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THE BLOOD TYPE DIET® / THE BLOOD TYPE STORE

FOR YOUR TYPE® JOURNAL

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PROVIDING ESSENTIAL TOOLS FOR EATING, COOKING, HEALTH, AND LIVING

## Special Women's Health Issue

Dr. D'Adamo's Newest Book

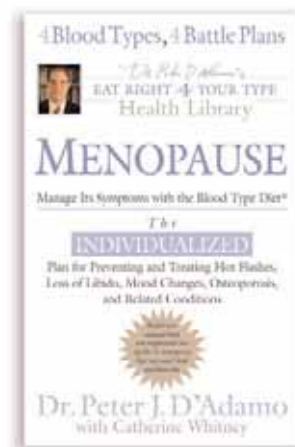
# Menopause

Manage its Symptoms with The Blood Type Diet®

The *Individualized* Plan for Preventing and Treating Hot Flashes, Loss of Libido, Mood Changes, Osteoporosis, and Related Conditions.

Dr. D'Adamo's newest book features brand-new targeted food and supplement lists specific to menopause that you won't find anywhere else. You'll discover Dr. D'Adamo's battle plan:

- A diet tailored to your blood type that helps you manage menopausal symptoms.
- A new category of Super Beneficials that highlights powerful foods that will help you prevent and treat menopausal symptoms.
- Blood-type specific protocols for vitamins, supplements, and herbs that target menopausal conditions.
- A four-week plan for getting started that offers practical strategies for eating, exercising, and living right to manage menopause.



## Your Blood Type Profile at Menopause

(Excerpt from Dr. Peter D'Adamo's new book, *Menopause: Manage it with The Blood Type Diet*)

### Blood Type O

Your greatest vulnerabilities at this time of life involve inflammatory diseases, metabolic syndrome, and poor thyroid regulation—most of which can be mediated by diet. Your optimal diet is a high-protein, low-fat diet with limited grains and lots of fruits and vegetables. Wheat should be avoided altogether.

(Read more on page 21 of *Menopause*)

### Blood Type A

You're vulnerable to conditions triggered by hormone replacement or depletion. Your optimal diet is vegetarian with limited amounts of fish and fowl and greater amounts of healthy grains, beans, vegetables, and fruits. Avoid red meat, as low levels of intestinal alkaline phosphatase and low hydrochloric acid make it difficult for you to digest and can make you vulnerable to osteoporosis. Eat plenty of soy foods.

(Read more on page 22 of *Menopause*)

### Blood Type B

You have a generally good prognosis for most common effects of hormone depletion as long as you follow the Type B diet and exercise guidelines. Your optimal diet includes a balanced mix of meat, fish, dairy, fruits, and vegetables, with limited amounts of grain and beans. You should avoid chicken, corn, and wheat altogether, and you usually don't do well with soy foods.

(Read more on page 22 of *Menopause*)



### Blood Type AB

You have aspects of both A and B blood. Low levels of intestinal alkaline phosphatase affect your bone health. Type AB has the highest incidence of osteoporosis of all the blood types. Your optimal diet involves utilizing the best of A and B. That means a healthy mix of fish, soy, some meat and dairy, fruits and vegetables, and specific grains. Like Type B, you should avoid chicken and corn.

(Read more on page 22-23 of *Menopause*)

# Natural Women's Health Solutions

## Hormone Balance Formulas

Each day in the United States, about 4,000 women enter menopause. And it's not just hot flashes and mood swings. Bone health is also associated with this drop in hormones.

In addition to the diet and exercise recommendations Dr. D'Adamo makes in his newest book, Menopause, Dr. D'Adamo has created a line of exclusive formulas for use in his clinic to enhance women's health. Dr. D'Adamo's Women's Health Program features formulas specifically tailored to hormone balance, as well as pure-source calcium and mineral supplementation.

### Fem Balance™

Maintain a Healthy Hormone Balance

Many search for proven, natural alternatives to treat the uncomfortable and disruptive symptoms that accompany menopause. Fem Balance is a blend of eleven "non-estrogenizing" herbs and vitamins to naturally encourage hormonal balance. In creating Fem Balance for his clinic, Dr. D'Adamo selected the best-researched herbal alternatives to hormone replacement therapy and combined them into a powerful formula that can be used with confidence by women of all blood types.



