

PROJECT AWAKE

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A.W.A.K.E

BLOOD OF LIFE

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

Table of Contents

What's Your Blood Type?..... 3

^aBefore we go any further, let us define the word cooking- 4

What is a Diet?..... 7

Red blood cell compatibility 10

 Flesh that is clean to eat of the beast..... 12

 Food that is clean to eat in the waters 13

 Food that is abomination to eat in the waters..... 13

 Food that is an abomination to eat of the fowls 13

 Food that is clean to eat of the flying creeping thing 13

 Food that is Unclean of the Beast to eat..... 13

 Food that is Unclean of the Creeping things to eat 14

 The carcass of that which creep defiles what it touches 14

 Food that is an abomination of the Creeping things to eat 15

Dietary habits for blood type A..... 15

What is a Vegetarian?..... 15

What is Adaptation? 16

Adaptation, in biology, has several meanings. It can mean the adjustment of living matter to environmental conditions and to other living things either in an organism's lifetime (physiological adaptation) or in a population over many many generations (evolutionary adaptation). The word can also refer to a trait that is considered an adaptation. The ability to adapt is a fundamental property of life and constitutes a basic difference between living and nonliving matter. 16

Adaptogen (ə·dap·tə·jen),..... 16

What is Stress?..... 16

Description..... 16

 Foods that blood type A should eat are:..... 17

 Vegetables..... 17

 Fruits 18

 Cereals 18

 Juices..... 18

 Spices 18

 Miscellaneous Beverages 18

 Blood type A should try and avoid the following,..... 18

Also try to limit your intake of these foods:..... 19

Fruits.....	19
Fats and Oils.....	19
Nuts and Seeds.....	19
Other beverages.....	19
What is Blood Type B?.....	20
Grains, Beans, Vegetables.....	21
Fruits, Juices and Other Foods	21
What is O Positive Blood Type?	21
O Positive Blood Type Diet.....	22
Rh Factor.....	23
Health Benefits of Reishi.....	24
1) Cancer and the Immune System.....	24
2) Antioxidant Benefits	24
3) Relief of Urinary Tract Symptoms.....	24
Other Common Uses	24
Using Reishi For Health.....	25

THE COVENANT WITH ALL FLESH

What's Your Blood Type?

To know your blood type, you must first know your family tree. The family tree consists of your family blood lineage of the families of your Father and mother. When you were born you inherited one of your parent's blood types. The blood types are A, B, AB, or O. These four blood types are also four state of man. *More on this will be discussed in the future.*

Behold, I [am] Yahweh (LORD, GOD), the Father of all flesh: is there anything too hard for me? ^{Jer 32:27}

Yahweh who is the Father of all flesh is also Our King. He is the King of all Flesh. All flesh is also known as grass/herb.

Isa 40:6-8

⁶The voice said, Cry. And he said, What shall I cry? All flesh is grass, and all the goodness thereof is as the flower of the field: ⁷The grass withereth, the flower fadeth: because the spirit of Yahweh bloweth upon it: surely the people is grass. ⁸The grass withereth, the flower fadeth: but the word of our Yahweh shall stand for ever.

The word of Yahweh is his covenant of peace. This covenant was given to Noah as a covenant to all flesh that is forever. The rainbow is a reminder to us of his covenant with all flesh that stands still to this day.

All flesh is not the same flesh: but there is one kind of flesh of men, another flesh of beasts, another of fishes, and another of birds. ^{1Co 15:39}

For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: ^{1Pe 1:24}

And all flesh shall see the salvation of Yahweh. ^{Luk 3:6}

Lev 17:11-14

¹¹**The life of the flesh is in the blood;** and I have given it to you upon the **altar** to make an atonement for your souls: for it is the blood that maketh an atonement for the soul. ¹²Therefore I said unto the children of Yisraal, **No Soul**, of you shall eat blood, neither shall thy stranger that sojourneth among you eat blood. ¹³And whatsoever man there be of the children of Yisraal, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten: he shall even pour out the blood thereof, and **cover it with dust.** ¹⁴For it is **the life of all flesh; the blood of it is for the life thereof:** therefore I

Explanation: (cover it with dust) For Dust it is of, and unto dust it shall return. That which is of the earth, ground, Satan, shall return unto it. That which is of the dust, is under the jurisdiction (covering) of the Dust.

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.

Altar is known today as a stove, barbeque pit, pit, or any means **for cooking**^a.

