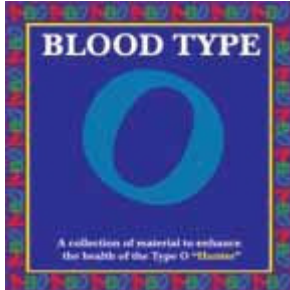
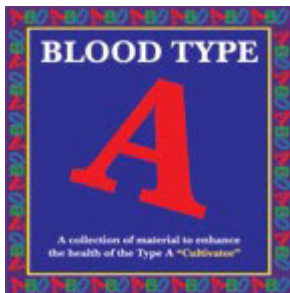


Blood Type Diet CD Holiday Special



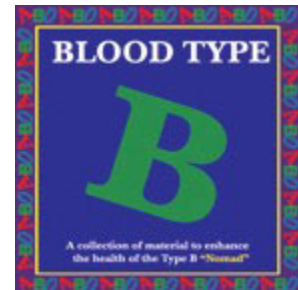
The best way to learn about **Dr. Peter D'Adamo's Blood Type Diet** is to purchase a **Blood Type Diet Collection CD**. There are four CDs to match the four blood types and each one is a compact data disk which goes into your computer to access 200 pages of information. The Table of Contents outlines which files should be printed and which ones are for reference only meaning you can read them on the computer.



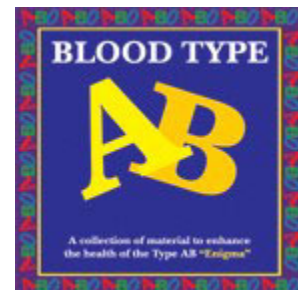
You will learn some amazing things about your blood type including the health profile, disease susceptibility and unique biochemistry, eg. high levels of hydrochloric acid in the Type O vs. low levels in the Type A; supplements and super foods to fight specific diseases such as cancer for Type As or arthritis for Type Os. And of course the food lists for both secretor and non-secretor subtypes.

Buy Two Special - Order any two CDs before December 31, 2007 and receive a complimentary 90-minute nutritional consultation (including Women's Health) OR the first one-hour of your Eyology appointment for free (in Oakville or Toronto).

There is general information provided about **Eat Right 4 Your Type** science such as the Lectin theory and Polyamines, etc. There is also some very practical resources such as the **Menu Planners and Recipe Packages** each containing 50 blood-type specific recipes. The recipes are not very complicated so the average person with average culinary skills will be able to create some fabulous new dishes. Due to the alternative ingredients; however, some advice is provided concerning shopping in health food or bulk food stores to buy wheat and dairy alternatives.



Take a look at some recipes where you will be introduced to some new ingredients; you will see our comments and helpful tips concerning how to use them. The CDs also contain material on topics such as cleansing and detoxification plus alternative nutritional principles, eg. food combining, live enzymes; and food intolerances. There is a bonus section on women's hormones as well.



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