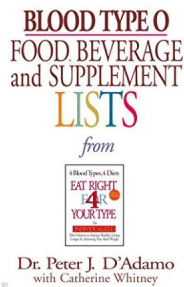


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Penguin Putnam Inc, United States, 2002. Paperback. Book Condition: New. 168 x 104 mm. Language: English . Brand New Book. The Eat Right 4 (For) Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistry. If your blood type is O, enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty of red meat. Carry this guide with you to the...

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- Authored by Peter J et al D Adamo
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