The word **life** is **Strong's H5315 – nephesh – נֶפֶשׁ** - From **נָשַׁף (H5314) –**

1. **soul**, self, life, creature, person, appetite, mind, living being, desire, emotion, passion
 1. that which breathes, the breathing substance or being, soul, the inner being of man
 2. living being
 3. living being (with life in the blood)
 4. the man himself, self, person or individual
 5. seat of the appetites
 6. seat of emotions and passions
 7. activity of mind
 1. dubious
 8. activity of the will
 1. dubious
 9. activity of the character
 1. dubious

Strong's Hebrew Lexicon

blood - 1818 dam dawn from 1826 (Compare 119); blood (as that which when shed causes death) of man or an animal; **by analogy, the juice of the grape**; figuratively (especially in the plural) bloodshed (i.e. drops of blood):--blood(-y, -guiltiness, (-thirsty), + innocent.

The word **life** in Lev 17:11-14 is the word for **soul**. All souls are Our Father in Heaven.

Behold, all souls are mine; as the soul of the father, so also the soul of the son is mine: the soul that sinneth, it shall die. Eze 18:4

Eve, a living soul, was told not to eat of the forbidden tree that offers food that is forbidden to her blood type. The father knew that the day Adam and Eve eat of the forbidden food of the other blood types, they would begin dying. If you eat anything of flesh with the life (soul), which is the blood (juice of the vine) of it, for the life (soul) thereof: meaning, that isn't according to your tree (life, blood type) you, will be cut-off and die. **When Adam and Eve ate of the forbidden tree, they were cut-off.**

^aBefore we go any further, let us define the word cooking-

v. cooked, cook-ing, cooks

v.tr.

1. **To prepare (food) for eating by applying heat.**

2. To prepare or treat by heating: *slowly cooked the medicinal mixture.*

3. *Slang* To alter or falsify so as to make a more favorable impression; doctor: *disreputable accountants who were paid to cook the firm's books.*

v.intr.

1. To prepare food for eating by applying heat.

2. To undergo application of heat especially for the purpose of later ingestion.

3. *Slang* To happen, develop, or take place: *What's cooking in town?*

4. *Slang* To proceed or perform very well: *The band really got cooking after midnight.*

n.

A person who prepares food for eating.

Phrasal Verb:

cook up *Informal*

To fabricate; concoct: *cook up an excuse.*

Idiom:

cook (one's) goose Slang

To ruin one's chances: *The speeding ticket cooked his goose with his father. Her goose was cooked when she was caught cheating on the test.*

[Middle English coken, from coke, *cook*, from Old English cōc, from Vulgar Latin *cōcus, from Latin cocus, coquus, from coquere, to cook; see pek^w- in Indo-European roots.]

Reading the definition of cooking we get the meaning, **to prepare (food)** for eating by applying heat. We will see as we keep reading, that there is food prepared and prescribed for us to live.

In the Garden of Eden, there was a complete genetic makeup of the trees that will give us life. These trees have the genetic blue print of eternal life. Yahweh named these trees for us so we can live. The laws of Yahweh are spiritual they gives us life.

Carefully read the scriptures for yourself and see what Yahweh is trying to tell us about the food he created for us, not what man has created for us. Everything man has tried to create in the name of advance science has brought about only misery, sickness and death. **Remember You Are What You Eat.** If the food you eat is genetically altered, your offspring will also be genetically altered. The food you eat is the same food that builds the tissue upon your bones, so if a woman is pregnant, the food she eats is the food that will clothe the bones of her unborn child. So if the food she eats is genetically alter, then the child will be born genetically altered. Scientist will not tell you this, but let's think about this; it has been proven that a woman who is on cocaine while she is pregnant will have cocaine addicted child, so why want a woman who is pregnant that eat genetically alter food will not also have a genetically altered offspring.

Yahweh tells us that whatever manner of flesh with blood (*juice of the vine*) that has a soul (life) we shouldn't eat because it is the life of the soul. All souls (life) have blood according to its flesh, and we shouldn't eat that which isn't acceptable to our flesh or blood type. In the beginning, certain food (meat) were ordain for certain flesh or blood type.

Yahweh didn't give us animals to eat in the beginning, but the herbs to eat. But, because of the shedding of blood by Cain, provision was made within the covenant for the atonement of the blood shed as an offering for sin, known as a sin offering. There is a lot to learn about what was going on in Cain's environment before it leads up to the killing of Abel. Cain action was a learn behavior that lead up to the death of his brother. More of this will be explain later in our future editions.

