



### **Nosebleeds Overview**

When nosebleeds occur, most people would react off the top of your head to look up in order to stop your nose from bleeding. However, it is the typical first-aid mistake. This way may easily lead to the backflow of blood into organs like throat & stomach, which thus causes pessimal stimulation or even more dangerous situation like breathing or choking inside the air pipe and lung. The correct way to stop nose from bleeding is by compression while keeping body upright as usual or upper body slightly forward.

**Epistaxis or nose bleeding** is a common complaint that is generally annoying rather than life-threatening. Anyone, from small child to grown-up, can suffer from regularly returning bleeding of the nose. Luckily, most nosebleeds are not serious and can be handled fairly easily. Nosebleeds tend to occur during winter months and in dry, cold climates. They can occur at any age but are most common in children aged 2 to 10 years and adults aged 50 to 80 years.

But if left untreated or not promptly treated, it might result in atrophy of nasal mucosa, anemia, low platelets, poor memory, impaired vision, low immunity, or even worse in asphyxia due to inhaling blood or clots into windpipe. Besides, nosebleed in a child may lead to difficulty concentrating, poor academic performance & epiphora accompanied with blood clots. In the case of a nose bleed that would not stop, it would profoundly affect the lives and well-being of the sufferers, or even ischemic shock & death in the end.

In **Chinese Medicine**, nosebleeds (Epistaxis) is mainly caused by excess fire in lung, stomach & liver which forces blood stampeding and then overflowing from the regular course. This is true to nosebleeds (Epistaxis) triggered by infections, febrile illness, high blood pressure & aberratio menstruorum.

### Causes Of Nosebleeds

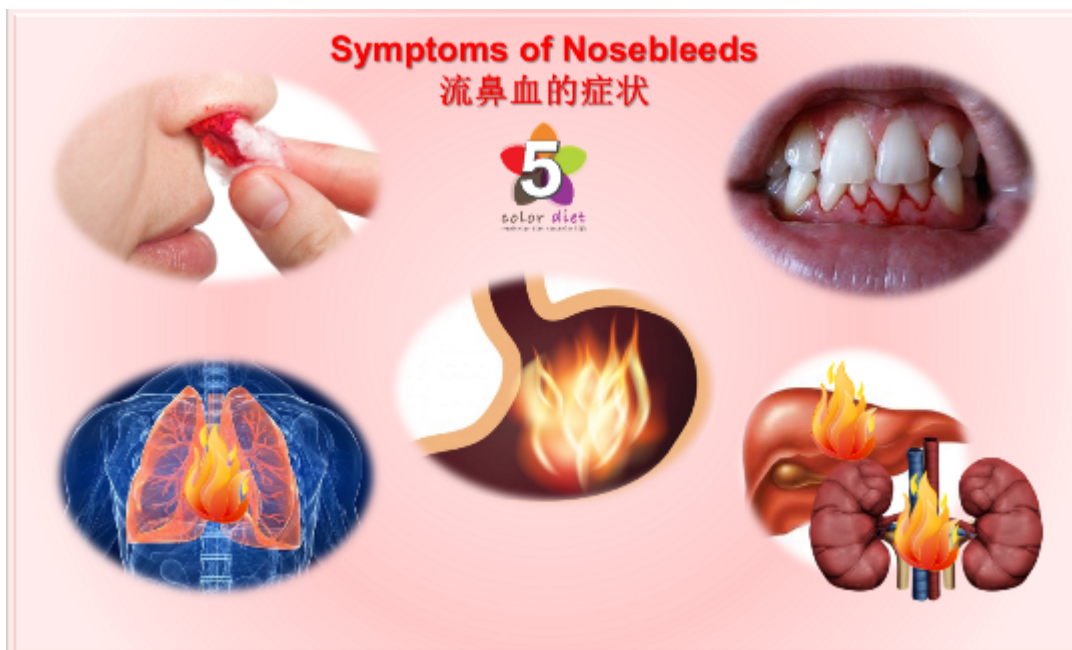


● **Blood Clot:** Less commonly, an underlying disease process, such as an inability of the blood to clot, may contribute to the bleeding. Inability of the blood to clot is most often due to

blood-thinning drugs such as warfarin (Coumadin) or aspirin. Liver disease can also interfere with blood clotting. Abnormal blood vessels or cancers in the nose are rare causes of nosebleeds. High blood pressure may contribute to bleeding but is almost never the only reason for a nosebleed.

