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Change Your Genetic Destiny (Paperback)

By Dr Peter J D Adamo

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 201 x 130 mm. Language: English . Brand New Book. D Adamo's engaging writing style, enthusiasm for his subject, and personalized advice will appeal to those who enjoy taking a hands-on approach to their health and exploring new theories. Publishers Weekly With over five million copies sold worldwide of Eat Right 4 Your Type and additional books in the Blood Type Diet series, Dr. Peter J. D Adamo pioneered a new, revolutionary approach to dieting one linked to a person's blood type. In Change Your Genetic Destiny, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D Adamo offers a customized program that complements your genetic makeup to maximize health and weight loss, as well as prevent or even reverse disease. In simple, concise prose, Dr. D Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good...



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