

## Healing by Design

### Anemia

#### 10 STEPS (Products highlighted)

1. Living Green Calcium Bentonite Clay. This will detox the body and free up oxygen to properly bind with iron and help with the body's production of red blood cells. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. **Liquid or Detox Powder by Living Clay**. Also do bentonite clay detox baths.
2. Consider fasting. Water fasting (read books, be careful and talk to a professional) will reverse anemia in 2 weeks. Juice fasting also works, veggie and green juices only, not fruit. If you do a 2 week fast and add the bentonite clay, you will no longer have anemia! Check your blood work before and after if you want proof. (-:
2. Get outside! Fresh air and sunshine. Sunshine will build blood and natural increase oxygen levels in the bloodstream.
3. **Kidney Cleanse Tea** from Spirit of Health and coffee enemas to remove toxins, cleanse kidneys/liver and increase blood flow. Get an enema kit to do enemas at home.
4. **LA Naturals Liquid B-12 or Garden of Life Raw b-Complex**. Pernicious anemia can be from vitamin b-12 deficiency.
5. GREENS! **Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life**. Add these to smoothies or other drinks, eve salads. Greens cleanse the blood, build the blood and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.
6. Foods that can help would be healthy liver (2x weekly), greens, 100% grass fed beef and herbs like yellowdock. Simply eating iron helps, but doesn't solve the problem.
7. **Inner Vitality plant minerals by Morningstar**. 2-4 ounces daily. These have trace minerals from the earth, including iron in its most natural form.
8. **Ultimate Superfoods MSM Powder**. 1 Tablespoon daily in water. This is important for detoxification. **Pure Radiance C by Synergy**. Vitamin C increases iron absorption.
9. Oxygenate the body! Look into ozone therapy and Food Grade H<sub>2</sub>O<sub>2</sub> therapies. These heal the body! For supplements to bring oxygen into the body try **Oxy Life Zero to Sixty (capsules), Oxy Life Detox Formula or Aerobic Life O7 stabilized oxygen drops for your water**.
10. **Floradix Liquid Iron or capsules** is a good supplement to help with iron, but needs to be taken daily until the root cause is addressed.