

Dietary guidelines for Blood Deficiency



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“Eat food, Not too much. Mostly plants” Michael Pollan

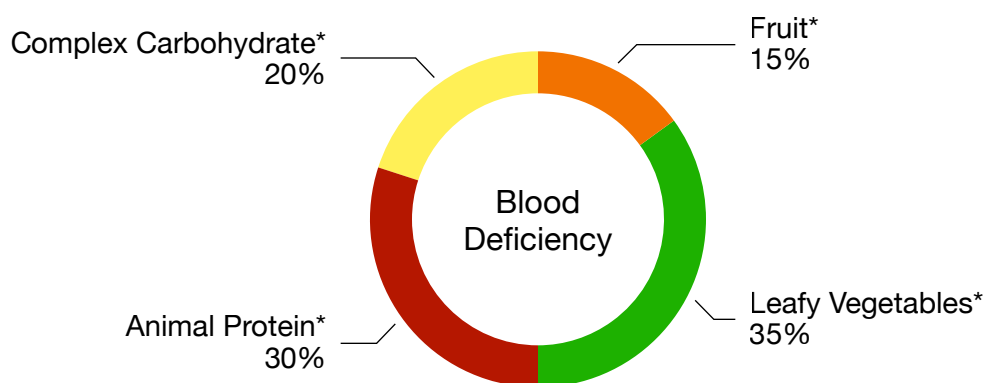
Ideas, theories, trends and science around diet are continually changing to sell the next fad. One kind of nutrition will always remain constant - focus on seasonal, local, whole, unprocessed foods, vegetables, fruit and not over eating. Stick to a weekly calorie budget - if you overeat on one day, under eat on another to stay within your calorie range. Using these general guidelines will improve your treatment.

Ideally eat cooked foods. Focus on warm, long, slow cooking like soups, broths, stews. Take time to thoroughly chew your food. Eat foods that are rich in protein, folic acid, and B12. Drink your water at room temperature or warm. Strict vegan diets will be detrimental and make the condition of blood deficiency worse. Eventually, once the blood deficiency resolves a modified vegan diet can be resumed. Supplementation of B12 may be necessary.

Therapeutic foods: High quality protein, meats including chicken, beef, buffalo, pork liver & trotter, quail, oysters, mussels, stocks and broths (esp. bone broths), eggs, legumes, black beans, green leafy vegetables, nettles, wheat grass, spinach, carrots, beets, parsley, molasses, miso, tempeh, seaweed, spirulina, black sesame seeds, lychee or longan, coconut, rice, and stout.

Restrict or avoid: Factory farmed non-hormone free meats, cold natured foods, which include, salads, raw fruits, wheat sprouts, raw vegetables, tofu, excess salt, sugary foods, artificial sweeteners, vitamin c, ice cream and dairy (small amount of yogurt or butter is ok), all nuts except walnuts.

Example meal: Chicken bone broth soup with yams and leafy greens. Side salad of steamed beets.



* Chart represents a range. Leafy vegetables (35-50%) at a 3:1 ratio to fruits (10-15%), complex carbohydrates 20-30%, Protein 20-40%