

ANEMIA (SEVERE)

Stop drinking coffee and herbal tea or eating anything with vinegar. All of these things cause anemia.

Sesame seeds, wheat germ, lentils, pistachios, raisins, dates, prunes, figs, dried apricots, spinach, pumpkin seeds, cooked beets, etc. are all high in iron.

2 T. of blackstrap molasses + the foods above, + Floradix Iron & Herbs (can get from vitacost) will help boost levels quickly.

Follow all the laws of health, especially dress.