

FOOD FOR YOUR BLOOD AND STARS



Priestess Graell

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Have you ever thought about what foods actually SERVE your specific body according to your personal blood type?

Have you ever considered that the day you were born could help you choose the best foods for your energy and basic health?

Many years of personal experience, counseling many people in need, and basic curiosity has led me to gather this info for you to consume in an easy, digestible format.

May this banquet of ideas nourish your body, feed your intellect and satiate your desire to care for yourself in a new and healthy way!

Inquiry:

What is your blood type?

What is your astrology sign?

Food for Thought:

The theory of eating for your blood type is based on the premise that proteins in our food, react directly with our blood. Some proteins work best with some blood types, and some create discomfort in the body.

The theory of eating in harmony with your astrological imprint at birth, is based on your inherent nature that is part of your body's design to match the common behaviors that your astrological sign has gifted you with.

Gaining Knowledge...not pounds:

(ofcourse: all organic, local, non-can, non-frozen foods, non-boxed choices are highly suggested for the best nutritional value and best Earth-care consciousness)

Blood Type O

High Protein



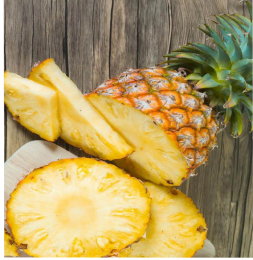
Lean, Organic Grass Fed Red Meat
Wild Meat, Deer, Elk, Boar
Halibut
Cod
Olive Oil
Walnuts
Seaweed
Kelp
Spinach
Collards
Kale
Broccoli
Garlic
Blueberries
Elderberries
Ginger Tea



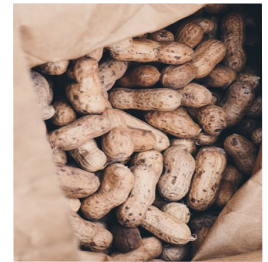
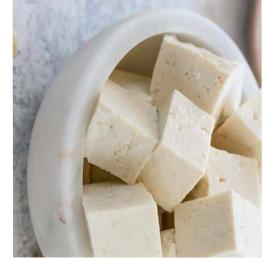
Avoid
Grains, Beans, Legumes

Blood Type A

Vegetarian-ish



- Tofu
- Salmon
- Sardines
- Turkey
- Whole Grains
- Olive Oil
- Walnuts
- Peanuts
- Spinach
- Kale
- Swiss Chard
- Garlic
- Onion
- Olives
- Blueberries
- Elderberries
- Pineapple
- Ginger
- Jasmine Tea



Avoid
Dairy, Red Meat, Wheat,
Corn, Kidney Beans

Blood Type B

Diverse



Lean Organic Grass Fed Lamb

Liver

Sardines

Halibut

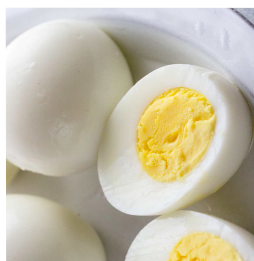
Eggs

Yogurt

Keifer

Olive Oil

Walnuts



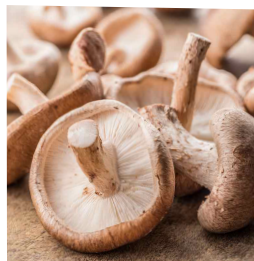
Shitake Mushrooms

Cranberries

Elderberries

Watermelon

Licorice Tea



Avoid

Chicken, Corn, Peanuts,
Sesame Seeds, Wheat, Tomatoes



Blood Type AB

Farmer



Tofu
Salmon
Lamb
Seafood
Dairy
Grains
Mushrooms
Broccoli
Spinach
Kale
Chard
Garlic
Cranberries
Any Herbal Tea

Avoid

Chicken, Corn, Caffeine, Buckwheat,
Kidney Beans, Alcohol, Smoked Meats



Astro Appetite

Of course some people resonate with their Vedic Astrology more than their Western Astrology. There are many different cultures with valuable ancient star connections, this list pertains to a mostly Western Astrology approach. This contains a small portion of a daily food intake to supplement your blood type choices.



Aries

Full Fast Power

Go for foods built on convenience, on the go, nutritious, delicious, quick and easy

Veggies, Dried Fruits, Nuts, Elk Jerky, Protein Drinks



Taurus

Grounded

Super decadent, take your time, no rush, no fast foods.

Gourmet Cheeses, Avocados, Cream Pies, Chocolate Silk Cakes, 5 Course Meals



Gemini

Faery Foodster

Easy, appetizer, social finger food, small portions.

Soup, Veggies, Berries, Seeds, Superfood Smoothies



Cancer

Sensitive Creature

Tummy-friendly, comfort foods, gentle on the gut.

Oatmeal, Tapioca, Coconut Milk Ice-cream, Mint, Vanilla Pudding



Leo

Flamboyant

Lap it up like a lion's meal for the week.

Royal servings of whatever culture's royal family you connect with most eats!



