

East Village
ACUPUNCTURE

& MASSAGE

Blood Deficiency – Holistic Remedies

Foods to Incorporate

Cooked whole grains, rice, oats, roasted barley, sweet rice, spelt, sweet potatoes, squash, carrots, yams, onions, garlic, turnips, oyster and shitake mushrooms, spinach, kale, cherries, coconut, chick peas, kidney beans, black beans, beef, tempeh, eggs, tuna, catfish, mussels, shrimp, dates, figs, miso, **beets, black sesame seeds, goji berries, and bone broth.**

*in moderation

Foods to Avoid

Salads, raw fruits, sprouts, raw veggies, tofu, dairy, nut butter, high oil foods, overly sweet foods, refined sugars, chocolate, cold foods like ice cream, smoothies and even ice water.

Lifestyle Recommendations to Strengthen Blood:

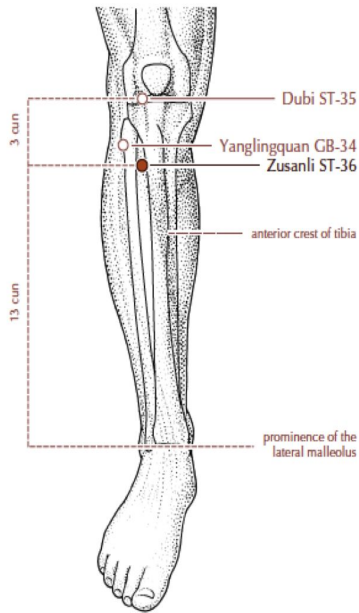
- Rest during menstruation and postpartum.
- Balance activity with rest. If you have a day with a tough workout, or a mentally stressful day, sleep an extra hour that night.
- Practice meditation, Qi Gong/Tai Chi (see videos on our YouTube channel: East Village Acupuncture and Massage).

Acu Points

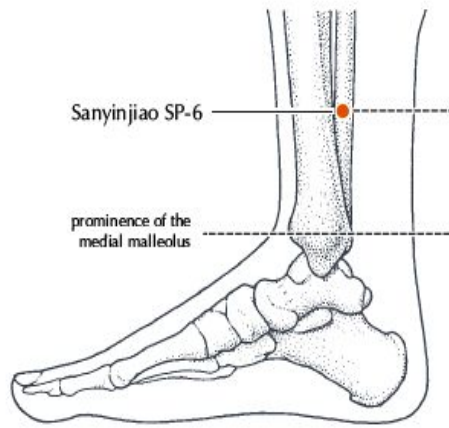
Directions:

- 1-minute massage on each point, 2x per day, AM and PM.
- At least 3 hours before bed.

ST36



SP6 (inside of ankle)



PC6

