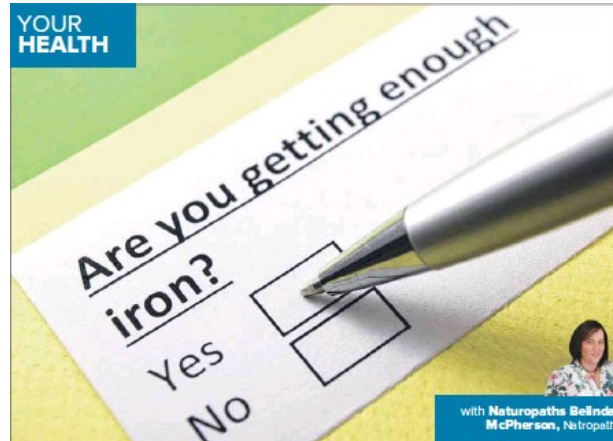


- Blood—Diseases

How low is too low?

Myrtleford Times · 17 Mar 2021 · 3 · Naturopath

IF you are dragging your body around, breathless with simple exercise, have brittle hair and nails, pale complexion and poor memory, you may have iron deficiency.



A common blood iron test is the best way to decide if your body has enough iron.

Many people find out they are iron deficient when they go to the blood bank to donate blood or during routine bloods during pregnancy.

Often the symptoms of fatigue or breathlessness, heavy or light menstrual bleeding or frequent infections will alert your naturopath to authorise a simple pathology test to check iron levels.

Correcting iron levels can have a profound effect on how energetic a person feels both mentally and physically and during pregnancy, low iron has links with early labour and neurological issues in the baby.

When getting iron through your daily diet, the best sources are easily digestible red meat, shellfish such as mussels and oysters, dark leafy green vegetables and salads.

This is usually enough for a healthy person to meet the body's needs.

If the body has been less than well with illness, infection, heavy menstrual bleeding, dieting, increased stress demands, old age, poor digestion, vegetarians, children with numerous infections, heavy exercise demands or prolonged fatigue, the food sources of iron may not be enough to meet the need of the body.

Over the counter iron supplements are a big trap for customers who are iron deficient. Products marketed as iron supplements often have only 5mg of iron, which is well under the amount needed to correct a deficiency and more often than not have unwanted digestive effects.

At our clinic we use anywhere from 75 to 150mg iron depending on how deficient a patient may be.

The iron levels are always re-assessed within three to six months on a supplement as excess iron can be just as dangerous as not enough.

In most cases you should not be taking an iron supplement ongoing without checking with your naturopath along the way.

So, if you have been told your iron is a “bit on the low side” or you have been taking an over the counter supplement and not feeling any improvement or are experiencing constipation then please contact us to improve your health today.

We are very good at and love correcting iron deficiency and seeing our clients improve their energy and health so call in today to the North East Natural Health Centre, 53A Reid Street, Wangaratta or phone 5722 9216.