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About Blood Type B Food, Beverage and Supplement Lists. The Eat Right 4 (For) Your Type portable and personal diet book that will help people with blood type B stay healthy and achieve their ideal weight. Different blood types mean different body chemistry. If your blood type is B, enjoy your best health with plenty of variation. Eat plenty of protein, and add a bit of dairy. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds

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About the Author. Dr. Peter J. D'Adamo is an internationally-acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the New York Times best-selling Eat Right 4 Your Type book series.

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I went to my doctor after using two B books by Dr. Peter J. D'Adamo food,beverage and supplement and Live right 4 your type. My blood sugar started at 7.0 and now it is 5.8. My Bad cholesterol is down and my good cholesterol is up

Thank you so much for helping me to Live again
Dr D'Adamo (no more out of control diabetes or
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