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You are:

The Anemic Heart Type

You have experienced long term stress or emotional problems and you tend to overexercise and be dehydrated, which has caused stress to your heart. You are also prone to anemia, exhaustion and autonomic heart disorders.

Possible Symptoms:

- heart palpitations
- anxiety
- depression
- insomnia with difficulty falling asleep
- intense dreams or nightmares
- dizziness
- fatigue or exhaustion
- pale face or lips
- frequent blinking
- forgetfulness
- weakness
- restlessness
- agitation
- easily startled

Causes:

- Dehydration
- Excessive coffee or alcohol consumption
- Loss of blood or excessive sweating
- Excessive long term stress
- Chronic anxiety, worry or overthinking
- Extreme physical activity
- Longstanding emotional problems
- Prolonged sadness or anger

Helpful Tips:

- Swap out coffee for Teeccino.
- Avoid red wine.
- Increase water intake (half your body weight in ounces per day).
- Avoid extreme exercise.
- See a mental health counselor or therapist to address emotions.

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Food as Medicine: The Anemic Heart Type

Best Foods to Eat	
Meat:	beef, chicken
Seafood:	oysters
Starches/grains:	oats, rice, wheat
Fruit:	cherries, longan, red grapes
Dairy:	eggs, organic goat/cow/sheep milk, coconut milk
Beans/legumes:	aduki beans
Beverages:	room-temperature or hot/warm water, chamomile tea

Foods to AVOID
hot/spicy foods
coffee
alcohol
chile pepper
pepper
cinnamon

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Recipes to Build Heart Blood:

Heart-y Cherry Vanilla Oatmeal

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

Ingredients:

- ½ cup gluten-free old-fashioned rolled oats
- ½ cup frozen sweet dark cherries
- 1 cup water
- pinch of himalayan salt
- ¼ tsp vanilla extract
- 2 TBSP organic cow/goat milk, or coconut milk

Directions:

Add oats, cherries, water and salt to a medium saucepan. Bring to a boil and reduce the heat to simmer, cooking for 5 minutes. Stir in vanilla extract and serve in a bowl. Top with milk and enjoy!

Eggcellent Breakfast Congee

(gluten-free, dairy-free, vegetarian)

Ingredients:

- 6 cups of water
- 2 cups organic chicken bone broth
- 1 cup organic jasmati rice, rinsed and drained
- 1/2 tsp sea salt

Toppings:

- Organic eggs (scrambled or hard boiled)
- Scallion, chopped
- Garlic powder
- Onion powder
- Dried ginger
- Black pepper
- Pinch of sea salt
- Sesame seeds

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Instant Pot Directions:

- Rinse rice under cold water until water is clear. Drain and add rice to the pot and stir in bone broth, water and sea salt. Seal the pot and set on manual for 22 minutes. Once timer beeps, let the rice sit in the pot for 20 minutes before releasing the pressure valve.
- Once congee is ready, cook the eggs by scrambling in a pan or boiling for 10 minutes.
- Ladle one cup of congee into a bowl and top with 1-2 eggs, scallion, and a sprinkle of garlic powder, onion powder, dried ginger, sea salt, black pepper and sesame seeds.

Crock Pot Directions:

- Add water and bone broth to a large pot and bring to a boil.
- Once the water is boiling, add the rice and sea salt to the pot.
- Reduce the heat to low and simmer for 2 minutes.
- Pour everything into a slow-cooker set on low and let cook for 6 - 8 hours (or overnight). Stir occasionally to prevent the rice from sticking to the sides of the slow cooker.
- Once congee is ready, cook the eggs by scrambling in a pan or boiling for 10 minutes.
- Ladle one cup of congee into a bowl and top with 1-2 eggs, scallion, and a sprinkle of garlic powder, onion powder, dried ginger, sea salt, black pepper and sesame seeds.

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Comforting Clam Chowder

(gluten-free, grain-free, pescatarian)

Ingredients:

- 3 6.5 oz. cans of chopped clams
- 8 oz. clam juice
- 5 slices uncured organic bacon
- 1 sweet onion, diced
- 4 cups diced potatoes (1 ½ lbs)
- ½ tsp onion powder
- 1 tsp sea salt
- ¼ tsp black pepper
- 1 cup organic heavy whipping cream
- 2 TBSP organic butter
- ½ TBSP fresh dill

Directions:

- Cut bacon into small pieces and dice onions and potatoes.
- Drain liquid from canned clams and add enough clam juice to make a total of 2 cups. Set aside.
- Turn instant pot on "saute" mode. Once hot, add bacon and cook for 2 minutes until fat is rendered. Add onion, sea salt and pepper and saute for 3 minutes until onions are translucent.
- Add the 2 cups of clam juice, onion powder, and the potatoes.
- Put the lid on the instant pot and seal the valve. Set on manual for 4 minutes.
- Once the pot beeps, let the soup sit for 3 minutes and then carefully release the pressure valve to let all the steam release.
- Remove the lid and use a potato masher to mash the potatoes. Add in butter and clams and stir until butter is melted.
- Add the cream and fresh dill and stir well. Ladle into bowls and garnish with additional fresh dill.

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