Gen 1:29-30

²⁹And Yahweh said, behold, I have given you every herb bearing seed which upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed to you it shall be meat (food).

³⁰And to every beast of the earth and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

Yahweh made every herb bearing seed, and tree yielding fruit as meat for man, beast, fowl, and everything that creepeth that has life. When Adam violated the command of eating the forbidden tree, Yahweh had to punish him.

Gen 3:17-18

¹⁷And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; ¹⁸Thorns also thistles shall it bring forth to thee; and **thou shalt eat the herb of the field.**

Those that eat of the forbidden tree, which is a mixture of life and death, also known as the tree of knowledge which is also the tree of Death, shall die. The reward, fruit, wages of sin (disobedience, iniquity, transgression, and lawlessness) is death. Adam violation of the command, thou shall not eat of the tree of knowledge, was death. The curse is death.

In the beginning, Yahweh created all different kinds of living creatures. Upon the completion of his creation of the living creature, He created man to keep his living creatures and gave him the authority to name them. Among the living creatures were microorganisms. These microorganisms help to create and maintain life.

Yahweh planted every tree that was pleasurable to the eye in the Garden of Eden. Some of the trees brought forth food unto life and some brought food unto death. Adam was given instruction what trees to part take of and which trees to avoid. These trees have genetic information that will restore you to life or destroy you unto death. The choice was Adams', Life or Death, Blessings or Curses, and Righteousness or Evil. The Trees of Life carried genetic information unto life. When you eat of these trees you obtain life. **You are What You Eat!!!!!!**

Yahweh gave the children of Yisraal the same instruction he gave Adam. The children of Yisraal were to discern those things that were righteous and evil. Before the children of Yisraal, were all types of trees and herbs of the field. Yahweh instructed them clearly to eat of that which gives life not death, because what was in the field was pleasant to the eyes and deceitful.

Gen 1:29-30

²⁹And Yahweh said, behold, I have given you every herb bearing seed which upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed to you it shall be meat (food).

³⁰And to every beast of the earth and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

I **call** heaven and earth to record this day against you, that I have **set** before you life and death, blessing and cursing: therefore **choose life** that both thou and thy **seed** may live: Deut 30:19

Yahweh, who is our father and Creator of the Universe, knew what was in the food that was unacceptable to us. That unacceptable substance is the same substance that will bring about sickness and diseases within our bodies. When we eat the food that is forbidden, we allow the violators of the law to enter into our body which brings sickness and death. These violators are harmful microorganism, virus, parasites, and bacteria.

Yahweh knew in the Beginning of creation, what man needed to survive. He created the earth to bring forth it food according to its season. The foods that were unhealthy he classified as being unclean and a curse.

Gen 1:25 And Yahweh made the beast of the earth after his kind, and cattle after their kind, and everything that creepeth upon the earth after his **kind**: and Yahweh saw that it was right.

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.

What is a Diet?

Diet - [Gr. *diáita*, way of living]. [*The way of living is the way of life*]

1. liquid and solid food substances regularly consumed in the course of normal living.
2. A prescribed allowance of food adapted for a particular state of health or disease, as a diet prescribed for use by a diabetic.
3. To cause to eat or drink sparingly in accordance with prescribed rules.

[Taber's Cyclopedic medical dictionary]

diet

[dī'tit]

Etymology: Gk, *diáita*, way of living

- 1 food and drink considered with regard to their nutritional qualities, composition, and effects on health.
- 2 nutrients prescribed, regulated, or restricted as to kind and amount for therapeutic or other purposes.
- 3 the customary allowance of food and drink regularly provided or consumed. Compare **nutrition**. See also specific diets. **dietetic**, *adj.*

Mosby's Medical Dictionary, 8th edition. © 2009, Elsevier.

n.

1. The usual food and drink of a person or animal.
2. A regulated selection of foods, as for medical reasons or cosmetic weight loss.
3. Something used, enjoyed, or provided regularly: *subsisted on a diet of detective novels during his vacation.*

adj.

1. Of or relating to a food regimen designed to promote weight loss in a person or an animal: *the diet industry.*
- 2.

a. Having fewer calories.

b. Sweetened with a noncaloric sugar substitute.

3. Designed to reduce or suppress the appetite: *diet pills; diet drugs.*

v. **di-et-ed, di-et-ing, di-ets**

v. intr.

To eat and drink according to a regulated system, especially so as to lose weight or control a medical condition.

v. tr.

