

BLOOD DEFICIENCY

Blood Deficiency Causes:

Potential Causes: poor dietary habits (wrong food, wrong time, wrong amount), excess blood loss (trauma, child birth, periods), holding on to emotions affects the Liver and Spleen (e.g. anger, frustration, worry), excessive work, excess consumption of alcohol, constitutional deficiency, worry and overthinking, lack of sleep.

Potential Symptoms: fatigue, poor memory, headache, palpitations, blurred vision, dry eyes, dry or flaking skin, pallor, paleness (lips, nails, tongue) depression, anxiety, dizziness, numbness/tingling/aching, scanty periods, amenorrhea, infertility.

Blood Nourishing Diet:

A Blood nourishing program should be weighted towards green leafy matter (with seaweed and algae) - approximately 30 to 40%. About 10% fruits and other vegetables; 20 to 30% animal protein; and, 20 to 30% complex carbohydrates (whole grains, root vegetables, beans, etc.).

Beneficial Foods:

- Grains: Rice (sweet, brown), Millet, Oats, Amaranth, Buckwheat, Quinoa, Corn, Barley, Rye, Spelt, Whole wheat (if no issue).
- Beans & Lentils: Beans (adzuki, mung, string, kidney, white, black, yellow, soy), Green lentils, Chick peas, Tahini, Black-eyed peas.
- Vegetables: Dark leafy greens (including Dandelion), Tomato, Avocado (in moderation), Watercress, Sprouts, Asparagus, Artichoke, Carrot, Green onions, Red Cabbage, Brussel Sprouts, Turnip, Celery, Fennel, Red sweet pepper, Scallion, Alfalfa, Cucumber, Mushrooms, Spinach, Beets, Beet greens, Potatoes, Sweet potato, Wheat grass/germ, Kohlrabi.
- Sea vegetables: Seaweed, Algae (Chlorella is great for women and Spirulina for men), Dulse, Kelp.
- Dairy (small amounts): Goat's cheese & milk (warmed before bed), Butter
- Other protein: Chicken's eggs (especially the yolk), Coconut milk, Green Pea milk, Soy products (miso, tempeh, soy milk), Tofu.
- Meat: Chicken, Liver (chicken, pork, beef), Turkey, Beef, Bone Marrow, Lamb, Duck, Pork.
- Fish: Carp, White Fish, Perch, Sardines, Eel. Seafood: oysters, crab, mussels, octopus/squid.
- Nuts & Seeds: Seeds (Pumpkin, Sunflower, Black sesame), Pine-nuts; Almond, Pistachio.
- Fruit: Black/red/orange fruits, Berries (raspberries, blackberries, red berries, blueberries, strawberries), Cherry, Grapefruit, Lemons, Lime, Pears, Apple, Peach, Red Plums, Banana, Mango, Guava, Kiwi, Grapes, Watermelon, Pomegranates, Rhubarb, Lichi, Pineapple.
- Dried fruit: Raisins, Prunes, Currents, Figs, Apricots, Dates, Plums.
- Herbs & Spices: cinnamon, cumin, chili, turmeric, horseradish, garlic, clove, cardamom, nutmeg, ginger, bay leaves, marjoram, hawthorn, dill, basil, anis, coriander, rosemary, pepper, brewer's yeast, parsley, oregano, nettle.
- Oils & Condiments (Non-GMO): Flaxseed oil, Sesame oil, Safflower oil, local Honey, Royal jelly, Bee pollen, Blackstrap molasses, butter, fermented bean products (e.g. Bragg's liquid soy).
- Beverages: Juice (Red beet, Red grape, Cherry, Plum, Carrot, Tomato), Teas (green, jasmine, chamomile, fennel, ginger, rosehip, hibiscus, black tea with milk).

Foods to Avoid/Reduce:

- As instructed for SP Qi Deficiency (including dairy), plus:
- Bitter, sour, salty & pungent/hot foods, refined sugars, chemical additives (including hormones).
- High doses of Vitamin C, and nuts and nut butters in excess.