

Balance Point Acupuncture and Integrative Medicine

TCM Diet Therapy Guidelines for:

Blood Stasis

Dietary Recommendations for Blood Stasis

Smooth circulation of Qi and blood is of utmost importance in Traditional Chinese Medicine. Without it, tissues are not nourished with oxygen and nutrients. Western medicine also recognizes blood stasis as a major issue but generally only when it has progressed to a degree that makes it life threatening such as stroke, heart attack, or deep vein thrombosis. In reality, these conditions usually don't suddenly develop so acutely but are the culmination of long term issues with blood flow. In Chinese medicine blood stasis patterns are recognized very early on when symptoms are not so severe. Common symptoms of blood stasis may include pain, insomnia, cold extremities, feverishness, menstrual irregularities, headaches, fibromyalgia, low energy, etc but in reality symptoms can be anywhere the lack of circulation is most extreme.

Some of the phrases commonly referencing the blood in TCM include:

- “in enduring diseases there must be blood stasis”
- “the spirit flows in the blood”
- “when blood is exuberant hair will be full and moist”
- “blood governs moistening”
- “The colour red pertains to the blood and Heart”

Recommendations

Macronutrients should be composed of 40-60% whole grains and starchy root vegetables, 30-40% cooked vegetables, and 10-20%. This is meant to be a tonifying diet and should be hearty though not overly rich and greasy.

Specific foods for Blood Stasis

spices such as cayenne, basil, ginger, rosemary, oregano, chives, onions, garlic, turmeric, pepper, etc

beans especially aduki and kidney beans

aduki beans, black beans, chick peas, fave beans

leafy green vegetables (lightly cooked)

Foods to restrict or avoid

excess salad and raw vegetables which are thought to cause constriction and slow circulation

overly rich and greasy foods including dairy and nut butters,

cold foods, iced drinks including iced water, smoothies, ice cream

For those interested in learning more about Chinese Diet therapy, you can pick up a great book called "*Healing With Whole Foods*", by Paul Pitchford usually available at Chapters.

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