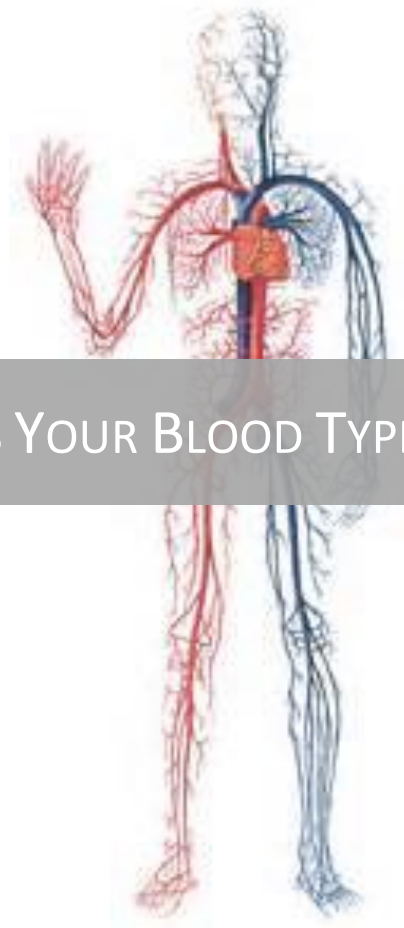


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AWAKE

WHAT'S YOUR BLOOD TYPE?

Life of All Flesh is in the Blood | Living Herb Cafe™

What's Your Blood Type?

Lev 17:14 KJV - For it is **the life of all flesh; the blood of it is for the life thereof**: therefore I said unto the children of Israel, **Ye shall not eat the blood of all manner of flesh: for the life of all flesh is the blood thereof**: whosoever eateth it shall be cut off.

You are what you eat. To have a healthy life, we must know our blood type, because our blood type is the pattern of our makeup. Certain blood types aren't compatible. They will oppose each other. The same will occur if you aren't eating the right diet for your blood type. It is very important to know your blood type so you can eat the right food. A lot of us has been eating ourselves to death, and didn't know. Once we know our blood type, we can then begin a journey of a healthy life and a longer life span.

Beneficial Foods for All Blood Types

Individuals of any blood type are encouraged to eat real, whole, natural foods in place of processed, sugary and fatty snack foods such as cookies, crackers, chips and desserts. All blood types are encouraged to eat fish (such as cod, mackerel and sardines), plums, olive oil, certain herbs and spices such as parsley and ginger, and vegetables such as beet leaves, broccoli, collard greens, kale and parsnips. Breads recommended for all blood types include esene bread (made from ground sprouts and baked in the sun) and Ezekial bread (bread made from sprouted grains). These breads are highly perishable and are thought to have beneficial enzymes that promote health. They can be purchased at health food stores.

Red blood cell compatibility

- **Blood group AB** individuals have both A and B antigens on the surface of their RBCs, and their [bloodplasma](#) does not contain any antibodies against either A or B antigen. Therefore, an individual with type AB blood can receive blood from any group (with AB being preferable), but cannot donate blood to either A or B group. They are known as universal recipients.
- **Blood group A** individuals have the A antigen on the surface of their RBCs, and blood serum containing IgM antibodies against the B antigen. Therefore, a group A individual can receive blood only from individuals of groups A or O (with A being preferable), and can donate blood to individuals with type A or AB.
- **Blood group B** individuals have the B antigen on the surface of their RBCs, and blood serum containing IgM antibodies against the A antigen. Therefore, a group B individual can receive blood only from individuals of groups B or O (with B being preferable), and can donate blood to individuals with type B or AB.

- **Blood group O** (or blood group zero in some countries) individuals do not have either A or B antigens on the surface of their RBCs, and their blood serum contains IgM anti-A and anti-B antibodies against the A and B blood group antigens. Therefore, a group O individual can receive blood only from a group O individual, but can donate blood to individuals of any ABO blood group (i.e., A, B, O or AB). If a patient in a hospital situation were to need a blood transfusion in an emergency, and if the time taken to process the recipient's blood would cause a detrimental delay, O Negative blood can be issued. They are known as universal donors.

Red blood cell compatibility table^{[61][62]}

Recipient ^[1]	Donor ^[1]							
	O-	O+	A-	A+	B-	B+	AB-	AB+
O-	✓	✗	✗	✗	✗	✗	✗	✗
O+	✓	✓	✗	✗	✗	✗	✗	✗
A-	✓	✗	✓	✗	✗	✗	✗	✗
A+	✓	✓	✓	✓	✗	✗	✗	✗
B-	✓	✗	✗	✗	✓	✗	✗	✗
B+	✓	✓	✗	✗	✓	✓	✗	✗
AB-	✓	✗	✓	✗	✓	✗	✓	✗
AB+	✓	✓	✓	✓	✓	✓	✓	✓

1. [^] ["RBC compatibility table"](#). American National Red Cross. December 2006. Retrieved 2008-07-15.
2. [^] ^a ^b [Blood types and compatibility](#) bloodbook.com

The foods you eat react chemically with your blood type. If you follow a diet designed for your blood type, your body will digest food more efficiently. You'll [lose weight](#), have more energy, and help prevent disease.

