

**Blood** refers to the available nourishment circulating around our body. It provides a grounding to our thoughts and emotions. It keeps body and mind connected.

**Signs of Blood deficiency:**

pale face and lips	scanty periods
poor memory	floaters
dry hair, eyes and skin	anxiety, slight depression and tiredness
difficulty getting to sleep	

**Foods to nourish Blood:**

Fruit: apricot, cherry, date, fig, grape

Vegetables: beetroot, dandelion, kale, kelp, nettle, seaweed, spinach, watercress

Meat/fish: beef, liver, mussel, oyster, sardine, squid

grains/pulses/beans: aduki beans, black soybean, kidney bean, tempeh

**Other ways to improve Blood:**

Maintain a balance between rest and physical activity. Moderate exercise enables the heart to circulate blood around the body. Resting early afternoon enables renewal of Blood.

**NB: Liver?**

Most people turn their noses up at the thought of eating liver however it is probably the best most easily absorbed source of iron and Blood nourishing minerals. Buy small amounts of good quality fresh organic liver/animal organs and experiment with various recipes.

**Vegetarians:**

Vegetarians are very prone to Blood deficiency if careful attention isn't paid to diet. Be careful of overloading the diet with dairy products and make sure you include lots of beans, pulses and leafy greens. Some women may like to supplement their diet with a gentle iron supplement such as 'Floradix' which is very palatable