

BUILD YOUR IRON STORES

General therapies for nutritional anemias: Women who have normal iron levels do not need to supplement iron for themselves. However, the baby will store iron during the last three months of pregnancy and supplementation can help, especially in women who are nutritionally stressed (e.g., history of inadequate nutrition unusually trying demands during pregnancy). Foods that are high in iron and substances which enhance iron's absorption can be very beneficial. When prophylactic supplement is desired, it is best to choose one which combines elements that promote the health of the bloodstream. In addition to the suggestions already made for specific problems, the following remedies have all been found to help when anemia truly exists.

- ***Nettles leaf infusion:** Steep 1 oz. (28 g) in a quart (liter) of boiled in water for at least four hours. Drink 1/2 to 1 cup (120-240 mL) several times daily. Nettles contain iron and vitamin C, and many minerals, especially calcium. It helps nourish the kidneys and maintain the hemoglobin. If drinking the infusion is unappealing, try freeze-dried nettles in capsules (3 to 4 daily), from Eclectic Institute, Portland, OR.
- ***Comfrey and red raspberry leaf infusions** are rich in minerals. When prepared as above, both help with general nutrition and enrich the blood. Note that both these herbs and nettles are nutritive herbs and *should not* be tintured. They are most beneficial prepared in water, not alcohol.
- ***Vitamin C with bioflavonoids** supplement helps with iron assimilation.
- ***Kelp powder** on food or kelp tablets (6 per day) is a good source of minerals. Dulce seaweed) is very high in iron.
- ***Cast iron skillets** should be used for cooking.
- ***Spirulina and chlorella** both contain high amounts of protein and B-vitamins, especially folic acid (6 tablets, or 2 to 4 Tbsps. Of powder are taken per day). *Good for vegetarians*
- ***Nutritional yeast** used liberally in foods will supplement B vitamins.
- ***Folic acid** can be taken in tablet form (1 to 5 mg per day). You may be able to obtain it through a veterinary supply house in larger (>800 mcg) doses without a prescription.
- ***Dandelion greens**, picked in the early spring, are an excellent source of vitamins and minerals and are very strengthening to the liver.
- ***Yellow dock tincture** (alcohol extract): 3 dropperfuls, 3 times daily will support the liver, and it is very high in iron.
- ***400-800 IU of vitamin E** per day also support the general health of the bloodstream. (To insure proper absorption, vitamin E should be taken first, followed by the daily iron supplement 8 to 12 hours later.)
- ***Iron supplement:** 1 to 2 tablets per day of a non-sulfate variety is generally suggested when a supplement is indicated. Standard recommendations for daily intake are 30 to 60 mg of elemental iron for those who have normal iron stores and 120-240 mg for those who do not. Supplementation probably will not be needed if other therapies are used. If an iron supplement is causing constipation or gastric upset, discontinue its use. Constipation stresses the liver and gastrointestinal tract and is an indication that absorption is poor. Try a citrate or aspartate form instead.
- ***Rainbow Light's Total Iron Nutrition Formula** is an over-the-counter product which is well-tolerated by many pregnant women and has produced some remarkably quick reversals of severe anemia. It contains a complex of nutrients which contribute to the health of the RBC.
- ***Wheat grass juice** will build the blood very rapidly. In one instance, a woman's postpartum hematocrit rose from 21% to 41% in just one month! It is very cleansing and must be used only by those whose diets have been clear of more toxic foods for 2 or 3 years (i.e., this remedy is not for meat eaters). The woman should take no more than 1 oz. [30 ml] daily during pregnancy unless she has been using it prior to conception.
- ***Bottled chlorophyll** is more readily available and can be used moderately (1 to 3 Tbsps. [15-20 mL] per day), despite dietary habits. There is only one molecule of difference between chlorophyll, regardless of its source, and human blood.
- ***The following foods are valuable:** prunes, apricots, black cherries, dark greens, organ meats, sea vegetables, molasses, grapes, miso, and beets.
- ***Floridex** with iron is a mix of fruit and herb concentrates that is available in health food stores; it is used as a supplement
- ***Ferrofood** (by Standard Process Lab; 3 to 6 tablets daily): Some women have had excellent success with this supplement
- ***Ferrum Phos.** is a homeopathic cell salt which enhances iron absorption. Recommend a dose of 30C three times daily, to be taken with any other therapies chosen, especially when a woman is not responsive to other therapies.

~by Anne Frye~