



Change Your Genetic Destiny

Dr. Peter J. D'Adamo, Catherine Whitney

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“D'Adamo's engaging writing style, enthusiasm for his subject, and personalized advice will appeal to those who enjoy taking a hands-on approach to their health and exploring new theories.” –Publishers Weekly

With over five million copies sold worldwide of *Eat Right 4 Your Type* and additional books in the Blood Type Diet series, Dr. Peter J. D'Adamo pioneered a new, revolutionary approach to dieting—one linked to a person's blood type. In *Change Your Genetic Destiny*, he takes his groundbreaking research to the next level by identifying six unique genetic types. Whether you are a Hunter, Gatherer, Teacher, Explorer, Warrior, or Nomad, Dr. D'Adamo offers a customized program that complements your genetic makeup to maximize health and weight loss, as well as prevent or even reverse disease. In simple, concise prose, Dr. D'Adamo explains how a host of environmental factors, including diet and lifestyle, dictate how and when your genes express themselves. He goes on to demonstrate precisely how, with the right tools, you can alter your genetic destiny by turning on the good genes and silencing the bad ones. Your health risks, weight, and life span can all be improved by following the GenoType Diet that's right for you.

Using family history and blood type, as well as simple diagnostic tools like fingerprint analysis, leg length measurements, and dental characteristics, Dr. D'Adamo shows you how to map out your genetic identity and discover which of the six GenoType plans you should follow. Without expensive tests or a visit to the doctor, *Change Your Genetic Destiny* reveals previously hidden genetic strengths and weaknesses and provides a precise diet and lifestyle plan for every individual. Based on the latest and most cutting-edge research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

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