



The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible

By Dr. Peter J. D'Adamo, Catherine Whitney

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What's Your GenoType?

GenoType 1

The Hunter

Tall, thin, and intense, with an overabundance of adrenaline and a fierce, nervous energy that winds down with age, the Hunter was originally the success story of the human species. Vulnerable to systemic burnout when overstressed, the Hunter's modern challenge is to conserve energy for the long haul.

GenoType 2

The Gatherer

Full-figured, even when not overweight, the Gatherer struggles with body image in a culture where thin is "in." An unsuccessful crash dieter with a host of metabolic challenges, the Gatherer becomes a glowing example of health when properly nourished.

GenoType 3

The Teacher

Strong, sinewy, and stable, with great chemical synchronicity and stamina, the Teacher is built for longevity—given the right diet and lifestyle. This is the genotype of balance, blessed with a tremendous capacity for growth and fulfillment.

GenoType 4

The Explorer

Muscular and adventurous, the Explorer is a biological problem solver, with an impressive ability to adapt to environmental changes, and a better than average capacity for gene repair. The Explorer's vulnerability to hormonal imbalances and chemical sensitivities can be overcome with a balanced diet and lifestyle.

GenoType 5

The Warrior

Long, lean, and healthy in youth, the Warrior is subject to a bodily rebellion in midlife. With the optimal diet and lifestyle, the Warrior can overcome the quick-aging metabolic genes and experience a second, “silver,” age of health.

GenoType 6

The Nomad

A GenoType of extremes, with a great sensitivity to environmental conditions—especially changes in altitude and barometric pressure, the Nomad is vulnerable to neuromuscular and immune problems. Yet a well-conditioned Nomad has the enviable gift of controlling caloric intake and aging gracefully.

The author of the international bestseller *Eat Right 4 Your Type* again breaks new ground with the first diet plan based on your unique genetic code.

With *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 the GenoType Diet, 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 compliments 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, *The GenoType Diet* 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 genetic research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

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Editorial Review

From Publishers Weekly

Broadening his approach to diet and health beyond the four blood types, naturopathic physician D'Adamo (*Eat Right 4 Your Type*) profiles six GenoTypes and explains how readers can reprogram gene responses to lose and maintain weight, repair cells, avoid illness and age well. D'Adamo draws on epigenetics, the study of the interaction between genes and environment, to argue that tailoring diet and lifestyle to GenoTypes (genetic survival strategies that predate ethnicity and race and correspond to such external traits as body type, jaw shape and teeth patterns) is the most effective means to achieve optimum health. While conditions in the prenatal environment—our own and our ancestors—have profound effects on our genes, D'Adamo contends, readers can take control of their inheritance by turning on positive genes and silencing negative ones through methylation, histone acetylation and other biological processes. He provides methods for readers to determine their types; these include body measurements, fingerprints, and personal and family history. D'Adamo's dietary recommendations are flexible and consist of lists of foods that enhance each GenoType and foods to limit or avoid, but readers can find meal plans and recipes on the author's Web site. 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. (*Jan.*)

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Review

"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." ---Publishers Weekly

About the Author

Dr. Peter J. D'Adamo is a naturopathic physician, educator, and researcher with a wide international following. His first book, *Eat Right 4 Your Type* was a *New York Times* bestseller that has been translated into over fifty languages. *Eat Right 4 Your Type* was recently voted one of the ten most influential health books of all time by a respected industry publication. He is the author of sixteen other books in the "Blood Type Diet" series, including *Cook Right 4 Your Type* and *Live Right 4 Your Type*. He was selected Physician of the Year by the American Association of Naturopathic Physicians. He is the cofounder and Academic Dean of IfHI, the Institute for Human Individuality, and he is the Director of The D'Adamo Clinic in Wilton, CT. **Catherine Whitney** has collaborated on numerous bestselling books on health and medicine.

Users Review

From reader reviews:

Jeremy Richards:

In this 21st one hundred year, people become competitive in every way. By being competitive at this point, people have do something to make these individuals survives, being in the middle of often the crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated that for a while is reading. That's why, by reading a publication your ability to survive improve then having chance to stay than other is high. For you personally who want to start reading a new book, we give you this The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible book as

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Lorenzo McAvoy:

Reading a publication tends to be new life style in this particular era globalization. With reading you can get a lot of information that will give you benefit in your life. Along with book everyone in this world may share their idea. Publications can also inspire a lot of people. Many author can inspire all their reader with their story or their experience. Not only the storyplot that share in the ebooks. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on this planet always try to improve their skill in writing, they also doing some study before they write with their book. One of them is this The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible.

Jeannie Brenner:

Reading can called mind hangout, why? Because when you find yourself reading a book mainly book entitled The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible your mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging each and every word written in a publication then become one application form conclusion and explanation which maybe you never get ahead of. The The GenoType Diet: Change Your Genetic Destiny to live the longest, fullest and healthiest life possible giving you another experience more than blown away your head but also giving you useful information for your better life on this era. So now let us present to you the relaxing pattern this is your body and mind will be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Crystal Babin:

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