

Natural Help 4...

Anemia



What is Anemia?

Anemia is a condition which occurs when there are not **enough red blood cells to carry oxygen from your lungs** to all parts of the body. If you have anemia, less oxygen is delivered to the body and as a result your organs and tissues cannot function at optimal level. Very often you will feel tired, fatigued, have low energy levels and a weak immune system.

Anemia is a common blood disorder and symptoms may range from mild to severe. It tends to affect women who are pregnant or experience heavy menstrual cycles as well as **people with chronic diseases**. With the correct treatment which includes eating an iron-rich diet and taking vitamin supplements, **anemia** can be controlled.

Diagnosing Anemia

The **diagnosis of anemia** is based on the symptoms, physical exam and review of your medical history. Blood tests including a **complete blood count will be performed** to measure the levels of red blood cells and **hemoglobin** in your blood. Further tests may be ordered to determine the underlying cause and include an endoscopy and colonoscopy.

Symptoms and signs

- Fatigue
- Debility
- Dizziness
- Headache
- Pale skin
- Irritability
- Rapid or irregular heartbeat
- Shortness of breath
- Chest pain
- Numbness or coldness in your hands and feet
- Cognitive problems

What Causes Anemia?

Anemia occurs as a result of too much blood loss from the body, decreased red blood cell production or when the **body has problems producing red blood cells**. This can also occur when red blood cells are broken down or are destroyed faster than the body can replace them with new ones.



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.


There are also different types of [anemia](#): iron deficiency [anemia](#), **vitamin deficiency anemia**, and **anemia of chronic disease**, as well as aplastic anemia, anemia associated with bone marrow disease, hemolytic [anemia](#) and sickle cell [anemia](#).

Types of Anemia

- **Iron deficiency anemia:** Blood loss from the body develops if you have [iron deficiency anemia](#) (IDA) – this is when the body does not make enough iron. This type of anemia may occur when there is not enough iron in the diet. It may affect women who are pregnant or women who suffer from heavy menstrual bleeding during their menstrual cycle. Blood loss can also occur as a result of gastrointestinal disorders such as ulcers, gastritis, hemorrhoids, uterine fibroids, or colon cancer. Regular use of nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin can also cause blood loss.
- **Vitamin deficiency anemia:** In order to produce healthy amounts of red blood cells, the body not only needs iron but vitamins such as folate and vitamin B-12. A vitamin B-12 deficiency is often also referred to as pernicious anemia. A lack of these vitamins and nutrients in your diet can cause this type of anemia - when the body cannot absorb iron properly. If you suffer from an intestinal problems such as celiac disease (that affects the body's ability to absorb nutrients), you may be susceptible to this type of anemia.
- **Anemia of chronic disease:** Some underlying diseases can hamper the body's ability to produce red blood cells. Diseases such as rheumatoid arthritis, Crohn's disease, cancer, or kidney disease can be an underlying [cause of anemia](#).
- **Aplastic anemia:** Aplastic anemia is a rare and life-threatening blood disorder in which the bone marrow stops making all the blood cells – red blood cells, white cells and platelets. These blood cells are thus unable to perform their functions properly. This type of anemia may be caused by an autoimmune disease. Other factors such as chemotherapy, radiation therapy, exposure to environmental toxins, lupus, viral infection or certain drugs may also contribute to the cause of aplastic anemia.
- **Anemia associated with bone marrow disease:** Different types of cancers can cause anemia by affecting blood production in the bone marrow. These disorders include leukaemia, myelodysplasia, multiple myeloma, myeloproliferative disorders and lymphoma.
- **Hemolytic anemia:** Hemolytic [anemia](#) is rare type of anemia in which red blood cells are destroyed faster than the bone marrow can produce them. This type of anemia is caused by autoimmune disorders, inherited disorders, infection and certain medications.
- **Sickle cell anemia:** Sickle cell [anemia](#) is an inherited blood disease in which the body produces abnormally shaped red blood cells that look like a sickle or crescent. An individual with sickle cell anemia has inherited two sickle cell genes from each parent. These red blood cells die quite early and lead to [anemia](#). The sickle cells can also hinder circulation and cause pain and organ damage.


Help for Anemia

Treatment options depend on the type of [anemia](#), and treating the underlying



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

cause. Making certain dietary changes by including foods containing iron is beneficial in **controlling the [symptoms of anemia](#)**. Iron deficiency anemia is usually **treated with [iron supplement tablets](#)** which have to be taken for several months to build up iron levels.

Vitamin deficiency anemia such as folic acid deficiency anemia is treated with folic acid supplements while vitamin B12 deficiency anemia is treated with injections of vitamin B12. Severe forms of anemia such as aplastic anemia, anemia of chronic disease, anemia associated with **bone marrow disease, sickle cell anemia** and hemolytic anemia may require blood transfusions or surgery.

Natural and holistic treatments can help the body to temporarily increase iron absorption and transport oxygen around the body. Homeopathic remedies are safe and gentle to use for people of all ages (even during pregnancy and breastfeeding) and have proven to **support iron absorption on a cellular level**. A combination of homeopathic ingredients such as **Ferrum phosphoricum, Calcarea phosphorica and Ferrum metallicum helps to support all blood cells in the body and maintain normal, healthy levels of [hemoglobin](#)**.

Tips to prevent anemia

There are certain things that you can do to prevent an iron deficiency and these include:

- Eat foods that are rich in iron such as lean red meat, fish, oysters, cereals, bread, pasta, dried fruits, nuts, seeds, lentils, beans and dark green vegetables such as spinach
- Avoid drinking caffeinated beverages such as coffee or tea as they make it harder for the body to absorb iron
- Incorporate fruits and vegetables that contain vitamin C such as orange juice into your diet
- Get enough sleep and rest as possible to combat fatigue
- Increase your intake of [iron supplements](#) such as folic acid and vitamin B12 if you are pregnant, have a heavy menstrual cycle, or if you are a vegetarian or vegan

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

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Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior



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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

AnemiCare: Homeopathic remedy temporarily increases iron absorption to avoid iron deficiency

AnemiCare is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* selected to temporarily **increase iron absorption and hemoglobin levels** needed for normal iron levels in the body.

AnemiCare is taken internally and presented in small dissolvable tablets. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. AnemiCare is even *safe for all ages – including pregnant women* or those who may be breastfeeding.

All Native Remedies homeopathic products and biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified homeopaths and responsible pharmacists. Individual ingredients are listed in the Homeopathic Pharmacopoeia of the United States (HPUS).

Note: *AnemiCare is especially formulated to assist with the absorption of dietary and supplementary iron, but is not an iron substitute.*

[Learn more about AnemiCare](#)

Fatigue Fighter: Natural remedy to support healthy energy levels, stamina and vitality

Fatigue Fighter is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely **support healthy energy levels, stamina and endurance**.

Fatigue Fighter contains a selection of herbs for healthy energy - known for their

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

supportive function in **maintaining natural health and energy levels**, as well as balanced metabolism, stamina, endurance and routine, healthy performance without stimulants or caffeine. Fatigue Fighter can make all the difference, without compromising health and without the risk of serious side effects.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

Read the testimonials for these quality products [here!](#)



[Read more about the Native Remedies Full Spectrum Approach™](#)

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