

ANEMIA



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Definition

By Dr. Christopher

Anemia is a deficiency in the number of red blood cells, hemoglobin or both.

Symptoms

The condition is marked by varying degrees of pallor and palpitation.



Causes

When we have a good bloodstream we have a good, healthy life. It would be wise to take time to learn the principles of building good blood in the body. One of our teachers, Dr. Edward E. Shook at the Los Angeles Herbal Institute (closed at this writing), gives a fine explanation of the cause of anemia as follows:

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.

Herbal Aids

Here is an excellent herbal tea for delicate and weak children with pale and sallow skin, anemia, and malnutrition generally. This is a superb remedy, but it is perfectly harmless and therefore can be taken in large doses, but should not be given to a point of causing diarrhea. This remedy will keep for a long time if kept in a cool place and well corked:

4 ounces of barberry bark (cut)
3 pints of distilled water

Directions:

1. Put the bark into the water and let it stand one hour. Boil slowly (simmer) until the water barely covers the herb.
2. Strain through a cloth and set this liquid aside.
3. Return the herb to the saucepan and cover with one quart of water.
4. Simmer again for 15 to 20 minutes.
5. Strain and add the two liquids together.
6. Put into a clean saucepan and slowly reduce by simmering to one pint.
7. Take from the heat and add eight fluid ounces of vegetable glycerin.
8. Cool and bottle.

Dose:

Use one dessert-spoonful to a tablespoon three times a day. Children: 1/2 to one teaspoonfuls in honey water three times a day until the bowels are acting freely, and then reduce the dose.

Another great aid in anemia is comfrey.

This herb can be used in the form of comfrey tea, tablets, and 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.



Another fine anemia tonic follows:

2 ounces	yellow dock root powder (<i>Rumex crispus</i>)
4 ounces	sarsaparilla root powder (<i>Smilax officinalis</i>)
2 ounces	comfrey root powder (<i>Symphytum officinale</i>)
1/2 ounce	sassafras bark powder (<i>Sassafras officinale</i>)

Preparation: Simmer the ingredients in two quarts of water and reduce to one quart; strain, dissolve sufficient honey to make into syrup, allow to cool, bottle and keep in a cool place. Use two teaspoonfuls to one tablespoonful after each meal.

Here are enough aids and suggestions to rebuild the blood stream to perfection, but be sure to always go back to the cause and keep the bowels clean.

Other Treatments

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.

Anemia #1:* Available from HEAL as herbal extract

2 ounces	Yellow dock root, powder (<i>Rumex crispus</i>)
4 ounces	Sarsaparilla root, powder (<i>Smilax officinalis</i>)
1 ounce	Yellow parilla root, powder (<i>Menispermum canadense</i>)
1/2 ounce	Sassafras bark (<i>Sassafras officinale</i>)

Preparation:

Simmer the ingredients in 2 quarts of water and reduce to 1 quart; strain, dissolve sufficient honey to make into a syrup, allow to cool, bottle and keep in a cool place.

Dosage:

2 teaspoonfuls - 1 tablespoonful after each meal.

Anemia #2:

1 ounce	Yellow dock root (<i>Rumex crispus</i>)
1 ounce	Buckbean or bogbean root (<i>Menyanthes trifoliata</i>)
1 ounce	Comfrey root (<i>Symphytum officinale</i>)

Preparation:

Simmer slowly for 20 minutes in 1 quart of water; strain, sweeten to taste with honey, allow to cool, bottle and keep in a cool place.

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.



PREGNANCY ANEMIA

Iron supplements are commonly given to expectant mothers, yet these are usually made of ferrous sulphate and cannot be utilized by the body. Being inorganic, they are absorbed but not assimilated and can cause problems in the system.

- In addition, ferrous sulphate can destroy vitamin E which may be taken at the same time.
- An expecting mother can build up the iron in her system by taking yellow dock or the Anemia Formula.

Some midwives say that yellow dock alone doesn't help for very long; its effect sometimes wears off. I have had excellent results combining yellow dock root and dandelion root; dandelion contains an excellent spectrum of minerals that enhance the 40% iron content of the yellow dock.

SOME GOOD IRON-CONTAINING FOODS INCLUDE:

Apricots	Raisins, Prunes	Egg Yolk
Sunflower Seeds	Brewer's Yeast	Grains
Black Molasses	Kelp	Beets and their Greens
Turnip Greens	Dulse	Walnuts

If you do not respond to the dietary additions here, suspect folic acid anemia

Many pregnant women are woefully under-supplied with folic acid, and although you can get a prescription for folic acid supplements, this fragmented source may not be well absorbed by your body. Better to obtain this important nutrient in foods.

Here is a list of important sources of Folic acid

whole grains	chicory
leafy greens	dandelion
watercress	amaranth
parsley	lamb's quarters

Some of these can be taken in the green drink; **Lamb's Quarters** is especially valuable, as it also contains a large amount of vitamin A which helps prevent infections.



Kelp

Grains

Dried Fruit

Lamb's Quarters

ANEMIA *General points of interest*

Juices for Anemia: *Carrot & spinach, celery & parsley, beet, fig*

Juices: 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.

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

Cabbage: This has been found to be of infinite value for pregnant women, and for patients with anemia. Drink one or two glasses of cabbage juice daily.

Apricot: The Apricot, perhaps because of its high iron and other mineral content, is helpful in cases of anemia.

Chaparral for Copper Deficiency: A copper deficiency manifests as general weakness, slow healing, greying hair, loss of hair, low blood pressure, disorders of the liver and gall bladder, splenic weakness, acne, eczema, anemia. Chaparral can help this.

Dandelion: Kloss claimed that Dandelion is extremely high in nutritive salts which purify the blood and destroy the acids in the blood. He said that "anemia is caused by the deficiency of nutritive salts in the blood and really has nothing to do with the quantity of good blood. Dandelion contains these nutritive salts

