



## What is an Iron Deficiency?

An [iron deficiency](#) is a condition that develops when the body does not have sufficient iron. Iron is an essential dietary mineral responsible for the **transport of oxygen in the blood from the lungs to the rest of the body** in the form of [hemoglobin](#) (an iron-rich protein that gives blood its red color).

It is also vital for the optimal functioning of the body and immune system. In people with an [iron deficiency](#), the **body makes fewer and smaller red blood cells** and as a result less oxygen is delivered to the body. This can cause tiredness, fatigue, depleted energy levels and a weakened immune system.

Iron deficiency is a very common health problem and affects babies, toddlers, and children, as well as women who have their menstrual cycle and pregnant women. It is important to maintain healthy iron levels to **prevent iron deficiency** and risk developing anemia. Sometimes too much iron may build up in the body resulting in serious health complications.

## Diagnosing Iron Deficiency

The diagnosis of an iron deficiency is based on a thorough physical examination, symptoms as well as a review of your medical history. Blood tests will be performed for a complete blood count as well as to check **how much iron is in your blood**. Additional tests may be required if the iron deficiency is not obvious and include an endoscopy and colonoscopy.

## Symptoms and signs

- Feeling weak or faint
- Pale skin
- Tiredness and fatigue
- Brittle nails and hair
- Poor temperature regulation
- Heart palpitations
- Headache
- Poor appetite
- Depression

## What causes Iron Deficiency?

An [iron deficiency](#) develops as a result of low levels of iron in the body and may be caused by:



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.

- Lack of iron in the diet – not enough in your diet to replace the amount that is lost every day
- Blood loss as a result of heavy menstrual bleeding
- Blood loss as a result of intestinal bleeding such as a gastritis, stomach ulcers, duodenal ulcer, hemorrhoids, bloody or tarry stools, uterine fibroids, bladder tumor, stomach or colorectal cancer
- Inability to absorb iron in the body. This may occur because the small intestine is unable to absorb iron as a result of an intestinal disorder such as Celiac disease or Crohn's disease. If part of the small intestine has been surgically removed or certain medications such as stomach acid-blockers may also cause an iron deficiency.
- Pregnancy – many pregnant women suffer from iron deficiency because their body needs to provide iron for the growing fetus as well as their own increasing blood volume

## Help for Iron Deficiency

The [treatment of an iron deficiency](#) depends on the underlying cause and diagnosis. Iron supplement tablets are usually prescribed and should be taken for several months for optimal effect and to build up iron levels in the body. Most people feel better within days after taking the tablets. However, some people may not be able to readily absorb the iron in the tablets.

If the tablets do not agree with you, your health practitioner may give you an iron injection. In cases where an iron deficiency is severe, a **blood transfusion may be necessary**. Adjusting your diet by incorporating foods rich in iron can also make a significant difference to your iron reserves.

Natural herbal and homeopathic remedies can **help provide a sound platform for iron absorption in the body**. Homeopathic ingredients can get to work on a cellular level, and are safe to use for people of all ages, including during pregnancy and breastfeeding. **Ferrum phosphoricum, Calcarea phosphorica and Ferrum metallicum supports the process of iron absorption** in all body systems and the transport of oxygen around the body and helps to maintain normal, healthy levels of hemoglobin.

## Tips related to iron deficiency

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

- Eat more foods such as lean red meat, poultry, eggs, and fish that are rich in iron. Include whole grains, iron-fortified cereals, breads, pasta, dried fruits as well as dark, green vegetables such as spinach, beans, or peas. Raisins, nuts, seeds and vitamin C in citrus juices provide an excellent source of iron.
- Increase your intake of iron if you are a vegetarian or vegan
- If you are pregnant or have heavy menstrual cycles, take iron supplements from a reputable source to increase iron absorption
- Avoid drinking caffeinated beverages such as coffee or tea, and choose herbal teas instead
- Get adequate rest and sleep if you constantly feel fatigued
- Breastfeeding during the first 4-6 months of your baby's life can help to control an iron deficiency. Alternatively, use an iron-fortified formula



**NativeRemedies**  
THE NATURAL CHOICE

**LIVE A HEALTHY LIFE!**



Proven, Safe,  
100% Natural Herbal and  
Homeopathic Remedies  
for You and Your Family

[CLICK HERE](#)

## 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.

# 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.

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.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

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 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



**Monthly Specials**  
Up to 25% Savings!

CLICK HERE!

**Native Remedies**  
The Psychologist's  
Natural Choice

Proven Products.  
Excellent Service  
and Delivery

**Six Good Reasons  
to choose Native Remedies  
as your trusted suppliers of**

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 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!](#)

## **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.](#)



**Read more about the Native Remedies Full Spectrum Approach™**

Find More Great Health Ebooks at [NaturalHelp4.org](http://NaturalHelp4.org)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.