

# BLOOD DEFICIENCY VS BLOOD STASIS

In TCM, a blood deficiency will result in a pale tongue with little or no coating. It is often associated with an iron or B12 deficient anemia.

Blood stasis is seen with a purple tongue and little black spots is associated with inflammatory conditions involving blood vessels. Often these individuals have varicose veins, Raynaud's syndrome, easy bruising and issues with oxygen diffusion into extremities.

little/no  
coating

pale tongue

**BLOOD DEFICIENCY**

black  
spots

purple  
tongue

**BLOOD STASIS**

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# Blood On The Tongue

**WJ Hussar**



**Blood On The Tongue:**

The book delves into Blood On The Tongue. Blood On The Tongue is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Blood On The Tongue, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
  - Chapter 1: Introduction to Blood On The Tongue
  - Chapter 2: Essential Elements of Blood On The Tongue
  - Chapter 3: Blood On The Tongue in Everyday Life
  - Chapter 4: Blood On The Tongue in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Blood On The Tongue. The first chapter will explore what Blood On The Tongue is, why Blood On The Tongue is vital, and how to effectively learn about Blood On The Tongue.
3. In chapter 2, the author will delve into the foundational concepts of Blood On The Tongue. The second chapter will elucidate the essential principles that need to be understood to grasp Blood On The Tongue in its entirety.
4. In chapter 3, this book will examine the practical applications of Blood On The Tongue in daily life. The third chapter will showcase real-world examples of how Blood On The Tongue can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Blood On The Tongue in specific contexts. The fourth chapter will explore how Blood On The Tongue is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Blood On The Tongue. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Blood On The Tongue.

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