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Do you have enough iron?

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TIRED?



Are you low in Iron?

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 and are not allowed to because their iron levels are too low.

Often the symptoms of fatigue or breathlessness, heavy or absent menstrual bleeding or frequent infections will alert the practitioner 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.

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.

They are poorly absorbed and cause gastrointestinal issues.

At our clinic, we use anywhere from 75mg 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.

There are iron supplements that constipate (often the ferrous sulphate types) which we try to avoid.

The amino acid protein bound iron is much gentler on the stomach and very well absorbed.

So if you want your iron assessed then make an appointment with the team at North East Natural Health Centre to get yourself on the road to feeling awesome.