90 Veggie Caps.  
Suggested use: 1 or 2 capsules, twice daily, or as directed by a physician.

*Ingredients: Chaste tree berry, Black Cohosh Root, Parsley Leaf, Blessed Thistle Herb, Squaw Vine Herb, Dong Quai Root, Helonias Root, Cramp Bark, Motherwort Herb, German Chamomile Flower, Vitamin B6.*

### Aromastat™

Enhance Healthy Hormone Levels

Aromastat is an all-natural blend of herbs shown in clinical studies to inhibit the enzyme aromatase. In men, aromatase activity increases with age, converting what little testosterone that is left into estrogen. In women, most of the research on aromatase inhibitors addresses the treatment of clinical conditions known to be linked with excess estrogen production or sensitivity. In addition, aromatase inhibitors are used by the bodybuilding community to increase lean muscle mass and decrease body fat.



90 Veggie Caps.  
Suggested use: 1 capsule, twice daily, or as directed by a physician.

*Ingredients: Chamomile Flower Extract (from Matricaria recutita), Chrysin (Natural, from Passiflora incarnata), Curcumin C3 Complex™, Diadzein (Natural, from Soy Isoflavones), Genistein (Natural, from Soy Isoflavones), Indole-3-Carbinol (Natural, from Cruciferous Vegetables) Glycitein (Natural, from Soy Isoflavones).*

### New! Estraphase™

Supports Healthy Estrogen Levels

Estraphase is a unique blend of calcium combined with Glucaric acid to form calcium D-glucarate, and the botanical Phyllanthus. Calcium D-glucarate is utilized in the body to enhance the process by which it rids itself of potentially dangerous environmental pollutants, including foreign organic compounds, fat-soluble toxins and excess steroid hormones such as estrogen. Some individuals may have less than optimal levels of D-glucarate, which can make it less easy for the body to neutralize and remove toxins. Calcium D-glucarate can provide protection throughout the body, especially to tissues influenced by hormones like estrogen and testosterone.



90 Veggie Caps  
Suggested use: 1 capsule 2 to 3 times daily as a dietary supplement or as directed by a physician.

*Ingredients: Calcium (from Calcium D-glucarate), Calcium D-glucarate, Phyllanthus amarus Leaf.*

# Calcium-Mineral Supplements

## Is There Really A Difference?

It's been well substantiated that calcium is an essential nutrient for every body. After protein, fat and carbohydrates, calcium is the body's most abundant nutrient. Calcium carries the highest RDA of any other nutrient for a good reason. Calcium is required to form bones and teeth and is also required for blood clotting, transmission of signals in nerve cells, and muscle contraction. Decades of research have linked calcium's association with lowering high blood pressure and balancing cholesterol levels. Calcium is crucial, but what's the best source of calcium? Is one source of calcium better than another? Is there really a difference?

Naturally, the most ideal source of balanced calcium as well as other minerals and trace minerals is from the foods we eat. But the body's need for daily calcium can be far greater than what the typical American can get from food - especially considering today's busy lifestyles and the depleted soil our foods are grown in.

### Better Questions, Better Answers

Others have asked; "How can we make this substance better tolerated and absorbed by the body?" Dr. D'Adamo asked a better question: "Can we find a new source of natural calcium not only friendly to all blood types, but also one that the body can utilize readily with greater efficiency?"

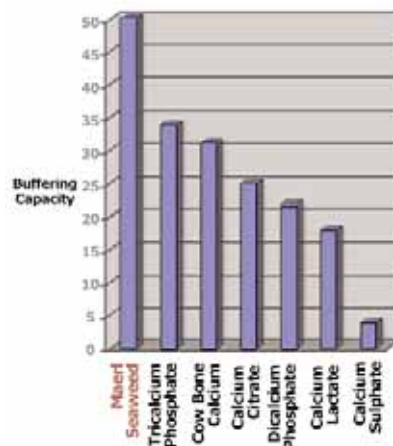
Better questions yield better answers, and Dr. D'Adamo found that natural calcium source: Maerl, a small red seaweed found only in the isolated areas off the coast of Northwest Ireland. Of all sources of calcium, Maerl has one of the lowest levels of undesirable contaminants- and one of the highest levels of absorption. In fact, in studies, Maerl based sea calcium achieved nearly double the buffering capacity of all other sources of calcium.

Maerl-based sea calcium contains a wide variety of essential nutrients including calcium and trace elements of magnesium, boron and zinc. Maerl calcium is the only natural source of calcium with a broad enough buffering range to insure a phenomenal rate of bioavailability and utilization.

Using Maerl sea calcium, Dr. D'Adamo has crafted ClearCal, a single calcium source, and Phytocal, four different mineral formulas using unique cofactors and micro mineral ratios specific to each blood type.