- **Chronic diseases:** High blood pressure, leukemia, etc,
- **Excessive sun exposure.**
- **Too much alcoholic beverages.**
- **Nutritional deficiencies:** Vitamin A, Vitamin B9, Vitamin B12 & Vitamin C.
- **Poor diet or malnutrition.**
- **Trauma:** Most commonly, trauma to the nose triggers a nosebleed. Trauma to the outside of the nose, such as a blow to the face, or trauma inside the nose, such as nose picking or repeated irritation from a cold, can cause a nosebleed.
- **Unhealthy diet:** An unhealthy diet of greasy & spicy foods can produce heat in the stomach, which will cause gum inflammation & nosebleeds.
- In **Chinese Medicine**, three main causes related to nosebleeds are **(1) Wind-Heat in Lungs (2) Stomach-Heat (3) Liver-Kidney Yin Deficiency.**

### Symptoms Of Nosebleeds



- **Signs of excessive blood loss** include dizziness, light-headedness, confusion & fainting. Excessive blood loss from nosebleeds is rare.
- **Additional bleeding** from other parts of the body, such as bleeding gums when brushing teeth, blood in urine or bowel movements, or easy bruising may indicate an inability of the blood to clot. Additional bleeding or easy bruising can be a sign of a more significant medical problem.
- **Wind-Heat in Lungs' symptoms:** Cough, dry nose, fever, sore throat, sweating. This condition of nose bleeding is of acute nature.
- **Stomach-Heat's symptoms:** Over-consumption of greasy & spicy foods cause bleeding gum & bad breath which make you very thirsty and crave for ice-cold drinks. Also, you will experience poor urine & feel restless. This condition of nose bleeding is mostly chronic.
- **Liver-Kidney Yin Deficiency's symptoms:** Dry eyes, dry nose, dry skin, dizziness, insomnia, night sweats, tinnitus & dark yellow urine.

### **Recommended Food Sources For Relieving Nosebleeds**



**Taking food sources by body imbalances help to relieve nosebleeds better as**

**below stated:**

● **Food Sources For Relieving Nosebleeds Related To Nutritional Deficiencies**

● **Vitamin A food sources:** Animal livers & kidneys, apricots, beets, dairy products (butter, cheese, eggs, milk, yogurt), fish, fish liver oil, green/ orange/ yellow fruits & vegetables, meat, etc.

● **Vitamin B9 food sources:** Avocado, asparagus, banana, beans, beetroots, broccoli, Brussels sprouts, carrot, cauliflower, celery, chili, citrus fruits, corn, dark leafy green vegetables, flaxseeds, lady finger, nuts, papaya, pumpkin, raspberries, seeds, spearmint, spinach, strawberries, tomatoes & yeast extract spread, etc.

● **Vitamin B12 food sources:** Animal livers & kidneys, beef, brewer's yeast, dairy foods (cheese, eggs, milk & yogurt), fish (herring, mackerel, salmon, trout & tuna), fish eggs, fish fin, lamb, meat, miso paste, seafood, sea algae, seaweed, shellfish, soybean & tempeh, etc.

● **Vitamin C food sources:** Berries, broccoli, Brussels sprouts, capsicum, cauliflower, citrus fruits, dark leafy green vegetables, green peas, guava honeydew, kiwi fruit, papaya, pineapple & tomatoes, etc.

● **Food Sources For Relieving Nosebleeds Related To Wind-Heat**

● **Beans, Nuts & Seeds:** Beancurd, Chinese almonds, green beans, lotus seeds, red beans, soybeans, miso paste & tempeh, etc.

● **Fruits:** Chinese pears, cranberries, goji berries, lemons, olives, persimmons, watermelons and **especially green/ orange/ yellow/ white/ tan & brown fruits, etc.**

● **Grains:** barley, Chinese barley, millet, white rice, rye & whole wheat, etc.

