

Blood Deficiency

Information Sheet



During a Chinese medicine consultation your practitioner will ask you lots of different questions about your presenting issue, as well as other physical and psychological symptoms. This allows us to identify patterns of disharmony that might involve new concepts such as qi, yin, yang, phlegm, damp and blood.

This handout is designed for you take away after your consult to provide extra information about the pattern we call Blood Deficiency, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

Definition

The Chinese medicine notion of blood is very similar to Western medicine. It has the vital function of warming and nourishing the body, especially the eyes, skin, hair, muscles and sinews. Blood is essential for conception and pregnancy, as well as for a healthy mind and spirit. When blood is abundant, the mind and spirit can rest and sleep is peaceful. The body produces blood by extracting the essence

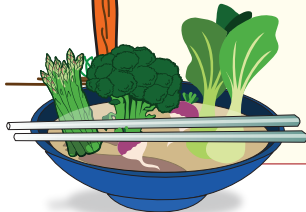
from food and fluids that are ingested. Blood can become deficient when the diet lacks nourishment from blood building foods such as meat and grains, emotional stress or excessive physical exercise. It may also be the result of blood loss due to childbirth or heavy periods and short menstrual cycles resulting in more periods across the lifecycle.

Symptoms

If blood is deficient, you might experience one or more of the following: pale face and skin, fatigue, blurred vision, dizziness, poor memory and concentration, slight anxiety, insomnia, restlessness, and numbness or tingling.

Long term deficiency can lead to dryness of the hair and nails, and sometimes dry itchy skin conditions. Females might have heavy periods or very light scanty periods.

Food



Food should be enjoyed and accepted loving into the body so that we are open to being fully nourished by what we eat. Digestion is enhanced by relaxing during meals. Avoid working or watching television, instead focus on enjoying the meal in a relaxed posture. Always chew food well so that our digestive organs do not have to work as hard to extract essential nutrients.

The diet is a great way to build blood. Green leafy vegetables and grains are important, while all types of meat, fish and many beans also strengthen blood. Incorporate a range of foods you like such as chicken, beef, liver, apricots, beetroot, parsley, seaweed, spinach, dates and eggs. Highly processed foods including sweetened and salted foods tend to weaken blood and should be avoided.

Life Style

When our blood is strong we feel vigorous and well-nourished and when blood is deficient we feel under-nourished and our mind starts to 'float', we do not feel anchored and sleep is difficult. To strengthen blood we need to maintain a balance between rest and activity.

Physical activity helps the body produce blood and helps the Heart circulate blood around the body. Rest, especially an afternoon nap enables blood to be renewed during the day.

YouTube



Here is a link to the Gate Of Hope's Qi Gong video that demonstrates a basic sequence of movements with breath to stimulate the function of different organs in the body. While all the organs movements are important, focus on stimulating the Heart, Liver and Spleen to build blood.

Go to the YouTube channel:
<https://youtu.be/jmLICEsNR E>



For more information talk to your practitioner on your next visit.
www.gateofhope.com.au
bridget@gateofhope.com.au