### Maximum Buffering: Maximum Absorption

What is "buffering capacity?" We all have differing levels of acid/alkaline content in our bodies and digestive processes. These levels affect the absorption of minerals and vitamins. A supplement that is readily absorbed by one person may have trouble entering the system of another. The unique sea-calcium, Maerl, contains a natural buffer, which helps the calcium maintain a consistently high level of absorption from person to person, despite the differences in the acid/alkaline levels.



### ClearCal™ Nature's Purest Calcium



Designed by Dr. Peter D'Adamo without any added mineral cofactors, this formula features the unique source of calcium Maerl seaweed.

120 Veggie Caps

Suggested use: 2 capsules, twice daily with meals as a dietary supplement or as directed by a physician.

### Phytocal® Pure, Easily Absorbed Multi-Mineral



Supplements Right 4 Your Type®

Designed by Dr. Peter D'Adamo, the **Individualized** Phytocal formulas feature the unique natural source base of highly absorbable Maerl sea calcium. Because each blood type has variable assimilation capabilities and require differing cofactor and trace mineral requirements, Dr. D'Adamo designed four different mineral formulas using unique cofactors and micro-mineral ratios specific to each blood type.

90 Veggie Caps

Suggested use: 2 capsules, 2-3 times daily with meals, or as directed by a physician.

# New! Exakta™

Multi-Nutrient Support for Children, Pregnant and Nursing Mothers, and Seniors



At different life stages, we can experience a higher biological need for more precise nutrient supplementation and support: Growing children, pregnant and nursing mothers, and seniors. It is for these groups that Dr. D'Adamo created the Exakta formula.

Exakta is a precise proprietary blend of nutrients including vitamins, minerals, essential fatty acids, and botanical concentrates and extracts. Dr. D'Adamo has carefully formulated Exakta to be easier to assimilate, utilizing only highly bio-available vitamin and mineral sources like Vitamin A sourced from 100% micro-algae Beta Carotene; Vitamin C from natural-source acerola berry (rather than the typical corn-derived ascorbic acid); highly-buffered Calcium from Maerl seaweed; and Omega 3 EPA/DHA Fish Oil Blend.



Also blended into the Exakta formula is Larch Arabinogalactan, to support immune system balance and provide soluble fiber and prebiotics. Exakta also offers potent antioxidant support from Green Tea and four highly concentrated berry-fruit extracts. Unique to this formula is iron in a basic, cautious, bio-available form and in an amount to support the recommendation for pregnancy, and the typical, increased demands in seniors.

## All Your Questions - Answered!

People at all levels of experience with The Blood Type Diet regularly have questions they need a reliable answer to. Here are your four best resources for getting those questions answered:

### TYPEbase4 Food Values

Your source for the latest, most up-to-date information regarding the most popular foods and beverages.

*(Located at Dr. D'Adamo's website [www.dadamo.com](http://www.dadamo.com). In the left hand side menu, click on TYPEBase4 Food Values.)*

### The Blood Type Diet Forums

Thousands of people from all over the world, from experts to beginners, gather here to discuss all things blood type. The experts are often quite happy to respond to questions from others. Registration is free.

*(Located at Dr. D'Adamo's website at [www.dadamo.com](http://www.dadamo.com). Click on BTDF Forums in the left hand menu.)*

### The Determinator

The "Virtual Dr. D'Adamo," this new online tool recommends supplements right for you. If you already take Dr. D'Adamo's supplements and want to know how much of each ingredient you're getting daily, just type your supplements into The Ingrediator, and it will give you a report.

*(Located at the Right 4 Your Type Store [www.4yourtype.com](http://www.4yourtype.com) or [www.dadamo.com](http://www.dadamo.com))*

### Search the Site

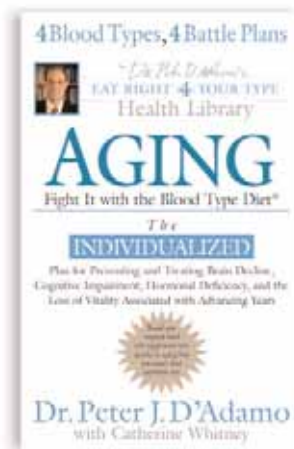
By clicking on this button in the left hand menu on [www.dadamo.com](http://www.dadamo.com), you'll be able to search for answers through Dr. D'Adamo's entire site, including the archives. You may be surprised at the depth of information you'll discover.

## New! Aging

Manage It with the Blood Type Diet

This volume of Dr. D'Adamo's Health Library has specific tools that are not available in any other book for preventing and treating brain decline, hormonal deficiency, loss of vitality, and more.

Inside you'll discover a tailored diet, a new category of Super Beneficial foods, blood type specific protocols for vitamins, supplements, and herbs, and a four-week plan for getting started that offers practical strategies for eating, exercising, and living right to manage the aging process.



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