

Signs you might be Blood deficient:

- dry and brittle hair, skin, nails
- pale lips, tongue, inner eyelids
- dizzy upon standing
- blurry vision
- numb hands and feet
- palpitations
- insomnia
- constipation
- light or no menstruation



Additional Resources

Healing with Whole Foods: Asian Traditions and Modern Nutrition by Paul Pitchford (2002)

Chinese Nutrition Therapy: Dietetics in Traditional Chinese Medicine by Joerg Kastner (2003)

Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life by Yuan Wang, Warren Sheir, and Mika Ono (2010)

The Tao of Healthy Eating: Dietary Wisdom According to Traditional Chinese Medicine by Bob Flaws (1999)

Tao of Nutrition by Maoshing Ni (2009)

The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity by Zhuo Zhao (1998)

Prince Wen Hui's Cook: Chinese Dietary Therapy by Bob Flaws and Honora Wolf (1985)

Eating Your Way to Health: Dietotherapy in Traditional Chinese Medicine by Cai Jingfeng (2010)

Chinese Diet Therapy by Zhao Muying (1996)

Consult a medical professional before making any drastic changes to your diet.

Food therapy is not appropriate for severe symptoms or emergencies.

These statements have not been evaluated by the Food and Drug Administration. This pamphlet is not intended to diagnose, treat, cure, or prevent any disease.

TRADITIONAL CHINESE MEDICINE FOOD THERAPY

NOURISH BLOOD





Chinese Medicine is primarily based upon the ideas of balance and moderation, so don't over do it. A healthy body is one which is neither malnourished or overfed. Eating too many Blood building foods, especially meats and dairy, could tip the balance in your body in the other direction, resulting in symptoms of Food Stagnation.

Symptoms of Food Stagnation: indigestion, belching, abdominal bloating, gas, constipation and/or diarrhea, "food coma".

If you start experiencing any of these symptoms, cut back slightly on the heavier Blood building foods. If symptoms persist, add small amounts of mildly spicy foods, like ginger, back into your diet.

BLOOD IS YOUR BODY'S FOOD

Seek foods that are dark in color and rich in protein: these will help build up your blood
Avoid foods with low nutritional content: these will make you more blood deficient
Use blackstrap molasses as a supplement and/or sweetener: 1-2 tsp/day

FOODS THAT NOURISH BLOOD:

Fruits: dark berries, dark grapes, raisins, goji berries, dates, figs, red skinned peanuts and walnuts, almonds, apple, apricot, avocado, date, fig, grapes

Vegetables: Shiitake mushrooms, dark green vegetables - celery, spinach, broccoli, green beans, snow peas, sugar peas, bitter greens, alfalfa sprout, artichoke, beets, button mushroom, cabbage, kelp, wheatgrass, chlorophyll

Grains and Legumes: barley, corn, oats, rice, sweet rice, wheat, bran, black soy beans, adzuki beans, mung bean, lotus seed

Meat and Dairy: all animal products nourish blood, especially: red meat, liver, kidney, gelatin, bone marrow, goose, duck, cuttlefish, eggs, cheese, oysters, sea cucumber

Herbs and Spices: black strap molasses, black sesame seeds, nettle, parsley, spirulina



FOODS THAT DAMAGE BLOOD:

Salty Foods: chips, pretzels, french fries, soy sauce, ramen noodles

Spicy Foods: hot sauce, hot wings, hot peppers, wasabi

Sugary Foods: soda, candy, cookies, ice cream

Processed Foods: junk food, cereals, crackers

Alcohol

