



You are:

The Weak Blood Type

You may be anemic, have a history of significant blood loss (i.e. trauma, surgery or heavy periods), follow a vegan, vegetarian, pescatarian or fruitarian diet, or lack red meat in your diet. If you are a women, you are definitely more prone to being the "weak blood" type due to the loss of blood caused by menstruation and childbirth.

Blood can be built easily through diet. It is essential to eat a diet rich in vegetables, especially leafy greens and chlorophyll-rich foods combined with grains and adequate protein. In general, meat, fish, beans and seafood are best to strengthen your blood. If you are vegetarian or vegan, it may be more difficult to build blood without animal protein, so blood-building Chinese herbs (i.e. dang gui) may be recommended by your practitioner.

Possible Symptoms:

- pale face or lips
- dizziness upon standing
- fatigue
- blurry vision
- floaters in vision
- dry/dull hair
- poor memory
- muscle cramps
- brain fog
- light menstrual flow or missing periods
- difficulty falling asleep
- generalized anxiety or depression

Causes:

- Significant blood loss
- Heavy periods
- Childbirth
- Vegan/vegetarian/pescetarian/fritarian diet
- Lack of red meat in the diet

Helpful Tips:

- Maintain a balance between exercise and rest to allow the body to better circulate blood and help the body regenerate blood while you sleep (especially during the hours of 1 - 3 am).
- Ask your practitioner about taking Chinese herbal medicine.



Food as Medicine: Weak Blood Type Diet

Best Foods to Eat	
Meat:	beef, bone broth, bone marrow, chicken, chicken broth, duck, lamb, liver, oxtail, pork
Seafood:	mussels, octopus, oysters, sardines, salmon, squid, tuna
Vegetables:	alfalfa sprouts, artichokes, beetroot, carrots, dandelion, kale, kelp, leafy greens, red cabbage, reishi mushroom, seaweed, shiitake mushrooms, spinach, sweet potato, swiss chard, watercress
Starches/grains:	barley, oats, rice, sweet rice
Fruit:	apricots, avocados, cherries, coconut, dates, fig, goji berries, red grapes, strawberries
Dairy:	cheese, eggs, organic grass-fed milk
Nuts/seeds:	hazelnuts, peanuts, sesame seeds
Beans/legumes:	aduki beans, kidney beans
Herbs:	parsley
Other:	tempeh
Beverages:	goji berry tea, stout beer (in moderation)

Foods to AVOID
coffee
chocolate
black tea
spicy foods
alcohol
fatty foods
processed salty foods (chips, canned soups, pretzels)



Blood-Nourishing Recipes:

Vegan-Friendly Beans & Greens Blood Nourishing Soup

(vegan, vegetarian, gluten-free, grain-free, dairy-free)

Ingredients:

- 2 TBSP avocado oil
- 1 sweet onion, diced
- 4 cloves garlic, minced
- 6 cups vegetable broth
- 2 TBSP fresh parsley
- 2 14 oz. cans dark kidney beans, rinsed and drained
- 1 14 oz. fire roasted diced tomatoes
- 6 handfuls chopped kale
- ¼ cup tomato paste
- 1 lemon, juiced
- 1 tsp sriracha
- himalayan salt, to taste
- black pepper, to taste



Directions:

Heat avocado oil over medium-high heat in a soup pot. Add onion and saute for 5 minutes. Add in garlic and saute for 1 minute until fragrant. Add in vegetable broth, parsley, kidney beans, diced tomatoes, tomato paste, kale, lemon juice and sriracha. Bring to a boil and simmer on low for 15-20 minutes until kale is wilted. Add salt and pepper to taste and serve.



Blood-Building Beef Chili

(gluten-free, grain-free, dairy-free)

Ingredients:

- 1 lb. organic grass-fed ground beef
- ½ sweet onion, diced
- 3 cloves garlic, minced
- 15 oz. can fire roasted diced tomatoes
- 15 oz. can organic dark-red kidney beans, rinsed and drained
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 tsp cumin
- 2 tsp chili powder
- 2 tsp dried parsley
- 1 tsp dried coriander
- 1 tsp sea salt
- 1 TBSP avocado oil



Directions:

Heat avocado oil in soup pot. Once hot, saute the onion and bell peppers for 2 minutes. Add garlic and cook for 1 minute. Add ground beef, cumin, chili, parsley, coriander and sea salt. Cook until the meat is browned, about 5-6 minutes. Add salt and tomatoes and bring to a boil. Reduce heat and cover for 1 hour. Add kidney beans, stir into the chili and serve.

Goji Berry Tea

(vegan, vegetarian, gluten-free, grain-free, dairy-free)

Ingredients:

- 8 oz. of boiling water
- 1 TBSP organic goji berries



Directions:

Pour boiling water into coffee mug and add 1 TBSP goji berries. Let the goji berries steep for 10 minutes until they plump and the water looks like weak tea. Sip when slightly cooled. You can also eat the berries while drinking.