To regulate or prescribe food and drink for.

[Middle English diete, from Old French, from Latin *diaeta*, way of living, *diet*, from Greek *diaita*, back-formation from *diaitāsthai*, to live one's life, middle voice of *diaitān*, *to treat*.]

Your diet consists of Food and Drink. The Holy Scripture give us a listing of all food that is acceptable/clean and forbidden/unclean to eat, along with what to drink. Our Father in heaven desires that we be Holy as He.

Lev 11:44-45

⁴⁴For I am Yahweh your Father: you shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall you defile yourselves with any manner of creeping thing that creepeth upon the earth.

⁴⁵For I am Yahweh that bringeth you up out of the land of Egypt, to be your Father: you shall therefore be holy, for I am holy.

The word living in Hebrew is life.

So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the tree of the way of life. ^{Gen 3:24}

Life - Strong's H2416 – *chay* – חַי - From חַיָּה (H2421) –

adj

- 1. **living**, alive
 - 1. green (of vegetation)
 - 2. flowing, fresh (of water)
 - 3. lively, active (of man)
 - 4. reviving (of the springtime)

n m

- 2. relatives
- 3. life (abstract emphatic)
 - 1. life
 - 2. sustenance, maintenance

n f

- 4. living thing, animal
 - 1. animal
 - 2. life
 - 3. appetite
 - 4. revival, renewal
- 5. community

Pl. חַיִּים, once חַיָּה Job 24:22, *life*, Gen. 2:7; 3:14; 17:7, 15, etc. חַיָּה חַיָּה the breath of life, Gen. 6:17; חַיָּה חַיָּה the tree of life, i. e. of life of long duration, *θεοσεκελοῦ* or immortality, Gen. 2:9; compare 3:22, 24. Hence—(a) *living, sustenance*, βίος, Prov. 27:27.—(b) *refreshment*, Prov. 3:22; 4:22.—(c) *prosperity, welfare* (comp. Syr. *سَئ* Luke 19:9, for the Greek *σωτηρία*), *happiness*, Ps. 34:13; Pro. 4:22, 23; 12:28; 13:14; 14:27. חַיָּה חַיָּה the way of welfare, Pro. 2:19; 5:6.

Do not forget that the word DIET means – way of living, which also is the same – way of life.

For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life: ^{Pro 6:23}

He is in the way of life that keepeth instruction: but he that refuseth reproof erreth. ^{Pro 10:17}

The way of life is above to the wise, that he may depart from hell beneath. ^{Pro 15:24}

And unto this people thou shalt say, Thus saith Yahweh; Behold, I set before you the way of life, and the way of death. ^{Jer 21:8}

In righteousness is the way of life; and in the pathway thereof there is no death. ^{Pro 12:28}

And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and Yahweh saw that it was good.
Gen 1:12 KJV

And out of the ground made Yahweh Almighty to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. Gen 2:9 KJV

But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die. Gen 2:17 KJV

But of the fruit of the tree which is in the midst of the garden, Yahweh hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. Gen 3:3 KJV

And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. Gen 3:6 KJV

And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat? Gen 3:11 KJV

And the man said, the woman whom thou gavest to be with me, she gave me of the tree, and I did eat. Gen 3:12 KJV

And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Gen 3:17 KJV

And Yahweh Almighty said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live forever: Gen 3:22 KJV

So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life. Gen 3:24 KJV

When thou shalt besiege a city a long time, in making war against it to take it, thou shalt not destroy the trees thereof by forcing an axe against them: for thou mayest eat of them, and thou shalt not cut them down (for **the tree of the field is man's life**) to employ them in the siege: Deu 20:19 KJV

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 essence 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 blood plasma 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.

If your blood type is:	You can receive:							
	O-	O+	B-	B+	A-	A+	AB-	AB+
O-	Yes							
O+	Yes	Yes						
B-	Yes		Yes					
B+	Yes	Yes	Yes	Yes				
A-	Yes				Yes			
A+	Yes	Yes			Yes	Yes		
AB-	Yes		Yes		Yes		Yes	
AB+	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

How does your blood match up?

