



You are:

The Stagnant Heart Type

You carry some long-standing emotional baggage and may be experiencing the early signs of heart disease – poor circulation, fatigue, anxiety and/or insomnia. You are prone to developing cardiovascular disease, high blood pressure or angina pectoris. Preventative medicine and stress management are both very important for your type.

Possible Symptoms:

- heart palpitations or racing heart
- chest discomfort
- cold hands
- bluish/purple lips or nails
- heart pain radiating down the left arm
- fatigue
- anxiety
- insomnia

Causes:

- Long-term anxiety, grief, resentment or repressed anger
- Unexpressed emotions

Helpful Tips:

- See a mental health counselor or therapist to address repressed emotions.
- Ask your Chinese herbalist about taking herbal medicine to improve blood flow through your heart.
- Drink only room-temperature water. Ice cold water can cause constriction of the heart muscle.



TCM

food as medicine

Food as Medicine: The Stagnant Heart Type

Best Foods to Eat	
Meat:	venison
Seafood:	crab
Vegetables:	chives, leeks, onions, radishes, scallion, turnips
Fruit:	peaches
Dairy:	eggs
Herbs/spices:	chili pepper, tumeric
Other:	vinegar
Beverages:	room-temperature or hot/warm water, red wine (in moderation)

Foods to AVOID
cold & raw foods
ice in drinks
greasy/fried foods

Recipes to Move Stagnant Heart Blood:

Open the Chest Crab Cakes

(gluten-free, dairy-free)

Ingredients:

- 8 oz. wild caught real crab meat
- 1 egg, beaten
- 1 TBSP avocado mayonnaise
- 1/4 cup scallion, chopped
- 1 TBSP fresh chives, chopped
- 1/2 tsp fresh lemon juice
- 1 tsp worcesterchire sauce
- 1 TBSP dijon mustard
- 1/2 tsp New Bae Seasoning (or Old Bay seasoning)
- 1/2 cup gluten-free panko breadcrumbs
- 1 TBSP ghee



Directions:

Combine all ingredients (except ghee) and form into 4 patties. Add ghee to a skillet on medium-high heat. Add crab cakes and cook for 4 minutes on each side until browned.

Pump the Blood Pickled Radishes

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

Ingredients:

- 4-6 radishes, ends trimmed & sliced thin
- 1/4 cup red wine vinegar
- 1/4 cup water
- 3/4 tsp sea salt



Directions:

Combine all ingredients and refrigerate for a minimum of 15 minutes (or overnight).