



## **DR. STEPHANIE'S GUIDE TO BUILD BLOOD**

Blood deficiency or anemia is seen more commonly in females due to loss of blood through menstruation and/or childbirth. Vegetarians and vegans are also prone to becoming more blood deficient due the lack of meat, protein and vitamin B12 in the diet.

### **FOOD THERAPY FOR BLOOD DEFICIENCY / ANEMIA**

Add these foods in your diet to build blood:

- beef (organic & grass-fed)
- lamb (organic & grass-fed)
- spirulina
- royal jelly
- red or purple grapes
- blackberries
- raspberries
- blackstrap molasses
- gelatin
- mussels
- oysters
- liver (beef, lamb or chicken)

### **VITAMIN B12 INJECTIONS FOR ANEMIA**

Vitamin B12 is best absorbed in the injectible form. B12 has many important functions in the body. B12 helps to build red blood cells, improve energy, aids in nervous system function, improves memory, boosts mood and more. We offer B12 (methylcobalamin) injections to our patients which are free of additives and preservatives. We also use teeny tiny needles so you don't even feel a thing!

### **SUPPLEMENTS TO BUILD BLOOD**

We carry physician-grade supplements in our natural pharmacy to offer you the best results.

Add these supplements to build blood:

- B-complex
- Royal Jelly & Bee Pollen
- Dang Gui or Si Wu Tang (These Chinese herbs may be added into your custom formula.)