



Fatigue: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating the Conditions That Cause Fatigue

Dr. Peter J. D'Adamo, Catherine Whitney

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Dr. Peter J. D'Adamo's bestselling blood type diet plan that helps conquer debilitating fatigue. With specific tools unavailable in any other book, **Fatigue: Fight It with the Blood Type Diet®** has four battle plans individualized for all needs-for preventing and treating fatigue, and for alleviating the symptoms of chronic fatigue syndrome, fibromyalgia, and other fatigue-causing conditions .

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