

ANTECEDENTS

Anemia = the inability for your blood to carry oxygen to your cells.

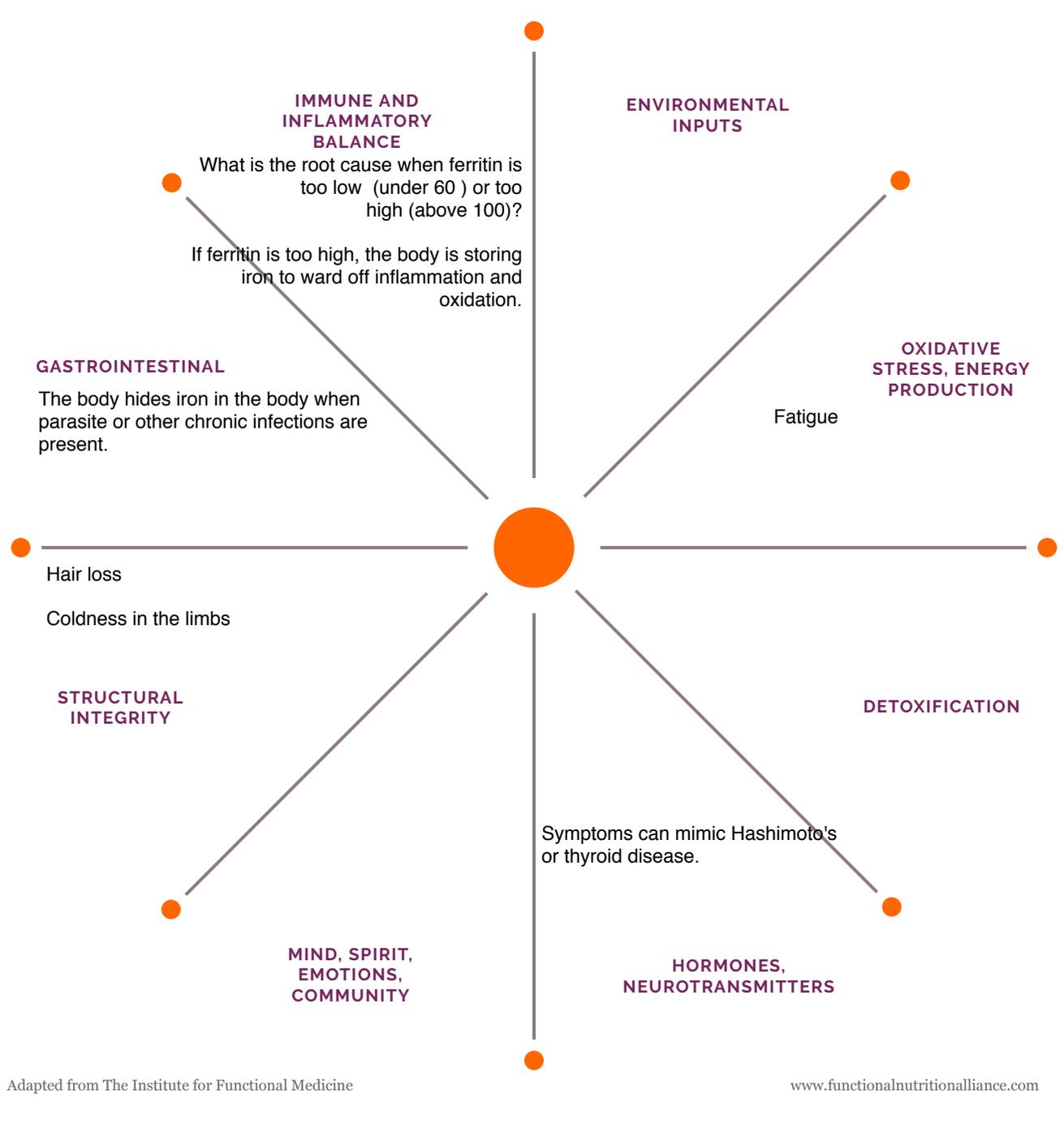
- Different types of anemia:
- caused by blood loss
 - malformation of cells. Ex: Sickle Cell anemia
 - Macroblastic anemia
 - iron deficiency anemia

TRIGGERING EVENTS

- abnormal or troublesome menstruation cycles.
- a slow bleed such as an ulcer.
- malnutrition
- fibroids
- gut inflammation

MEDIATORS

- Iron is needed for:
- to complete Superoxidase mutase in order for the immune system to attack pathogens.
 - to carry oxygen to cells.
 - for the conversion of T4 to T3.
 - oxygen in the cells feeds the brain.



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Heme iron comes from animals and is the better absorbed.
Non-heme iron comes from plants.
+ A nutrient dense diet w/ a small amount of animal protein.

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS