



# Change Your Genetic Destiny: The Revolutionary Genotype Diet

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

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**Change Your Genetic Destiny: The Revolutionary Genotype Diet** By Dr. Peter J. D'Adamo, Catherine Whitney

**“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.” –*Publishers Weekly***

With over five million copies sold worldwide of *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 *Change Your Genetic Destiny*, 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 complements 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, *Change Your Genetic Destiny* 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 research, this is a twenty-first-century plan for wellness and weight loss from a renowned healthcare pioneer.

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**Change Your Genetic Destiny: The Revolutionary Genotype Diet** By Dr. Peter J. D'Adamo, Catherine Whitney **Bibliography**

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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 voted one of the ten most influential health books of all time by a respected industry publication and has been translated into more than fifty foreign languages. Dr. D'Adamo 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 New England Center for Personalized Medicine in Wilton, Connecticut. Catherine Whitney has collaborated on numerous bestselling books on health and medicine.

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