

BLOOD DEFICIENCY

The following list of dietary suggestions is based on Chinese medicine principles to aid in your treatment.

Beneficial Foods

- beets
- black beans
- black sesame seeds
- black strap molasses
- bone marrow
- carrots
- coconut
- eel
- eggs
- fermented bean products (miso, tempeh)
- goji berries
- high quality organic or free range meat (beef, chicken, liver, pork)
- leafy green vegetables
- legumes
- lychee
- marmite
- mussels
- oysters
- parsley
- rice
- seaweed
- shark
- spinach
- spirulina
- stocks
- stout beer (Guinness)
- vegemite
- wheatgrass

LIVER BLOOD DEFICIENCY

- apples
- beets
- broccoli
- carrot juice
- cherries
- crab
- duck
- eggs
- fennel
- grapes
- green vegetables
- liver (organic free range)
- lotus root
- lychee
- oyster
- parsley
- plums
- poultry
- red cabbage
- red tea
- red wine (in moderation)
- rice (short grain)
- sesame seeds
- spinach
- sprouts
- sunflower seeds
- tomato
- watercress
- wheat
- white fish

HEART BLOOD DEFICIENCY

- beef
- black sesame seeds
- cherries
- chicken
- goat and sheep milk
- grapes
- oats
- oysters
- pheasant
- poppy seeds
- red berries
- short grain rice
- wheat

Special Preparations: stocks, soups, and broths made from organic chicken or beef bones; 40% of the diet should be steamed or lightly cooked green vegetables, 30% high quality meats, and 30% complex carbohydrates

Other Suggestions: meat should be organic, or at least chemical free, but it's better to have some lesser quality meat than none at all; liver must be organic, as that's where additives build up; if animal proteins are not an option, you may need to supplement with vitamins or nutrients in pill or liquid form

Specific instructions from your intern: