

Dietary Recommendations for Blood Deficiency

Our diet generates the blood which moistens and nourishes our body's tissues and organs. In the absence of proper blood nourishment, the body's tissues (this extends to the nails and hair) become like a dry, hard sponge. People who suffer *blood deficiency* experience a variety of problems including musculo-skeletal injuries that fail to heal, insomnia, anxiety, menstrual irregularities and other conditions.

While I speak with and regularly address these issues with patients in clinic, the synthesis of these ideas remains unwritten.

THE ARTICLE IS IN PROCESS. PLEASE CHECK BACK AGAIN.

