



Diet Guidelines for Blood Stasis Patterns

The Traditional Chinese Medicine pattern known as Blood Stasis refers to impaired blood circulation and micro circulation. Modern research as found that this can have wide-ranging effects from decreased oxygen supply to impaired endocrine and immune system functioning. Diet recommendations for this pattern aim to avoid foods that can impair circulation and increase foods that remove stasis.

General dietary recommendations include regular eating times, eating moderate amounts and chewing thoroughly to savor flavors. Raw foods and cold foods (ex: ice cream) will constrict circulation and should be avoided. Eating while distracted or emotionally stressed should also be avoided.

Meals should consist largely of lightly cooked vegetables, roughly 40% to 60% of your diet. About 30% of the diet should be comprised of complex carbohydrates. Proteins should comprise only about 10% of the diet, with a focus on high quality sources. The diet should also include plenty of fragrant and lightly spiced dishes. Highly processed foods and well as oily and fatty foods should be avoided.

Below is a list of recommended foods. You should not limit your diet to only these foods. Instead follow the guidelines above of the optimum ratios of carbohydrates, vegetables and proteins, and add the recommended foods from the list below within your meals. Where ever possible choose organically grown foods.



Specific foods for Blood Stasis Patterns

turmeric, basil, nutmeg, oregano, rosemary, white pepper, hawthorne berries shallots, leeks, chives, garlic, ginger, taro root, eggplant, mushrooms especially wood ear mushrooms

aduki beans, chestnuts, kidney beans

crab, jellyfish, mussels, clams, sea cucumber, abalone,

red wine (small amounts), kelp and other seaweeds, sugar cane, vinegar, rose water



Foods to restrict or avoid

salads, raw fruits, raw vegetables

excess amounts of tofu, dairy or nut butters and other high oil foods

overly sweet foods, refined sugars, high doses of vitamin C

cold foods like ice cream or smoothies

iced drinks including ice water

References:

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