

High Iron Foods

Meats:

Red meats	1oz	.6-.8 mg
Fish/Poultry	1oz	.3-.5 mg
Liver	3oz	5.3 mg
Clams	3oz	3.0 mg
Oysters	1	3.0 mg
Sardines	3oz	2.6 mg
Shrimp	3oz	1.4 mg
Tuna	3oz	1.0 mg
Eggs	1	1.0 mg

Fruits:

Apricots	6	1.2 mg
Avocado	½ lb	2.0 mg
Blueberries	1c	1.0 mg
Dates	10	1.0 mg
Figs	10	4.2 mg
Peaches	1c	1.0 mg
Prunes	4-5	1.2 mg
Prune Juice	1c	3.0 mg
Raisins	1c	3.0 mg
Strawberries, raw	1c	1.7 mg

Veges:

Asparagus	4spr	.4 mg
Beets, canned	1c	3.1 mg
Beet greens, cooked	1c	2.7 mg
Broccoli	1spr	2.1 mg
Kale, cooked	1c	1.2 mg
Peas, edible pod	1c	3.2 mg
Green peas	1c	2.5 mg
Potato <u>w/skin</u>	1	2.7 mg
Spinach, raw	1c	1.5 mg
Cooked	1c	6.4 mg
Tomatoes, cooked	1c	1.5 mg

Soup:

Split pea	1c	2.0 mg
Tomato	1c	1.8 mg
Clam Chowder	1c	1.9 mg

Misc:

Dry Beans, cooked ¼c 2.0-2.5 mg
 Tofu 2½x2¾x1 in 2.3 mg
 Sunflower seeds ¼c 1.9 mg
 Blackstrap molassas 1T 2.3 mg
 Most whole grains have between 1.0-2.0 mg per serving
 Enriched products are mostly fortified with ferrous sulphate which is not used very well.

High Iron Herbs:

Dandelion
 Nettles
 Yellow dock
 Beet root
 Chlorophyll
 Wheat grass juice

Iron Supplements:

Ferrous Sulphate is absolutely useless!
 Ferrous fumerate and Ferrous gluconate are acceptable as well as a chelated iron.
 Iron supplements should not be taken with calcium supplements or dairy products or with vitamin E. B complex vitamins and vitamin C help the iron to absorb.

Exercise:

Amazingly enough moderate exercise will increase iron absorption. By increasing your body's need for oxygen (and consequently red blood cells) you will stimulate the production of the red blood cells.

Ferrum Phos:

Take the Ferrum Phos at least 15 min after eating, drinking or brushing your teeth. Then wait another 15 min. before eating or Drinking anything else. Tip the tablet into the bottle cap and toss it under your tongue to dissolve. Only one tablet is needed.

Anemia

To maintain a moderate hematocrit:

Breakfast: Ferrum Phos 6x 1 per day
 B-complex with folic acid
 500 mg Vitamin C
 1 of the following:

- 40 mg iron (ferrous fumerate or chelated iron)
- 3-4 capsules yellow dock, nettles or dandelion
- 2 T liquid chlorophyll
- 4 capsful Floradix with Iron

Dinner: Prenatal vitamin
 800 IU Vitamin E
 (Any calcium you are taking)

To raise a low hematocrit:

Breakfast: Ferrum Phos 6x 1 per day
 B-complex with folic acid
 500 mg Vitamin C
 1 of the following:

- 80 mg iron supplement
- 4-6 capsules yellow dock, nettles or dandelion
- 6 dropperfulls yellow dock tincture
- ¼ cup liquid chlorophyll

Lunch: B-complex with folic acid
 500 mg Vitamin C
 1 of the following:

- 80 mg iron supplement
- 4-6 capsules yellow dock, nettles or dandelion
- 6 dropperfulls yellow dock tincture
- ¼ cup liquid chlorophyll

Dinner: Prenatal vitamin
 800 IU Vitamin E
 ½-1 cup prune juice
 (Any calcium you are taking)

After 4 weeks we will do another hematocrit to assess how well the treatment is working. Different forms of iron absorb differently with each woman so we may need to change a few things around to find out which combination works best for you.