

# ANEMIA HERBAL TEA

## INGREDIENTS:

**ALFALFA LEAF** - is a good source of B vitamins and vitamins C, D, E, and K. Alfalfa is also rich in the minerals calcium, potassium, phosphorus, and iron. It is beneficial in relieving symptoms of anemia, as its high content of vitamins C & A promotes the absorption of iron from foods. That's why it is effective in easing anemia symptoms such as weakness, extreme fatigue, headaches, shortness of breath and frequent infections.

**BARBERRY ROOT BARK** - Barberries are beneficial in treating anemia. Anemia occurs when the body is suffering from iron deficiency. There may be a lot of causes for iron deficiency. However, we know barberry is loaded with Vitamin C and thus can be helpful in dealing with this problem.

**DANDELION ROOT** - have traditionally been used to fortify and cleanse the blood. For cases of anemia, Dandelion Root helps to bring levels of hemoglobin into normal range.

**BLADDERWRACK LEAF** - The amount of iron, present in bladderwrack, is the second highest amount per gram amongst seaweeds, right after Dulse. Iron is responsible for the production of hemoglobin, adding bladderwrack to this tea will help avert anemia and symptoms such as headaches, stomach issues, overall weakness and cognitive disorders associated with anemia.

**PARSLEY** – a popular green herb native to the Mediterranean, is excellent for overcoming anemia. This is because it contains an impressive concentration of iron. Individuals who have trouble taking iron supplements are often advised to drink parsley juice or tea. Parsley is far more than just a garnish, but rather a powerful medicinal plant for those fighting anemia.

**YELLOW DOCK** - Yellow Dock Root is one of the best sources of naturally available iron. It concentrates iron from the earth and combines it with the vitamins and minerals needed for the best absorption in our bodies. And unlike prescription or synthetic forms of iron, Yellow Dock is not constipating.



*"Herbs that work!"*