I follow the eat right 4 your type food plan & this was a very helpful addition. It helped to fine tune some issues.

See for yourself how it can help you or your loved ones. Read his first book if you need more background. This book definitely has helped me. Two of my chiropractors use his information to help their patients.

I have the book eat right 4 your type and have seen the benefits of doing this and the results of weight gain when not following this diet. I have read Menopause Manage Its Symptoms with the Blood Type Diet and am so encouraged. Dr. D'Adamo lays out a plan for you to change the way you eat over a few weeks so it's not so drastic. He also tells you how to incorporate exercise into your week. I think I will have no trouble following this. As far as does it really work...I have no doubt it will, but I haven't followed it yet, so I can't really say. I truly believe it will. I am very excited about my new diet and can't wait to get started.

I got the book this week and read it before I knew my blood type. When I was done, I thought, "Boy I sure hope my blood type isn't A"!!! All of my favorite foods were on the avoid list for that blood type, and even the exercise I love the most. Guess what? I'm an A+. I think I might still give this a try and see if helps any of my symptoms because the insomnia and night sweats are not fun at all!

this is an awesome book with a lot of great information very happy with the book, i would highly

recommend this book

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Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines  
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HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)  
Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1)  
Osteoporosis: How To Reverse

Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type

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