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## Aging: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Deficiency, and the Loss of Vitality Associated with Advancing Years

By Peter J D'Adamo, Catherine Whitney

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, Aging: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Deficiency, and the Loss of Vitality Associated with Advancing Years, Peter J D'Adamo, Catherine Whitney, With specific tools unavailable anywhere else, here is an all-new individualized blood-type-specific plan to gain control over the signs and symptoms of aging. Includes ways to fight brain decline, cognitive impairment, hormonal deficiency, and loss of vitality.



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