Virgo

Hypersensitive

Super organized eating habits, controlled portions, frequent snacking.
Low Sugar, not too messy of any food you are NOT allergic to



Libra

Middle of the Road

Eating at an Art, very flexible in choices, a little bit of this,
and a little bit of that.
Fennel, Fish, Walnuts all on one plate



Scorpio

All or Nothing

Sensual, scentual, take what you want, when you want, how you want.
Chocolate, more Chocolate, mushrooms, mussels, oysters



Sagittarius

Requires Freedom

Adventurous, organic, earthy, backyard garden grown, wild harvested,
wildcrafted
Turkey, Rabbit, Roots, Squash



Capricorn

Structured

Totally routine oriented. Just as a good goat can and will eat anything,
you can methodically eat a whole house.
Packed burritos, everything topped pizza, everything bagels



Aquarius

Individual

Enjoys a healthy variety, prefers buffets or build your own dishes.
All types of Salads, Stir Frys, Casseroles



Pisces

Dreamy

Any food that could be made into a Visionary Elixir of the Future
that will merge you with the Universe
Medicinal Mushrooms, Exotic Fruits, CBD infused Foods

Liquid Love For your Blood Type

Juice Fasting is a wonderful way to loose weight, gain energy, release toxins, tone skin, increase nutrients, decrease inflammation, and boost your immune system.

3-5 days is suggested for first level results, please work with a professional healthcare provider if you choose to do longer.

~Graell's Personal Soft Foods Retreat~

From early morning to evening time for 9 days:

- Superfood Smoothie
- Fruit Smoothie
- Superfood Smoothie
- Chia Seed Pudding
- Vegetable Juice
- Blended Steamed Vegetable Soup
- Vegetable Juice
- Avocado
- Herbal Tea

Blood Type O- blueberries, mangos, figs, plums, cherries, bananas, broccoli, kale, spinach

Blood Type A- plums, figs, ave, all berries, pears, peaches, carrots, broccoli, collards, spinach, kale, garlic, soy, pineapple

Blood Type B- beets, dark leafy greens, carrots, peppers, sweet potatoes, eggplant, grapes, bananas, cranberries, plums, papayas, watermelon, pineapple

Blood Type AB- green vegetables, sea kelp, pineapple, spirulina

Daily Dose Super Food Smoothie

HealthForce Super Foods -

Vitamineral Powder and Earth Powder, Energizing, Nourishing, and Grounding

Maca - peruvian root -

Reduces blood pressure, erectile dysfunction, and hot flashes. Increases fertility, improves energy, endurance, & good mood. Reduces skin sun damage. Improves learning & memory. Increases libido and Shakti flow.

Gojiberry Powder -

Nutritious, high in vitamins and minerals, antioxidants, especially vitamin C and A and protein, high in fiber, iron, copper, selenium

Medicinal Mushroom Blend -

Chaga, Reishi, Turkey Tail, Shitake, Lion's Mane, Cordeyceps
Enhance immune system, manage blood sugar levels, support brain health, improves stamina, and increases antioxidants.

Cacao Powder -

High in antioxidants & flavonoids, anti-depressant, improves brain power, contains magnesium that supports calcium absorption, helps calm PMS, and opens the emotional Heart portal.

Flax Powder -

High in Omega-3 fats, rich in fiber, improves cholesterol, high quality protein, high in nutrients, reduces cancer risk, lower blood pressure.



In blender:

- 1 organic banana
- 1 heaping tsp each of all superfood powders
- 1 cup of goat/almond/hemp/coconut milk
- 1 cup filtered or Spring Water
- 1/2 tsp of warming spice blend: cardamom, turmeric, nutmeg & cinnamon

Not so Dangerous Deserts

Chia Seed Pudding:



Stir 3 tablespoons of Chia Seeds into 1 cup of Coconut Milk, 1/2 tablespoon of Maple Syrup, & 1/4 teaspoon of Vanilla.

Tapioca Pudding:



In a medium saucepan mix 1/2 cup Tapioca pearls, 3 cups of Coconut Milk, 1/4 teaspoon of Salt, 1/2 cup Maple Syrup, 1 teaspoon of Vanilla

Well, there you have it! I hope this Guidebook has filled your mind with ideas, so your belly will be filled with health, and your body will be filled with happiness!

Please remember our body's needs go thru many waves (especially the women). Stress levels, location you live, weather, age, pregnancy, and dis-ease.

Please experiment and LISTEN to your body's response to these suggestions.

Please notify a professional healthcare provider immediately if you are concerned about your body's response.

Special thanks to:

Peter J. D'Adamo

Naturopathic Physician and Founder of the Institute for Human Individuality and Author of "Eat Right 4 Your Type"

Thank you Isabel, blood type A, for inspiring me to research deeper and wider for you, which began this Guidebook to help others.

Thank you to my gorgeous graphic designer. Sharing a beautiful visual transmission along with my work is very important me.

Thank you readers, I deeply appreciate your desire for wellness. Please keep up and share your wisdom gained.

In Love and Devotion,

Priestess Graell