



Blood deficiency

The concept of blood in traditional Chinese medicine shares a close relationship with the western concept in that it has both a nourishing and moistening function. However, with the concept of blood deficiency, emphasis is placed on your body's qi. Blood is seen as a condensed form of qi, with qi playing a vital role in helping the blood to circulate to where it is needed. Attention is also focused on the strength of your digestive system's ability to successfully obtain the nutrients from your food necessary for the production of blood. Food to build blood includes:

- Grains: barley, corn, oats, rice, sweet rice, wheat, bran
- Vegetables: alfalfa sprout, artichoke, beets, button mushroom, cabbage, celery, dandelion leaf, dark leafy greens, kelp, shiitake mushroom, spinach, watercress, wheatgrass
- Fruit: apple, apricot, avocado, date, fig, grape, longan or lychee
- Beans: adzuki, black, kidney
- Nuts and seeds: almonds, black sesame
- Fish: mussel, octopus, oyster, sardine, tuna (in moderation)
- Meat: all red meat especially bone marrow and liver (beef, pork, sheep)
- Dairy: chicken egg
- Herbs, spices: nettle, parsley
- Oils, condiments: molasses
- Beverages: soy milk

Examples of everyday foods that can be used to build Blood include:

- Rice porridges with soy milk, apricots and almonds (congee)
- Dark leafy green salads with avocado and beets
- Scrambled eggs with parsley
- Mussel chowder with calamari
- Snacking on dried apricots and almonds



Qi Deficiency

Foods especially useful to tonify Spleen Qi Deficiency:

- Grains: oats, rice, sweet rice
- Vegetables: potato, squash, sweet potato, yam
- Fruit: cherries, dates, figs, grapes, longan/lychee
- Bean product: tofu
- Meat: beef, chicken, ham, lamb
- Herbs/spices: licorice
- Oils/condiments: molasses

Supplements: algae, pollen, American ginseng, Chinese ginseng, royal jelly

Examples of everyday foods that can be used to build qi include:

- Oat porridge with dates and honey
- Roasted sweet potatoes with pumpkin and yams
- Chicken stir fry with shiitake mushrooms and rice
- Shepherd's pie with beef or lamb, mushrooms, carrots and mashed potato as a topping
- Stir fried Tofu, eggplant and mushrooms with black sesame seeds on rice
- Home made oat/muesli with honey and dates



Yang Deficiency

Yang represents the energy that is responsible for warming and activating bodily functions. When this energy is depleted your body begins to slow down, displaying signs of under activity and sensations of coldness. Foods to tonify yang include:

- Grains: quinoa, sweet (glutinous) rice, wheat germ
- Vegetables: leek, mustard greens, onion, radish, scallion, squash, sweet potato, turnip, watercress
- Fruit: cherry, longan, peach, raspberry, strawberry
- Nuts and seeds: chestnuts, pine nuts, pistachio nuts, walnuts
- Fish: anchovy, lobster, mussel, prawn, shrimp, trout
- Meat: chicken, lamb, venison, kidneys (both beef and lamb)
- Herbs and spices: basil, black pepper, caper, cayenne, chive seed, cinnamon bark, clove, dill seed, fennel seed, fennugreek seed, garlic, ginger, horseradish, nutmeg, peppermint, rosemary, sage, savory, spearmint, star anise, turmeric, thyme, white pepper
- Beverages: chai tea, jasmine tea

Examples of foods that can be used to build yang include:

- Roasted chicken with sage and thyme
- Roasted vegetables with rosemary
- Rice porridge (congee) with cinnamon, nutmeg and a little brown sugar
- Leek and potato soup with black pepper

Foods to avoid:

- Cold food and cold liquids will further drain the body's yang energy. Here 'cold foods' refers not only to those directly taken from the fridge but also to raw foods, as these require extra energy for digestion compared to pre-cooked foods. This may mean choosing steamed vegetables over a green salad or switching from granola to oatmeal for breakfast.
- Using a warming method of cooking will also enhance the body's energy by preserving yang, therefore soups, stews and slow roasted foods become the dishes of choice for those with a predominate yang deficiency. Do not use hot seasoning to excess, which will induce sweating and actually have a cooling, drying effect on the body.