



Understanding and Correcting Anemia

Anemia responds best to iron foods. Iron attracts oxygen—all the oxygen you could breathe would never do any good unless you had iron in the blood. We have breathing specialists going about telling you how to breathe, but we must have iron in the blood to attract the oxygen.

The food that we have to consider most is the food that will take care of and build a good bloodstream. If the blood is not healthy, it won't do an adequate job of taking remedies to other parts of the body. If a condition of anemia exists, therefore, it should always be handled first.

In treating anemia, the best iron food is black cherry juice and blackberry juice. These are two of the highest iron foods. (As a drink, blackberry juice is constipating, and as a drink black cherry juice is a laxative). Eat strawberries and wild cherries.

Remember, anything green always has a lot of iron in it. Anything grown above the ground has an abundance of iron. Use green and leafy vegetables, spinach, concentrated chlorophyll from alfalfa, wild clover honey, Concord grape juice, watercress, and romaine lettuce.

Chew all food well. Make sure the teeth are in good condition. Sometimes liquefied foods are necessary when digestion is low and poor.

Watercress is a powerful blood purifier. It is very delicious, although it is peppery. Watercress is now classified a vegetable. Whether eaten as a vegetable or made into a tea, you can get good results if it is eaten regularly over an extended period. Also good are pungent bitter salad greens.

Other tonics for blood building: foods that contain silicon, iron, sodium, and chlorine. Red cabbage, coconut, oat and barley preparations, beets in abundance, Chinese cabbage, and salads are especially good. Include in your diet parsley juice, dandelion juice, dandelion greens, wild lettuce, tomato juice, tops of vegetables, sarsaparilla tea, nettles tea, and raw juice from onions, from cucumbers, and from lettuce.

In conditions of anemia, use no iced or cold foods or drinks.

Other things you should know to help anemic conditions: protect the vital parts of the body, such as the brain, reproductive organs, eyes, and breast, from extreme temperatures, long exposure to the sun, and washing with harmful solutions. Short but adequate periods in the sunshine helps to control the calcium which comes from eating the iron foods, deep breathing and being in higher altitudes. Warm salt baths help to get rid of uric acid.