Type A blood: A meat-free diet based on [fruits and vegetables](#), beans and legumes, and whole grains -- ideally, organic and fresh, people with type A blood have a sensitive immune system.

Type O people are the meat eaters of the human race.

Dietary habits for blood type A

Blood type A has low levels of hydrochloric acid and alkaline phosphatase but high levels of a digestive enzyme called intestinal disaccharide, which means animal protein is not easily digested, but carbohydrates are. This also indicates that **type A best suits a vegetarian diet**. Food eaten must be pure, organic, and as fresh as possible.

By nature, Type A people have sensitive immune systems.

Stress is very typical for blood type A. They have higher levels of the stress hormone cortisol, which makes them react to stressful situations. Symptoms that could occur due to stress are disturbed sleep patterns and brain fog during the day. To ensure the cortisol levels are under control, do the following:

Limit sugar, alcohol and caffeine intake

Don't skip meals, especially breakfast

Eat smaller, more frequent meals

A people should also ensure that they limit exposure to:

Crowds

Loud noise

Negative emotions

Smoking

Strong smells or perfumes

Overwork

Violent movies

Lack of sleep

Extreme weather conditions (hot or cold)

Foods that blood type A should eat are:

Vegetables

Alfalfa Sprouts, Artichoke (Domestic, Jerusalem), Beet Leaves, Broccoli

Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish

Kale, Kohlrabi, Leek, Lettuce (Romaine), Okra, Onions (Red, Spanish, Yellow)

Parsley, Parsnips, Pumpkin, Spinach, Swiss chard and Turnips

Vegetable oils

Extra virgin olive oil

Deep ocean seafood

Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel

Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout

Silver Perch, Snail, Whitefish Yellow Perch

Legumes (beans and peas)

Aduke, Azuki, Black, Green, Pinto beans

Lentil Beans, Black eyed peas

Grains

Artichoke Pasta, Buckwheat Kasha, Soba Noodles

Oat, Rice and Rye flours

Nuts and seeds

Pumpkin seeds and peanuts

Fruits

Apricots, Berries (Black, Blue, Boysen, Cran, Cherries), Figs (Dried or Fresh)

Grapefruit, Lemons, Pineapple, Prunes, Raisins

Cereals

Amaranth, Buckwheat and Kasha

Breads, muffins, and crackers

Essene Bread, Ezekiel Bread

Manna Bread Rice Cakes

Juices

Apricot, Black Cherry, Grapefruit

Pineapple, Prune, Carrot, Celery

Spices

Barley Malt, Blackstrap Molasses, Garlic, Ginger

Miso, Soy Sauce Tamari

Condiments

Mustard

Herbal Teas

Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek

Ginger, Ginseng, Green Tea, Hawthorne, Milk Thistle

Rose Hips, St. John's Wort, Slippery Elm, Valerian

Miscellaneous Beverages

Coffee (Water Decaf, Regular)

Green Tea and Red Wine

Blood type A should try and avoid the following, because these are the foods that will upset their digestive system and cause upsets:

Strong red meats

Crustaceans

Dairy products and eggs

Wheat products

Vegetables like: Cabbage (Chinese, Red, White), Eggplant

Lima Beans, Kidney Beans, Mushrooms (Domestic, Shiitake), Olives (Black, Greek, Spanish)

Peppers (Green, Jalapeno, Red, Yellow), Potatoes (Red, Sweet, White), Tomatoes and Yams

Also try to limit your intake of these foods:

Fruits

Banana, Cantaloupe, Coconut, Honeydew

Mango, Orange, Papaya, Plantain, Rhubarb, and Tangerine

Fats and Oils

Canola Oil, Corn Oil, Cottonseed Oil

Peanut Oil, Safflower Oil and Sesame Oil

Nuts and Seeds

Brazil, Cashew and Pistachios

Beans and Legumes

Copper, Garbanzo, Kidney, Lima, Navy, Red and Tamarind Beans

Other beverages

Beer, Liquor, Seltzer Water

Soda (Club, Cola, Diet, etc.)

Protein, Dairy, Eggs and Cheese

What is Blood Type B?

For blood type B, the best meats and protein foods include lamb (mutton), rabbit and venison. Ideally, meat should come from organically raised, free-range, cage-free animals or wild game. In addition to the aforementioned fish, other recommended seafood includes flounder, grouper, haddock, halibut, Mahi Mahi, monkfish, ocean perch, pike, salmon, sea trout, sole, sturgeon and caviar. Free-range eggs (one only) may be consumed two to four times weekly. You may drink 2 percent or skim milk (cow's milk), Kefir or goat's milk in limited quantities. Recommended cheeses for blood type B include farmer, feta, goat, cottage, ricotta and mozzarella. Yogurt (frozen, with fruit) is also allowed.

