



Four Flowers Wellness

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## BLOOD DEFICIENCY

### Beneficial Foods

- beets
- black beans\*
- black sesame seeds
- black strap molasses
- bone broth
- bone marrow
- carrots
- coconut
- eel
- eggs
- fermented bean products (miso, tempeh)\*
- goji berries
- leafy green vegetables
- legumes\*
- lychee
- meat & poultry
- mussels
- organ meats
- oysters
- parsley
- rice\*
- seaweed
- shark
- spinach
- spirulina
- stout beer
- vegemite
- wheatgrass

### LIVER BLOOD DEFICIENCY

- apples
- beets
- broccoli
- carrots
- cherries
- crab
- duck
- eggs
- fennel
- grapes
- green vegetables
- liver
- lotus root
- lychee
- oyster
- parsley
- plums
- poultry
- red cabbage
- red tea
- red wine
- rice (short grain)\*
- sesame seeds
- spinach
- sprouts
- sunflower seeds
- tomato
- watercress
- white fish

### HEART BLOOD DEFICIENCY

- beef
- black sesame seeds
- cherries
- chicken
- goat and sheep milk
- grapes
- oats\*
- organ meats
- oysters
- pheasant
- poppy seeds
- red berries
- short grain rice\*

**Special Preparations:** Stocks, soups, and broths.

**Other Suggestions:** Meat and eggs should be organic and/or pasture raised whenever possible; liver must be organic.

**\*Grains & Legumes:** All grains and legumes should be soaked overnight prior to cooking.

