



HOW TO TREAT...

ANAEMIA

Pregnancy can make you feel very tired. Some women feel tired only when they do too much and others feel tired most of the time. You are expanding your blood supply many times to accommodate your growing baby and your body has to work hard to catch up with its production of red blood cells which are the vehicles for transporting oxygen around your body.

If you are one of those women who have constant tiredness it is recommended that you take a standard blood test with your medical practitioner to see if your blood iron levels and ferrous stores are within the ideal range. Although anaemia is not considered to be dangerous for the developing baby, it can predispose the mother to post-natal infections. There are 3 more common forms of anaemia in pregnancy:

Iron-deficiency, Folate deficiency and vitamin B12 deficiency

Self help

- Ensure your diet contains plenty of iron-rich foods and vitamin C.
- Iron-rich foods: Include prune juice (also great for constipation which is often a feature of iron deficiency anemia), sardines, tuna and apricots.

- Avoid drinking non-herbal teas at mealtimes as ordinary tea contains tannin which can inhibit iron absorption.
- Obtain some Calcarea Phos and Ferrum Phos Tissue Salts from your local health food store and take them 3 times a day throughout your pregnancy.
- Do not take iron supplements during pregnancy if you are NOT anaemic.
- Folate-rich foods: The best source of folate is green leafy vegetables. Although liver is a good source it is also a rich source of vitamin A which needs to be limited in pregnancy, so it is recommended that you avoid liver.
- Wholegrains are a great source of nutrients in pregnancy and are an excellent source of fibre but do not eat a diet that is highly dominant in them IF you have low iron levels as in large amounts they can bind iron so preventing maximum absorption.

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