

Tequesta Family Practice

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Anemia Complementary/Alternative Medicine

Pallor, weakness, and a tendency to become fatigued easily
Low volume of blood, low level of total red blood cells, or
abnormal size or shape of red blood cells

QUICK REVIEW

Identifying the cause of anemia through a complete
diagnostic workup by a qualified health care professional
is essential.

Anemia caused by deficient red blood cell (RBC) production
is almost always due to nutrient deficiency. The three most
common are due to deficiencies of either iron, vitamin B
12, or folic acid.

- Iron deficiency is the most common cause of anemia.
- Perhaps the best food for an individual with any kind of anemia is calf liver.
- Although it is popular to inject vitamin B12 in the treatment of vitamin B12 deficiency, injection is not necessary as the oral administration of an appropriate dosage has been shown to produce excellent results.

TREATMENT SUMMARY

Effective therapy for anemia is dependent on proper
classification as to its cause. The following
recommendations are given with this in mind. Blood tests
should be performed monthly to determine when the blood
count returns too normal.

Diet

The ingestion of 4 to 6 oz of calf liver per day is
recommended, along with the liberal consumption of green
leafy vegetables.

Nutritional Supplements

Iron-Deficiency Anemia

- Iron: 30 mg, bound to either succinate or fumarate, twice per day between meals (if this recommendation results in abdominal discomfort, take 30 mg with meals three times per day)
- An alternative recommendation is to take a high-quality aqueous (hydrolyzed) liver extract at a level that provides a daily intake of 4 to 6 mg of heme iron

- Vitamin C: 1 gram three times per day with meals

B12-Deficiency Anemia

- Oral vitamin B 12: 2,000 mcg per day for at least one month, followed by 1,000 mcg per day (Methylcobalamin, the active form of vitamin B12, supplied in sublingual tablets, is preferred over cyanocobalamin)
- Folic acid: 800-1,200 mcg three times per day

Folic Acid--Deficiency Anemia

- Folic acid: 800-1,200 mcg three times per day
- Vitamin B12: 1,000 mcg per day (it is always necessary to supplement vitamin B 12 with folic acid to prevent the folic acid supplement from masking a vitamin B12 deficiency)