

BLOOD BUILDING FOODS

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This leaflet shows what *you* can do to build Blood as you work together with your Shiatsu practitioner to achieve your maximum health

1. *Strengthen your digestive system*

- Eat simple foods (whole grains, rice, vegetables)
- Eat lightly - to 75% capacity
- Eat regular meals
- Eat breakfast – the Stomach is empty and needs fuel to energise your day
- Choose warm, cooked foods over raw, cold foods
- Be creative with food – colour, texture, presentation
- Eat in a stress free environment; relax, be comfortable – no TV or books, little conversation
- Chew your food well
- Drink between meals– a small warm drink before a meal
- Avoid greasy, spicy, sweet foods
- Eat bigger meals earlier in the day & a lighter evening meal
- Eat organic and seasonal foods
- Try not to eat when feeling emotional
- Take a walk after eating
- Keep your belly warm and covered.

Feel your body welcoming good food

2. *Have more of these foods*

- Fish – especially sardines
- Sea foods – mussels, oysters
- Meat – small quantities of beef, lamb (liver and kidneys are especially good)
- Chicken, especially liver (organic if possible)
- Eggs
- Sprouts, alfalfa, watercress, parsley
- Leafy green vegetables (lightly steamed), beetroot
- Dark miso
- Grains – barley, millet, sweet rice
- Nuts and Seeds (black sesame seeds)
- Legumes – beans (kidney, black, adzuki), chickpeas, lentils
- Fruits - Black Chinese dates, dark fruits (grapes, blackberries, raspberries), figs
- Royal Jelly
- Barley grass, chlorella, spirulina – from health stores.

3. *Have less of these*

- Coffee
- Alcohol
- Tobacco
- Excess citrus – it thins the Blood
- Excess sweet and salt
- Excess fats - a little goes a long way!
- Cold foods
- Poor quality/processed foods – stale or adulterated with chemical preservatives or additives.

To make a quick 'Blood building' soup

Place a spoonful of Hatcho Miso in a cup or bowl.

Add hot water and stir to dissolve.

Sprinkle with alfalfa sprouts and toasted black sesame.

