



## Anemia, Creeping Blood Pressure, Platelet Diet

**Anemia** is a condition in which your hemoglobin (the blood cells that carry oxygen) is low. It is normal for this to be slightly low in pregnancy, but significant anemia can cause many complications in labor and birth. **Creeping Blood Pressure** means your blood pressure is slowly rising, but has not reached dangerous levels yet. Blood Pressure that is too high can be dangerous for both mother and baby, and can eliminate the possibility of home birth. **Platelets** are an important part of your blood clotting factor. It is normal for platelet volume to decrease in pregnancy as your blood volume increases, but platelet counts that are too low can influence bleeding in the immediate postpartum.

Foods and herbs rich in trace minerals are essential to build blood components including red blood cells, white blood cells and platelets. Iron, magnesium, calcium, selenium and phosphorus are among the important nutrients for the formation of these cells.

In midwifery care, we work hard to educate you and prevent these conditions from becoming problems (by contrast in medical care, once they become problems, you are offered treatment). As a team, we can work together to find remedies before these conditions become dangerous, and what you eat is a huge factor in this remedy. The following foods and herbs should be incorporated into your daily routine for anemia, low platelet counts or rising blood pressure.

### Foods:

Shitake Mushrooms  
Nutritional Yeast  
Wild Red Snapper  
Wheat Germ & Wheat Germ Flowers  
Liver  
Eggs  
Walnuts  
Radish  
Onions  
Pumpkin Seeds  
Sunflower Seeds  
Raisins  
Steak and Red Meat

### Herbs and Supplements:

Burdock  
Alfalfa  
Dandelion  
Nettles  
Red Raspberry Leaf  
Fennel Seeds  
Rosehip  
Vitamin B12 – sublingual 2000 mcg  
Folic Acid – 800 mcg  
Floradix Brand Iron supplement  
Chlorophyll with Vitamin C