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Aging: Fight It With The Blood Type Diet captures the importance

of a personalized blood type and condition specific diet to address

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Aging: Fight it With the Blood Type Diet | Dr. Peter D'Adamo  
Aging: Fight it with the Blood Type Diet. 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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Introduction : new tools to fight aging --Why blood type matters --1. How the brain ages --2. Blood type and the paths to aging --3. Fight aging with naturopathic and blood type therapies --4. Blood type O --5. Blood type A --6. Blood type B --7. Blood type AB.  
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Aging: Fight it with the Blood Type Diet: The ...

Don't fuss too much about aging, we go through it and no one will look 25 when they're 40+ Wear sunscreen, sunglasses, and a hat to avoid skin damage from the sun. Use good moisturizing lotion or cream, especially needed, if you have dry skin. Winter is drying to skin, but warmer weather can help.

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If we fight, we'll never defeat aging; it requires all; it is why we end up with more roadblocks; funding is oftenly dependent on big numbers/people with 10-digits bank account balance; the more fighting (between each other) vs fighting aging Fight Aging.Org...the less money there will be because people don't invest in something that is not certain or with enough assurance; they can lose their investments; when they see chicanerie and negativism, this does not help out; it makes people think ...

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