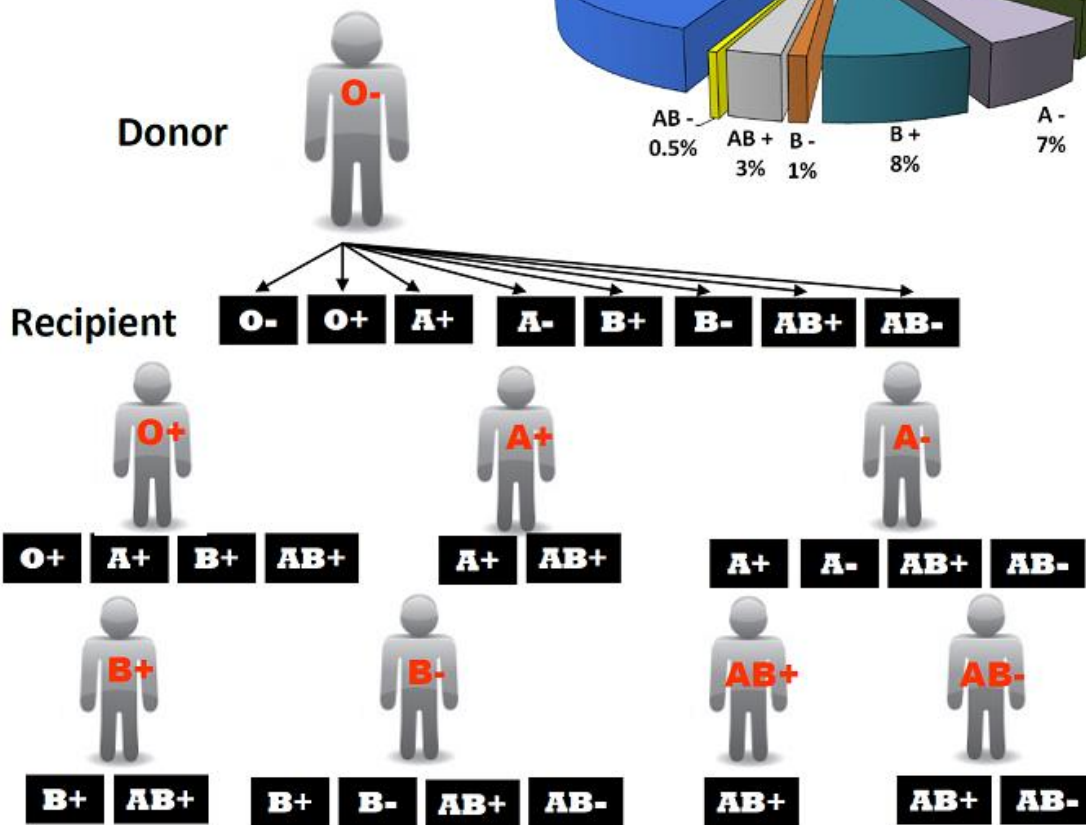
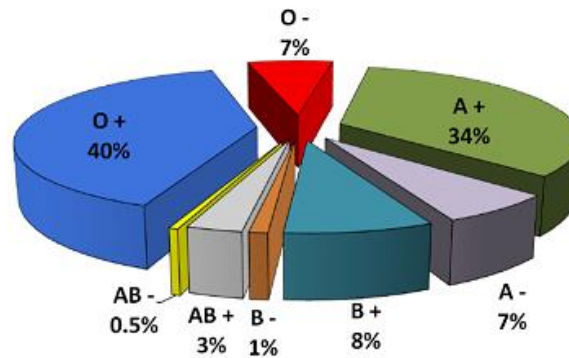
74% of the population is comprised of **TWO** blood types: O Positive and A Positive

Only **ONE** blood type can receive red blood cells from all of the others: AB Positive

AB Positive = UNIVERSAL RECIPIENT

O Negative = UNIVERSAL DONOR


Red Blood Cell Breakdown



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.

 From this point on, scriptural information in red fonts will be provided for the DIET, according to Our Father's Covenant of All Flesh. Any information thereafter of, the scriptural information, should be considered, and reference according to the Covenant of All Flesh. May you be Bless and Days be added to your Life.

Lev 11:45-47

⁴⁵For I am Yahweh that bringeth you up out of the land of Egypt, to be your Father: ye shall therefore be holy, for I am holy.

⁴⁶This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth:

⁴⁷To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.

Lev 20:25 KJV - Ye shall therefore put difference between clean beasts and unclean, and between unclean fowls and clean: and ye shall not make your souls abominable [H8262] by beast, or by fowl, or by any manner of living thing that creepeth on the ground, which I have separated from you as unclean.

Flesh that is clean to eat of the beast

Lev 11:1-47

¹And Yahweh spake unto Moses and to Aaron, saying unto them,

²Speak unto the children of Yisraal, saying, **These are the beasts** which ye shall eat among all the beasts that are on the earth.

