



## Anemia in Pregnancy

Anemia describes a reduced number of red blood cells in the blood stream. Red blood cells are responsible for transporting oxygen throughout the body. When there is a deficiency and the body is not receiving the oxygenation it requires, you may experience dizziness, weakness, shortness of breath, paleness, loss of appetite, and sometimes constipation.

It is common to become anemic during pregnancy due to blood volume expansion and it can take time for your body to produce enough red blood cells to keep up with this increase in blood supply.

The three most common types of nutritional anemias in pregnancy are folic acid anemia, vitamin B<sub>12</sub> deficiency and iron deficiency anemia. Usually attention to diet and herbal supplements can remedy deficiencies.

Folic acid anemia (one of the B vitamins) can be treated with increasing foods such as molasses, nutritional yeast, root vegetables and beans. A supplement of spirulina can also be beneficial.

B<sub>12</sub> deficiency (if not severe) can be treated with nutritional yeast, red meat and fermented foods.

Iron Deficiency Anemia is the most common form of anemia in pregnant women. Eating a well balanced diet is the best way to support your body.

Food rich in iron include:

- dark leafy greens like kale, collard greens, swiss chard and spinach, beet greens, parsley
- beets
- black cherry concentrate,
- black strap molasses
- beans
- pumpkin and sesame seeds and
- brewer's yeast
- red meat
- seaweeds
- Nettles
- Alfalfa
- Dandelion
- Wheat grass juice 4 oz, 4 times a day
- Yellow dock root tincture 25-40 drops 3 times a day
- Chlorophyll 4-6 daily or 1-3 Tbsp daily
- Iron tea: 2 tsp Yellow dock root, ½ tsp nettle leaves, ½ tsp dandelion root, 3 cups water.  
Directions: Bring water to a boil, turn off heat, add herbs and steep for up to 8 hours. Drink at least 2 cups a day.

Herbal Remedies include:

- Do not take calcium, Vitamin E, zinc or antacids at the same time as any iron supplements; they interfere with absorption.
- Vitamin C 500 mg three times a day or eat iron rich foods with foods high in vitamin C to aid absorption
- Cook in cast iron pots
- Carbonated and caffeinated drinks block iron absorption

Homeopathic remedies may include:

- Ferrum metallicum
- Helonias
- Natrum muriaticum
- Pulsatilla
- Secale
- Ferrum Phos.
- Kali Carb