

## Anemia

Anemia is a deficiency in the number of red blood cells, hemoglobin or both. The condition is marked by varying degrees of pallor and palpitation. Red blood cells are manufactured in the bone marrow. If the body does not have adequate supplies of iron, then not enough hemoglobin will be produced. When a person has anemia, they will become pale and feel tired with little enthusiasm for life.

Anemia can result from blood loss or as a result of malabsorption of iron. Anemia can be the result of deficient red blood cell production in the bone marrow from poor diet, certain medications, or chronic diseases. Anemia may also result from diseases and infections that destroy red blood cells such as malaria, adverse reactions to some drugs and hemolytic anemia, which can occur in autoimmune diseases. Red blood cells that are abnormally shaped or red blood cells that contain abnormal hemoglobin are susceptible to damage, which can result in anemia.

The chlorophyll molecule in green vegetables is very similar to the hemoglobin molecule.

Taking iron tablets that contain ferrous sulfate can cause constipation and yellowing of the teeth. Better types of natural iron such as ferrous fumarate or ferrous gluconate are preferable. These are well absorbed by the body. Nutrients that help with the absorption of iron are vitamin B12, riboflavin, folic acid, and vitamin C. These should be taken along with a natural iron supplement. This combination of supplements will assist the bone marrow to quickly make new red blood cells.

Fresh air and sunshine along with exercise and deep breathing will help to move oxygen into the body. Iron and oxygen attract each other in the body. Without sufficient oxygen, the body cannot assimilate iron.

When we have a good bloodstream we have a good, healthy life. Dr. Edward E. Shook at the Los Angeles Herbal Institute, gives a great explanation of what anemia is: Carbon dioxide and other waste gases are re-absorbed into the life-giving oxygen. Everyone knows that two atoms of oxygen unite with one atom of carbon to form dioxide. But when there is insufficient oxygen, only one atom unites with carbon, to produce carbon-monoxide, and that is where most of our trouble begins--anemia, low blood pressure, or where there is an abundance of calcium, high blood pressure; because calcium thickens the blood. It requires a great deal more pressure to pump thick blood than it does to pump thin blood; and please make special note, that all this is brought about because there is not sufficient iron in the blood, to carry enough oxygen to the cells, to enable them to breathe, and throw off their waste products. New cells are not produced fast enough to replace the decaying and dead ones. Pus is formed only when cells decay. Therefore, it requires no great stretch of the imagination to see how vitally necessary it is to have enough iron in the blood stream to convey sufficient oxygen to all parts.

Nearly every food we eat, or a large percentage of it, contains iron and oxygen. Wheat and most of the grains and cereals (in their whole state) contain iron in the form of iron phosphate, as do many vegetables, such as beets, turnips, tomatoes, spinach, lettuce, cabbage, celery, carrots, squash, parsley,

mustard greens, dandelion leaves, watercress, etc., but our principal source of organic iron and oxygen is the fruit. The apple is loaded with these two elements, particularly the winesap. All berries, plums, prunes, grapes, raisins, dates, figs, cherries, etc., contain organic iron in abundance, and the citrus fruits, such as oranges, lemons, limes, etc., are principally composed of citric acid, which is one third oxygen.

General Instructions: Whenever the child or adult has anemia, which is a deficiency of blood in quantity as well as quality, the overall treatment should be sunshine, fresh air (plus deep breathing), and a well-balanced diet including a quantity of fresh, green vegetables and the daily use of good tonics, as listed here.

Herbal Aids:

Sarsaparilla and yellow dock

Comfrey: Another great aid in anemia is comfrey. This herb can be used in the form of comfrey tea, tablets, capsules, in salads and in comfrey green drink. Make the green drink by blending into apple juice (or some pleasant-tasting vegetable juice, such as fresh carrot), comfrey, marshmallow root (mallow), parsley, spinach, and other greens. Sweeten with honey and use a cup morning and night (children in proportion). The use of grapes, grape juice and raisins in an abundance is excellent in rebuilding an iron-deficient bloodstream. Each mouthful of the juice should be "chewed" thoroughly (swished in the mouth) and mixed well with saliva before swallowing.

Barberry Berries: This is one of nature's greatest and most valuable medicinal herbs and is a famous Indian remedy. It is probably unequalled as a corrector of liver secretions (causes the bile to flow more freely), and it expels and removes morbid, waste matter from the stomach and bowels. It is an excellent tonic for delicate and weakly people (particularly good for delicate and weak children), building from anemia and general malnutrition to complete recovery in just a few weeks.

Aloe Vera: Other interesting claims for Aloe Vera include curing anemia.

Juices: Viktoras Kulvinskis also cites several sources who have had success in reversing pernicious anemia through the use of juices high in chlorophyll. He suggests that vegetarians can more than meet their requirement of B-12 by ingesting several cups of sprouts a day.

Dandelion: Jethro Kloss claimed that Dandelion is extremely high in nutritive salts which purify the blood and destroy the acids in the blood.

Products Available: Superfood, Spirulina

### Blood Building Juice

- 1 Sprig of parsley
- 2 Small beets
- 2 Medium carrots
- 3 Spinach leaves
- ½ C Wheatgrass
- 3 Dandelion leaves
- ½ C Cilantro
- 1 tsp Kelp
- 1 Apple

\*These statements have not been evaluated by the FDA. These products are not intended to prevent, diagnose, treat, or cure any disease.