



Blood Nourishing Foods

Avoid denatured, sweet or very salty food.
Balance rest with physical activity.
Don't worry! Get enough sleep.

1. Encourage the absorption of nutrients by optimizing the digestive system
(see foods to fortify spleen & transform dampness)
probiotics
2. Generate healthy blood by nourishing blood
(see food to nourish blood listed below)
Iron, folic acid, **vit B12**, amino acids, copper, B vitamins, Vit C, zinc, efas, cysteine, methionine, magnesium, molybdenum, calcium d-glutamate

Meat, fish & dairy

Liver (iron, molybdenum, B12)

liver capsules/injections, veal liver (zinc)

Red meat (iron, cysteine), poultry

lamb (zinc, B12), beef (zinc, methionine, B12), duck, goose, chicken (sulphur, methionine), chicken gizzard,
particularly stocks made from the bones and marrow

Kidney (molybdenum)

lamb kidney, beef kidney

Fish (B12)

clams (iron), oysters (iron), mussels (iron), caviar (iron), octopus, **mackerel, sardine**, herring, salmon, tuna (methionine), carp, crab, lobster

Fish oil

cod liver, wild alaskan salmon (use organic and freshly capsuled, or molecularly distilled)

Dairy

egg yolks (B12, sulphur, cysteine), butter, ghee, sour cream, parmesan (methionine), egg white (methionine)

Royal jelly, gelatin 10-15g/day

Vegetables & Algae

Microalgae

spirulina, chlorella, blue-green algae

Seaweed

nori, wakame, **kombu**, hijiki, kejp, dusle

Dark green leafy greens (folic acid, manganese, molybdenum, vit C)

spinach (magnesium), chard, spring greens, watercress, nettle, turnip greens, **kale (sulphur)**, kohlrabi (sulphur), cabbage (sulphur), mustard greens, garden cress, **broccoli (sulphur, cysteine)**, cauliflower (sulphur)

Beetroot, mushrooms, cucumber, sundried tomatoes (iron),

Sprouts

sprouted beans (mung, alfalfa), sprouted grains

Onions (sulphur)

garlic (cysteine), onion (cysteine), leek, shallot, chives

Potato with skin (magnesium)

Spices/herbs (iron, magnesium)

thyme, **parsley**, spearmint, black pepper



Nuts & Seeds

Seeds (iron, magnesium)

black sesame seeds (methionine), white sesame seeds (methionine), sunflower seeds, pumpkin seeds (zinc), squash seeds (zinc), watermelon seed (zinc)

Nuts

almonds (magnesium, calcium d-glucarate), cashew nuts (magnesium), **peanuts (magnesium, zinc)**, **brazil nuts (methionine)**

Seed oils (cold pressed):

Flax seed oil (efas), evening primrose oil, borage oil, **black currant seed oil (efas)**, hemp seed oil

Beans & grains

Beans

Black turtle beans (calcium d-glucarate), adzuki beans, black eye beans (magnesium, calcium d-glucarate), soybean (magnesium), pinto bean (magnesium), kidney bean (magnesium), mung beans, mung bean sprouts, tofu, fermented beans

Grains

sprouted grains, fermented grains, **millet**, wheatgerm (zinc, methionine), wheatbran (magnesium), **oats (magnesium, methionine)**, **rice (magnesium)**

Fruit

Banana (magnesium)

Guava + (vitamin C)

papaya, kiwi, orange (calcium d-glucarate), tangerine, strawberry

Melon + (calcium d-glucarate)

apple, pear, peach, **apricot (iron)**, cherry, plum, **lemon (vit C)**, lime, grapefruit

Berries (especially blue/black/dark red) (calcium d-glucarate)

Blueberry, blackberry, black grapes, raspberries

Fermented food (rich source of B12)

Vegetables (B12)

sauerkraut, fermented vegetables, fermented grains, sourdough breads, brewers yeast

Dairy (B12)

whey, yohurt, **kefir**, fermented cheeses, **sour cream**

Soya

miso, soy sauce, **tempeh**

Nuts & seeds

fermented nuts & seeds, nut & seed yoghurts

Fermented fish

Probiotic supplements

Sugar

Cocoa (iron, magnesium)

Molasses (iron)

Drinks

coffee (magnesium), tea (magnesium), tapwater (molybdenum)