³Whatsoever parteth the hoof, and is clovenfooted, and, among the beasts, that shall ye eat.

⁴Nevertheless these shall you not eat of them that chew the cud, or of them that divide the hoof: as **the camel**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

⁵And **the coney**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

⁶And **the hare**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.

⁷ And **the swine**, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.

⁸ Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.

Food that is clean to eat in the waters

⁹ These shall ye eat of all that are in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.

Food that is abomination to eat in the waters

¹⁰ And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you:

¹¹ They shall be even an abomination unto you; ye shall not eat of their flesh, but you shall have their carcasses in abomination.

¹² Whatsoever hath no fins nor scales in the waters that shall be an abomination unto you.

Food that is an abomination to eat of the fowls

¹³ And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: **the eagle**, and **the ossifrage**, and **the ospray**,

¹⁴ And **the vulture**, and **the kite after his kind**;

¹⁵ **Every raven after his kind**;

¹⁶ And **the owl**, and **the night hawk**, and **the cuckow**, and **the hawk after his kind**,

¹⁷ And **the little owl**, and **the cormorant**, and **the great owl**,

¹⁸ And **the swan**, and **the pelican**, and **the gier eagle**,

¹⁹ And **the stork**, **the heron after her kind**, and **the lapwing**, and **the bat**.

²⁰ **All fowls that creep, going upon all four**, shall be an abomination unto you.

Food that is clean to eat of the flying creeping thing

²¹ Yet these may ye eat of every flying creeping thing that goeth upon all four, which have legs above their feet, to leap withal upon the earth;

²² Even these of them ye may eat; **the locust after his kind**, and **the bald locust after his kind**, and **the beetle after his kind**, and **the grasshopper after his kind**.

²³ **But all other flying creeping things, which have four feet, shall be an abomination unto you.**

Food that is Unclean of the Beast to eat

²⁴ And for these ye shall be unclean: whosoever toucheth the carcase of them shall be unclean until the even.

²⁵ And whosoever beareth ought of the carcase of them shall wash his clothes, and be unclean until the even.

²⁶ The carcasses of every beast which divideth the hoof, and is not clovenfooted, nor cheweth the cud, are unclean unto you: every one that toucheth them shall be unclean.

²⁷ And whatsoever goeth upon his paws, among all manner of beasts that go on all four, those are unclean unto you: whoso toucheth their carcase shall be unclean until the even.

²⁸ And he that beareth the carcase of them shall wash his clothes, and be unclean until the even: they are unclean unto you.

Food that is Unclean of the Creeping things to eat

²⁹ These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind,

³⁰ And the ferret, and the chameleon, and the lizard, and the snail, and the mole.

The carcass of that which creep defiles what it touches

³¹ These are unclean to you among all that creep: whosoever doth touch them, when they be dead, shall be unclean until the even.

³² And upon whatsoever any of them, when they are dead, doth fall, it shall be unclean; whether it be any vessel of wood, or raiment, or skin, or sack, whatsoever vessel it be, wherein any work is done, it must be put into water, and it shall be unclean until the even; so it shall be cleansed.

³³ And every earthen vessel, whereinto any of them falleth, whatsoever is in it shall be unclean; and ye shall break it.

³⁴ Of all meat which may be eaten, that on which such water cometh shall be unclean: and all drink that may be drunk in every such vessel shall be unclean.

³⁵ And everything whereupon any part of their carcase falleth shall be unclean; whether it be oven, or ranges for pots, they shall be broken down: for they are unclean, and shall be unclean unto you.

³⁶ Nevertheless a fountain or pit, wherein there is plenty of water, shall be clean: but that which toucheth their carcase shall be unclean.

³⁷ And if any part of their carcase fall upon any sowing seed which is to be sown, it shall be clean.

³⁸ But if any water be put upon the seed, and any part of their carcase fall thereon, it shall be unclean unto you.

³⁹ And if any beast, of which ye may eat, die; he that toucheth the carcase thereof shall be unclean until the even.

⁴⁰ And he that eateth of the carcase of it shall wash his clothes, and be unclean until the even: he also that beareth the carcase of it shall wash his clothes, and be unclean until the even.

Food that is an abomination of the Creeping things to eat

⁴¹ And **every creeping thing that creepeth upon the earth shall be an abomination; it shall not be eaten.**

⁴² Whatsoever goeth upon the belly, and whatsoever goeth upon all four, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they are an abomination.

