



# Allergies: Fight Them with the Blood Type Diet (Eat Right for Your Type)

*Dr. Peter J. D'Adamo*

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# Allergies: Fight Them with the Blood Type Diet (Eat Right for Your Type)

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**Allergies: Fight Them with the Blood Type Diet (Eat Right for Your Type)** Dr. Peter J. D'Adamo  
Peter J. D'Adamo, author of the **Eat Right 4 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 target allergies and related conditions.
- Finally, a four-week plan for getting started with practical strategies for eating, exercising, and living right to fight allergies.

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