● **Herbs & Spices:** Dong Quai, green tea, lotus leaf, mulberry leaves, peppermint, tangerine peel, etc.

● **Meat, Poultry & Seafood:** Chicken & fish.

● **Vegetables:** Alfalfa sprouts, amaranth leaves, arugula, asparagus, bamboo shoots, broccoli, cabbage, cauliflower, Chinese cabbage, carrots, celery, Chinese spinach, eggplants, kelp, kudzu root, lettuce, lily bulbs, lotus root, peas, mushrooms, purslane, radish, spinach, Swiss chard, tomatoes, watercress, white fungus and **especially green/ orange/ yellow/ white/ tan & brown vegetables, etc.**

● **Others:** Teas (Eg: Chinese barley, chrysanthemum & leaves, green tea, honeysuckle

flowers, mulberry leaves, peppermint & tangerine peel), etc.

### ● **Food Sources For Relieving Nosebleeds Related To Stomach Heat**

- **Bean, Nuts & Seeds:** Beancurd, green beans, soybean products, miso paste, tempeh & yogurt, etc.
- **Fruits:** Apples, banana, Chinese pears, kiwi, mangoes & pears **especially green/ orange & yellow fruits, etc.**
- **Grains:** Barley, Chinese barley, millet, oats, white rice & whole wheat, etc.
- **Herbs & Spices:** Peppermint, mulberry leaves, etc.
- **Meat & Seafood:** Black-boned chicken, clams, crab & oysters, pigeon eggs, etc.
- **Vegetables:** Asparagus, alfalfa sprouts, arugula, avocado, bamboo shoots, broccoli, cabbage, cauliflower, celery, cucumber, eggplant, kelp, lettuce, purslane, radish, seaweed, spinach, Swiss chard, tomatoes, water chestnut, watercress, watermelon & zucchini **especially green/ orange & yellow vegetables, etc.**
- **Others:** Teas (Eg: Chrysanthemum, green tea, lotus leaf, mulberry leaves & peppermint, etc).

### ● **Food Sources For Relieving Nosebleeds Related To Liver-Kidney Yin Deficiency**

- **Beans, Nuts & Seeds:** Beancurd, bean sprouts, adzuki beans, black beans, mung beans, miso paste, soybeans & tempeh. All nuts & seeds.
- **Fruits:** All type of berries, apples, banana, cherries, coconut, goji berries, grapes, lychees, mangoes, melons, mulberries, peaches, pears, plums, pomegranate, raisins **especially green/ black/ purple/ blue/ orange & yellow fruits, etc.**
- **Grains:** Barley, millet, oats, white rice & whole wheat, etc.
- **Herbs & Spices:** Parsley.
- **Meat, Poultry & Seafood:** All seafood & white meat.
- **Vegetables:** Beetroots, black fungus, carrots, celery, kelp, lettuce, lily bulbs, lotus root, mushrooms, pumpkin, seaweed, spinach, string beans, sweet potatoes, tomatoes, waxgourd, wheatgrass, white fungus, zucchini **especially green/ black/ purple/ blue/ orange & yellow vegetables, etc.**
- **Others:** Blackstrap molasses, Teas (Eg: Chrysanthemum, chamomile, parsley, etc), dairy products in moderation (Eg: cheese, eggs, milk & yogurt), healthy oils (Eg: almond oil,

flaxseed oil, olive oil), honey, marmite & vegemite, etc. **Advisable to drink water, fruit juices & soups regularly.**

\* **Recommendations:** Try our natural tea remedies for **Relieving Nosebleeds** (1) **Chrysanthemum Mulberry Leaves Peppermint Leaves Licorice Tea (For Heaty Body System)** and (2) **Hawthorn Peppermint Leaves Licorice Tea (For Heaty Body System)**.