⁴³ Ye shall not make yourselves abominable with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be defiled thereby.

⁴⁴ For I am Yahweh your Father: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile (to become impure or unclean) yourselves (soul) with any manner of creeping thing that creepeth upon the earth.

⁴⁵ For I am Yahweh that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy.

⁴⁶ This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth:

⁴⁷ To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.



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.

What is a Vegetarian?

[vej"ě-tar'e-an]

1. excluding meat.

2. one who follows a [VEGETARIAN DIET](#).

vegetarian diet one in which no meat is eaten. The strictly vegetarian (or [VEGAN](#)) diet allows no foods of animal origin. Maintenance of this diet requires a firm commitment to restriction of dietary intake, an extensive knowledge of dietary principles, and detailed planning to [ensure](#) nutritional adequacy. Deficiencies most likely to occur in a person who faithfully adheres to a vegetarian diet are those of protein, vitamin B₁₂, riboflavin, vitamin D, and calcium.

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.

Over time the adaptations that produced Blood Type A were based on the need to fully utilize nutrients from carbohydrate sources. These biological adaptations can still be observed today in Type A's digestive structure. Low levels of hydrochloric acid in the stomach and high intestinal disaccharide digestive enzyme levels permit the more efficient digestion of carbohydrates.

What is Adaptation?

An **adaptation**, also called an **adaptive trait**, in biology is a trait with a current functional role in the life history of an organism that is maintained and **evolved** by means of **natural selection**. **Adaptation** refers to both the current state of being adapted and to the dynamic evolutionary process that leads to the adaptation. Adaptations contribute to the **fitness** and survival of individuals. Organisms face a succession of environmental challenges as they grow and develop and are equipped **with** an adaptive **plasticity** as the **phenotype** of traits develop in response to the imposed conditions. The **developmental** norm of reaction for any given trait is essential to the correction of adaptation as it affords a kind of biological insurance or resilience to varying environments.

Adaptation, in biology, has several meanings. It can mean the adjustment of living matter to environmental conditions and to other living things either in an organism's lifetime (physiological adaptation) or in a population over many many generations (evolutionary adaptation). The word can also refer to a trait that is considered an adaptation. The ability to adapt is a fundamental property of life and constitutes a basic difference between living and nonliving matter.

Adaptogen (ə·dap·tə·jen),

n a substance that helps the body regenerate after being fatigued or stressed.

Jonas: Mosby's Dictionary of Complementary and Alternative Medicine. (c) 2005, Elsevier.

What is Stress?

Definition

Stress is defined as an organism's total response to environmental demands or pressures. When stress was first studied in the 1950s, the term was used to denote both the causes and the experienced effects of these pressures. More recently, however, the word stressor has been used for the stimulus that provokes a stress response. One recurrent disagreement among researchers concerns the definition of stress in humans. Is it primarily an external response that can be measured by changes in glandular secretions, skin reactions, and other physical functions, or is it an internal interpretation of, or reaction to, a stressor; or is it both?

Description

Stress in humans results from interactions between persons and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their well-being. The element of perception indicates that human stress responses reflect differences in personality, as well as differences in physical strength or general health.

Risk factors for stress-

related illnesses are a mix of personal, interpersonal, and social variables. These factors include lack or loss of control over one's physical environment, and lack or loss of social support networks. People who are dependent on others (e.g., children or the elderly) or who are socially disadvantaged (because of race, gender, educational level, or similar factors) are at greater risk of developing stress-related illnesses. Other risk factors include feelings of helplessness, hopelessness, extreme fear or anger, and cynicism or distrust of others.

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 person 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,

- 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.)

What is Blood Type B?

Group B – has only the **B** antigen on red cells (and A antibody in the plasma)

The determining factors of blood type's influence have to do with the way the genes influence each other, seemingly unrelated, genes located immediately adjacent or



nearby. This determining factor explains why your blood type can have an impact on such a diverse number of bodily systems - from digestive enzymes to neurochemicals. Many nutrition experts are baffled when they first hear about the link between blood type and digestion. That's because they are only considering the physical significance of blood type as a surface antigen. Actually, it's not your blood type antigen that is influencing the level of acid in your

stomach, but rather the gene for your blood type influencing other seemingly unrelated genes located immediately adjacent (or very close) to the ABO blood type gene that can exert an effect on your stomach acid levels. Genes hold the genetic code of the food that is acceptable for the blood type. The acceptable food is what the stomach can absorb, or you can say digest.

