

# **Blood Deficiency**

## ***Main symptoms of blood deficiency***

- dry, brittle or loss of head hair
- brittle nails
- dry pale skin
- pale tongue
- insomnia and excess dreaming
- blurred vision and dry eyes
- numbness on the extremities and cramps (mostly at the night )
- headaches as well as migraine attacks
- tiredness and fatigue
- scanty , irregular or missing periods
- infertility

## ***Blood Tonics Foods***

- **Meat:** all types of **red meat** such as beef and pork; bone broths and bone marrow ; chicken broth and liver – the meats should be organic and preferable from your local butcher shop
- **Fish:** all types of fish rich in Omega oils : mackerel, tuna , **oysters**;
- **Dairy:** eggs!!!
- **Vegetables:** Always choose the seasonal vegetables – they are the ones that maintain all the nutrients your body will require throughout the particular season and will have less unwanted substances. However the main blood tonifying veggies are : **beetroot**, broccoli , spinach, watercress, celery , spirulina , turnip
- **Fruits:** Follow the same rule as for the vegetables: organic and in season! Specific blood supporting ones are : dates; **Chinese dates** , apricots, avocado, blueberries, raspberries, blackberries, grapes ;
- **Grains:** oat, rice, barley ;
- **Nuts/Seeds/Beans:** kidney beans and black soya ; **walnuts**, almonds , Brazilian nuts, black sesame seeds;
- **Herbs and spices:** ginger , **nettle** , parsley ( if you feel constantly cold you can add up cinnamon ) ;

### ***Lifestyle advices***

- If you are smoker , try to **quit** or reduce to a minimum;
- Don't sweat **excessively** , avoid long stay at saunas , steam-rooms or hot-yoga classes; remember that sweat and blood are interchangeable fluids and profound loss of one leads to exhaustion of the other ;
- **Rest** during your **period!** Period is the time for the body to rest and does the appropriate changes for the next phases of the cycle. **Avoid heavy** exercising , intercourse, swimming ( especially in cold water ) and keep your body warm and restful;
- Drink plenty of **water!**
- **Breastfeeding** women should be extremely focused on having appropriate diet , moderate exercising and as much sleep as possible to avoid worsening the blood quality ;
- Blood donating should be **postponed** for the time you have enough and good quality blood ;

And last but not least:

*“Laughter makes good blood “*

Italian proverb