

Iron Deficiency

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Causes :-

- D. Deficiency
- Poor Diet
- Can parasite infection ,in that case iron is much less, means high Eosinophils blood level.
- No Vitamin C food. (Vitamin C require to absorb iron from food)
- Chronic Blood loss, Pregnancy & Vigorous exercise

Symptoms :-

- Extreme tiredness
- Pale skin
- Cold hand & feet
- Headache
- Tongue inflammation
- Desire to eat nonfood items ice OR dirt
- Shortness in breath
- Low BP

Solution :-

- Take lemon juice frequency
- Eat Every day, 1 seasonal fruit, Orange, Papaya etc. for vitamin C,
- Improve diet, eat spinach, Green leafy, Kishmish, Dates, Fish, Eggs, lentils, Pumpkin Seeds
- Eat sugarcane frequently. It is natural source of calcium & iron.
- If in blood test eosinophils is high, then it can be parasite infection, so take विडंगारिष्ट syrup 2 spoon with कृमिकुठार रस table 2 no's at morning & night – 2 times day.
- Take 20minuts light sun to improve D. 7.00am to 8.00am / 5.00p - 6.00pm
- Don't eat dairy product during lunch or dinner. It abstract to absorb iron from food.
- Reduce wheat. Take 1 time only & for alternate take Jawar Bakri, since wheat gluten can reduce absorption capacity of vitamin in intestine.