

BLOOD DEFICIENCY

Building Blood requires specific nutrients that generate Blood and adequate absorption of those nutrients. Absorption of nutrients is maximized by encouraging healthy Spleen qi. The associated with maintaining good Spleen function apply to building Blood.

In addition, Blood building requires a greater protein intake, the best sources of protein for Blood building are animal proteins, in particular chicken, it is possible to build Blood on a vegetarian diet, but the results are much slower. The old adage that it takes '40 parts of qi to make 1 part of Blood' applies, and the best Blood foods are those that have concentrated jing, the animal proteins. Stocks and soups can be made with organic chicken or beef bones, which release pure jing from their bone marrow. When animal protein is not appropriate some form of supplementation, in the form of tablets or liquid, may be useful, or at least in the short term.

Green leafy vegetables, that is, those that are chlorophyll rich are especially beneficial, as they not only contain iron, but also have other components that assist in the absorption and utilization of iron, and manufacture of Blood.

The level of additives in food, especially hormones and excessive sugar and salt, meat, also directly affects Blood quality should be organic or at least chemical free. Where that is not possible it is better to have some lesser quality meat than none at all. When liver is used it must be organic as the liver concentrates additives in animal feed.

Protein	Chicken	Steak	Eggs	eg.
Carbohydrate	Squash	Corn	Noodles	eg.
Vegetables	Carrots	Beets	Mushrooms	Cauliflower Broccoli

General Comments

Same basic approach as for Spleen qi deficiency (as the Spleen produces Blood), iron and protein rich food: folic acid and vitamin B 12. In strict vegetarian diets, b12 may need to be supplemented in tablet form.

Beneficial

High quality protein, meat (especially chicken meat and soup, beef and pork liver and pork trotter), pigeon, oyster, mussel, shark, eel, stocks and broths, bone marrow, eggs, legumes, black bean, green leafy vegetables, wheatgrass, spinach, carrots, beetroot, parsley, molasses, fermented bean products, miso, tempeh, seaweed, spirulina, black sesame seed, lychee, coconut, rice, stout, Guinness, vegemite, marmite

Liver Blood Def.

As for general Blood deficiency, plus lycium fruit (gou qi zi, excellent cooked with chicken or in rice porridge)

Restrict or Avoid

As for Spleen qi deficiency; plus bitter, sour, salty and pungent/hot foods, refined sugars, chemical additives, hormones

PROPORTIONS

The emphasis of a Blood building diet should be towards green leafy vegetable matter (30 – 40%) and high quality, preferably organic, animal, protein (20-30%), with around 30-40% as complex carbohydrates (rice, wheat, oat, starchy root vegetables, etc.) As the Blood is replenished the overall proportions of the diet can be altered to reflect the general Spleen strengthening proportions.

*The above information is taken from the [Clinical Handbook of Internal Medicine](#) by Will Maclean and Jane Lyttleton.