

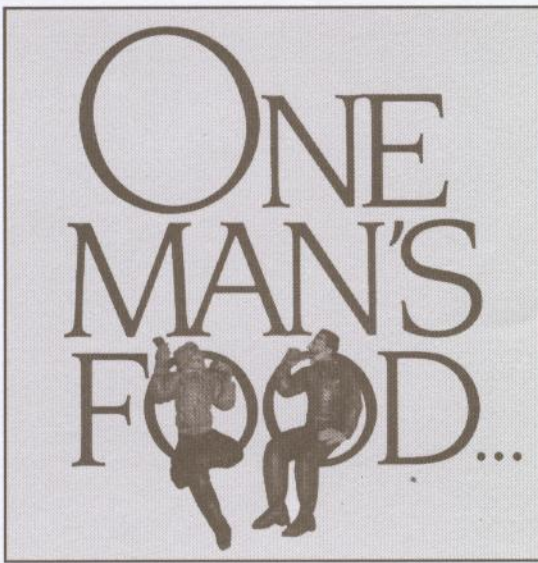
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Is Someone Else's Poison

by Dr. James D'Adamo with Allan Richards

“**R**ead this book and change your life forever He changed mine,” says Way Bandy, author of *Designing Your Face*, of this famed naturopath's revolutionary concept in healing through proper diet.

Is it healthy to be a vegetarian? How can you judge if you should eat meat? Is there one healthy diet for everyone? Most important, is it possible to achieve good health the natural way by eating proper foods? Dr. James D'Adamo provides the answers to these and many other questions in this definitive guide to the art of naturopathy—the use of the right foods to naturally achieve and maintain good health.

Dr. D'Adamo has treated thousands of patients, among them such celebrities as Cheryl Tiegs, Scavullo, Stan Getz, and Ingrid Boulting. He has dealt with disorders ranging from headaches and hypoglycemia to arthritis and diabetes, with astonishingly successful results. Now Dr. D'Adamo makes his programs for better health available to every reader. *You'll learn how your blood type (O, A, B, AB) determines what foods you should be eating right now.* Which vitamins you should be taking. How to treat yourself and attain and maintain a pure, balanced body. What herbs, mineral salts, clay, even colors can do for you, all based on individual needs. And the naturopathic way to find and keep your ideal weight.

Dr. James D'Adamo, former Vice-President of the Naturopathic Association of America, was trained here and in Germany and Switzerland and is the founder of the D'Adamo Institute for the Advancement of Natural Therapies in Portsmouth, New Hampshire, and Toronto, Ontario.



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