For blood type B,

For Type Bs the biggest factors in weight gain are corn, wheat, buckwheat, lentils, tomatoes, peanuts and sesame seeds. Each of these foods affect the efficiency of your metabolic process, resulting in fatigue, fluid retention, and hypoglycemia - a severe drop in blood sugar after eating a meal. When you eliminate these foods and begin eating a diet that is right for your type, your blood sugar levels should remain normal after meals. Another very common food that Type Bs should avoid is chicken. Chicken contains a Blood Type B agglutinating lectin in its muscle tissue. Although chicken is a lean meat, the issue is the power of an agglutinating lectin attacking your bloodstream and the potential for it to lead to strokes and immune disorders. Dr. D'Adamo suggests that you wean yourself away from chicken and replace them with highly beneficial foods such as goat, lamb, mutton, rabbit and venison. Other foods that encourage weight loss are green vegetables, eggs, beneficial meats, and low fat dairy. When the toxic foods are avoided and replaced with beneficial foods, Blood Type Bs are very successful in controlling their weight.

The best meats and protein foods include lamb (mutton), meat of the deer. 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 essene 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.

As an O Negative blood donor you have a particularly unique opportunity to help people in emergency situations. O Negative blood cells are called “universal” meaning they can be transfused to almost any patient in need, and only 6.6% of the population has O Negative blood. In the event of an emergency, trauma patients and accident victims are given a fighting chance of life due to O Negative blood transfusion.

Type O was the first blood type, the type O ancestral prototype was a canny, aggressive predator. Aspects of the Type O profile remain essential in every society even to this day – leadership, extroversion, energy and focus are among their best traits. Type O’s can be powerful and productive, however, when stressed Type O’s response can be one of anger, hyperactivity, and impulsivity. When Type O wiring gets crossed, as a result of a poor diet, lack of exercise, unhealthy behaviors or elevated stress levels, Type O’s are more vulnerable to negative metabolic effects, including insulin resistance, sluggish thyroid activity, and weight gain.

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.

Rh Factor

The Rh factor is simply a protein that is found on the covering of the red blood cells. If your red blood cells have this protein, you are Rh positive. If your blood cells don't have this protein, you are Rh negative.

Just as everyone inherits ABO genes, every person inherits one Rh factor gene from each parent. The Rh-positive gene is the dominant gene when paired with an Rh-negative gene.

Health Benefits of Reishi

Ganoderma shows promise in reducing cholesterol levels and easing allergy-related inflammation of the airways, according to preliminary evidence from animal-based studies. Here's a look at more of the science behind ganoderma's health-enhancing effects.

1) Cancer and the Immune System

Often used as an immune stimulant by people with cancer, ganoderma has been shown to strengthen immunity as well as combat cancer-cell proliferation. In a 2003 study of 34 people with advanced-stage cancer, for instance, taking ganoderma in supplement form three times daily for 12 weeks led to a significant increase in T-cells (known to play a central role in immune defense).

Lab tests on breast cancer cells, meanwhile, found that combining extracts of ganoderma and green tea heightened the mushroom's ability to slow cancer-cell growth.

2) Antioxidant Benefits

Several small studies have suggested that regular use of ganoderma supplements may increase your levels of antioxidants, compounds thought to protect against disease and aging.

3) Relief of Urinary Tract Symptoms

In a 2008 study of 88 men with urinary tract symptoms, researchers found that ganoderma was significantly superior to placebo in providing symptom relief.

Other Common Uses

- Acne
- Allergies
- Adrenal Fatigue
- Arthritis
- Candida

- Common Cold
- Herpes
- HIV
- Hair Loss
- Lyme Disease
- Ulcerative Colitis
- Uterine Fibroids
- Vitiligo
- Weight Loss

Using Reishi For Health

Ganoderma is available in capsules and liquid extracts, both of which can be found at health food stores. Ganoderma coffee is also available. You can also take ganoderma in tea or coffee form, but beware that the flavor may be bitter.

Some people experience dry nose, dry throat, nausea, and gastrointestinal problems (such as nausea) when taking ganoderma. Since the mushroom might interact with certain medications (such as anticoagulants and some chemotherapeutic agents), it's important to tell your physician if you're currently taking or considering the use of ganoderma.

As with any supplements, ganoderma hasn't been tested for safety in pregnant women, nursing mothers, children, and those with medical conditions or who are taking medications.