



ANEMIA IN PREGNANCY

Anemia is common in pregnancy and makes you feeling tired, weak and appear pale. When you have anemia, your blood doesn't have enough healthy red blood cells to carry oxygen to your tissues. During pregnancy, your body produces more blood to support the growth of your baby. Therefore, if you're not getting enough iron or certain other nutrients, your body might not be able to produce the amount of red blood cells it needs to make this additional blood.

If the anemia is significant enough and is left untreated, it can increase your risk of serious complications like preterm delivery, low-birth weight baby, hemorrhage after birth & postpartum depression.

Aim for at least three servings a day of iron-rich foods, such as:

- Lean red meat, poultry, and fish.
- Leafy, dark green vegetables
- Eggs
- Iron-enriched cereals and grains
- Beans, lentils, and tofu
- Nuts and seeds
- Green drink (try blending fruits with spinach for a tasty drink)
- Liver (organic is best)

Foods that are high in vitamin C help your body absorb more iron, such as:

- Citrus fruits and juices
- Strawberries
- kiwis
- Tomatoes
- Bell peppers

I also recommend you get a supplement called “**Floradix**”. This supplement is very effective. I should have already given you a sample and coupon.

If you experience unusual symptoms or have any other concerns, call me immediately.

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