### **Foods To Avoid Or Least Intake For Relievng Nosebleeds**



**Avoiding or least intake of foods by body imbalances help to relieve nosebleeds better as below stated:**

- **Foods To Avoid Or Least Intake For Relieving Nosebleeds Related To Wind-Heat**
- Alcohol, caffeine beverages, carbonated beverages, cheese, chocolates, citrus fruits, dairy products (Eg: butter, cheese, eggs, milk except yogurt), fried or greasy foods, peanuts, pickles, processed foods, pungent herbs (Eg: basil, capsicum, chilli, cinnamon, cloves, garlic,

ginger, horseradish, leeks, onions, shallots), red meat, salt, shrimps, spicy foods & vinegar, etc.

- **Avoid smoking.**

- **Foods To Avoid Or Least Intake For Relieving Nosebleeds Related To Stomach Heat**

- Alcohol, caffeine beverages, carbonated beverages, chocolates, citrus fruits, fried or greasy foods, processed foods, pungent herbs (Eg: basil, capsicum, cinnamon, cloves, garlic, ginger, horseradish, leeks, onions, shallots, etc), red meat, shrimps, spicy foods & vinegar, etc.

- **Avoid smoking & stress.**

- **Foods To Avoid Or Least Intake For Relieving Nosebleeds Related To Liver-Kidney Yin Deficiency**

- Alcohol, caffeine beverages, carbonated beverages, chocolates, citrus fruits, pickles, pungent herbs (Eg: basil, capsicum, cinnamon, cloves, garlic, ginger, horseradish, leeks, onions, shallots, etc), red meat, shrimps, spicy foods & vinegar, etc.

- **Avoid smoking & stress.**

### **Supplementary For Relieving Nosebleeds**





**Herbs:** Dang Shen, Licorice, Skullcap, Spirulina & Turmeric, etc.

**Amino Acids, Vitamins & Minerals:** Vitamin A, Vitamin B Complex, Vitamin C with bioflavonoids, Vitamin K, Iron & Potassium, etc.

### **Alternative Therapies For Relieving Nosebleeds**

### Other Alternative Therapies For Relieving Nosebleeds 其他替代疗法以缓解流鼻血



- **Footbath:** Soak your feet for 20 minutes to guide the heat down & stop the bleeding.
- **Meditation:** Mediate daily to calm the nerves, emotional mood imbalances & reduce stress, etc.

### Home Treatment for Relieving Nosebleeds



### (1) **To stop a nosebleed**

- Remain calm.
- Sit up straight.
- Lean your head forward. Tilting your head back will only cause you to swallow the blood.
- Apply ice packs to the forehead just above the nose and also on the back of the head just inside the back hairline. Apply pressure at the bridge of the nose until the bleeding stops.
- Pinch the nostrils together with your thumb and index finger for 10 minutes. Have someone time you to make sure you do not release the nostrils any earlier.
- Spit out any blood in your mouth. Swallowing it may make you vomit.

### (2) **After the bleeding has stopped**

- Try to prevent any irritation to the nose, such as sneezing or nose blowing, for 24 hours.
- Exposure to dry air, such as in a heated home in the winter, can contribute to nosebleeds. Adding moisture to the air with a humidifier or vaporizer will help keep the nose from drying out & triggering more bleeding. Another option is to place a pan filled with water near a heat source, such as a radiator, which allows the water to evaporate & adds moisture to the air.
- Avoid any strenuous activities, such as heavy lifting or exercise.

### (3) **Nosebleed Prevention**

- Most nosebleeds occur during the winter in cold, dry climates. If you are prone to nosebleeds, use a humidifier in your home. Use petroleum jelly (Vaseline), an over-the-counter nasal lubricant spray, or a saline nasal spray to keep your nasal passages moist.
- Avoid picking your nose or blowing your nose too vigorously.
- Avoid lifting or straining.
- Elevate the head on one or two pillows while sleeping.
- Do not take cold, allergy and blood-thinning medications that will thin the blood.
- If the nosebleed is related to another medical condition, such as liver disease, nasal allergies, or a chronic sinus condition, follow your doctor's instructions to keep that problem under control.
- Stop smoking. Smoking contributes to nasal dryness and irritation.
- Avoid stress, overexertion & keep your blood pressure under control.

**Reference:** [Apply Acupressure Points for Relieving Nosebleeds](#)