

# ANEMIA HANDOUT – OB11

Anemia is a reduction in red blood cells and the inability of your blood to carry sufficient oxygen. Signs of anemia are weakness, headaches, dizziness, palpitation, shortness of breath, and fatigue to the point of exhaustion. Fortunately, anemia can be both easily prevented and quickly corrected.

Most cases of anemia result from many deficiencies occurring simultaneously. When diets are low in iron, they invariably have been found to be low in protein, folic acid, and other B vitamins, the lack of any one of which could cause anemia.

Eating whole grains and unrefined, unprocessed foods is one way to insure that you are getting more nutrients and vitality out of the foods you eat. Exercise helps anemia by circulating oxygen in the blood, helping the blood to stay rich in iron.

## Supplements for Anemic Pregnancy

Please take supplements after 2 bites of food for best assimilation. And never take iron near dairy products (at least one hour before, or 2 hours after).

- Breakfast:** Juice Plus (2 Orchard Blend)  
Iron rich food or snack  
Liquid chlorophyll – 3 tablespoons (take with Orange Juice)  
Liquid iron – 3 teaspoons (take with Orange Juice)  
Bountiful Blood Builder – one dropper full
- Lunch:** Juice Plus (1 Orchard Blend and 1 Garden Blend)  
A Vitamin C rich food (such as an orange or grapefruit)  
Iron rich food or snack  
Liquid chlorophyll – 3 tablespoons (Take with Orange Juice)  
Liquid iron – 3 teaspoons (Take with Orange Juice)  
Bountiful Blood Builder – one dropper full
- Dinner:** Juice Plus (2 Garden Blend)  
Iron rich food or snack  
Liquid chlorophyll – 3 tablespoons (Take with Orange Juice)  
Liquid iron – 3 teaspoons (Take with Orange Juice)  
Bountiful Blood Builder – one dropper full

## Food Supplements

80 – 100 grams of protein are necessary during pregnancy and while nursing. See the list of protein rich foods on your food chart. Be sure to include iron rich foods and snacks daily! (Also see chart provided)

If iron levels reach an emergency low (below 10 gm Hgb)—Liquid iron, chlorophyll and the Bountiful Blood Builder will all be prescribed as well as a severe diet change to eliminate things that may be inhibiting iron absorption and adding things that may help to bring levels back above the emergency low.