Grains, Beans Vegetables

Olive oil is the only recommended oil for this diet. Beans and legumes appropriate for blood type B include kidney and navy beans. Cereals and grains recommended for blood type B are spelt, millet, oats and brown rice and things made with them. In addition to Ezekiel and essence breads, those with blood type B may also choose rice cakes, Fin Crisp and Wasa crackers.

All leafy green vegetables are allowed, as are beets, Brussels sprouts, cabbage (white, red, Chinese), carrots, cauliflower, eggplant, lima beans, mushrooms (Shiitake), mustard greens, peppers (green, jalapeno, red, yellow), sweet potatoes and all yams. Vegetables should come from local sources or should be grown in your own garden.

Fruits, Juices and Other Foods

In addition to plums, those with blood type B may also choose from the following fruits: bananas, grapes (any variety), cranberries, pineapple and papaya. Like vegetables, all fruits should be from sources in your state or grown in your own garden. Recommended juices include cranberry, grape, pineapple, papaya, cabbage and fresh juices from all other allowed fruits and vegetables. You should start each day with fresh lemon juice (from half a lemon) with 8 oz. of water. In addition to ginger and parsley, other recommended herbs and spices for this group include curry, cayenne and horseradish. Herbal teas are recommended, including green, ginger, ginseng, parsley, licorice, peppermint, rose hips, raspberry leaf and sage teas.

What is O Positive Blood Type?

A person's blood type is based on the antigens found in the blood. These antigens, A and B are found on the surface of the blood cells and are used as markers in the body. Type O blood does not have A or B antigens on the red blood cells, but contains both types in the plasma.

Blood types also contain a positive or negative mark depending on the presence of the Rhesus or Rh antigen. Those who have Rh markers in the blood have a positive blood type while those who lack Rh will have a negative blood type. Therefore those with an O positive blood type have no AB antigens in the blood, but do have an Rh antigen. This is the most common blood type available, and is commonly sought out for donations.

Those with an O blood type can donate blood to those with A, B or O blood types without the worry that their blood will be rejected.

O Positive Blood Type Diet

People with different blood types will need to consume or avoid different types of food in order to maintain their overall health. Different blood types stem from different bloodlines in human history, so you will be more likely to flourish if you consume a diet that is rich in the foods that would have been common in human diets during this time. Type O blood is the oldest bloodline so much of the O positive diet is based on providing nutrients that ancient people would have consumed. Those with an O positive bloodline will also need to get plenty of vigorous exercise as part of their diet routine to ensure that calories are burned effectively.

Those with O positive blood are recommended to consume a **high protein, low carbohydrate diet**.

- **Lean meats:** lean meats should make up a majority of the diet to provide long-lasting energy. This is also beneficial to those who exercise frequently as it allows you to build muscle without having to eat an excessive amount of food. Fish such as cod, mackerel or herring are highly recommended as a lean protein source. Lean meats such as poultry or venison can also be eaten in high amounts. Pork, beef or other red meats can be eaten, but their quantities should be limited.
- **Oil:** when using cooking oils or adding oil to your diet, use lighter oils rather than those which are heavy. Corn, peanut or safflower oil can cause digestive distress to those with an O positive blood type. Instead, focus on consuming olive or flaxseed oil when cooking.

- **Grains and dairy:** people with this blood type do not digest grains and dairy products well. Their metabolism is often slow to digest these foods, which can lead to discomfort. High levels of grain can also spike the body's insulin rate, which will further slow your metabolism. Dairy should be avoided all together, as should foods rich in gluten or corn. When consuming grains, focus on eating whole grains such as rice, millet, buckwheat or rye and keep the portion sizes small to avoid harming the digestive system. Type O positive people of African ancestry often find they have trouble digesting eggs as well.
- **Legumes:** legumes and foods that inhibit the thyroid hormone can be very damaging to those with an O positive blood type. People with this blood type tend to have a low level of thyroid hormone in their system and frequently suffer from thyroid trouble. Consuming foods that increase this concern can result in excessive weight gain or an increased risk of blood clotting. Legumes also add lectins to the body which restrict the amount of physical activity that the muscles can perform and restrict your energy level. Foods in this category include corn, potatoes, Brussels sprouts, cabbage, cauliflower, eggplant, shiitake mushrooms, soybeans, avocados, coconut, kidney beans, Brazil nuts, lentils and cashews.
- **Fruits:** due to the high acidity in their stomachs, those with type O blood benefit from consuming fruits with alkaline properties. This includes berries, plums, pears, bananas, carrots, cucumbers and celery. Fresh fruit juices containing these elements can be especially beneficial to the type O diet.
- **Drinks:** those with this blood type also benefit from drinking green tea, Seltzer water and wine. These provide anti-oxidants and help to promote digestion which can help you maintain your overall health. However, products which are highly caffeinated can slow the digestive system, causing discomfort and increasing the risk of developing digestive disorders. Black tea and coffee are especially harmful to those with O positive blood types.