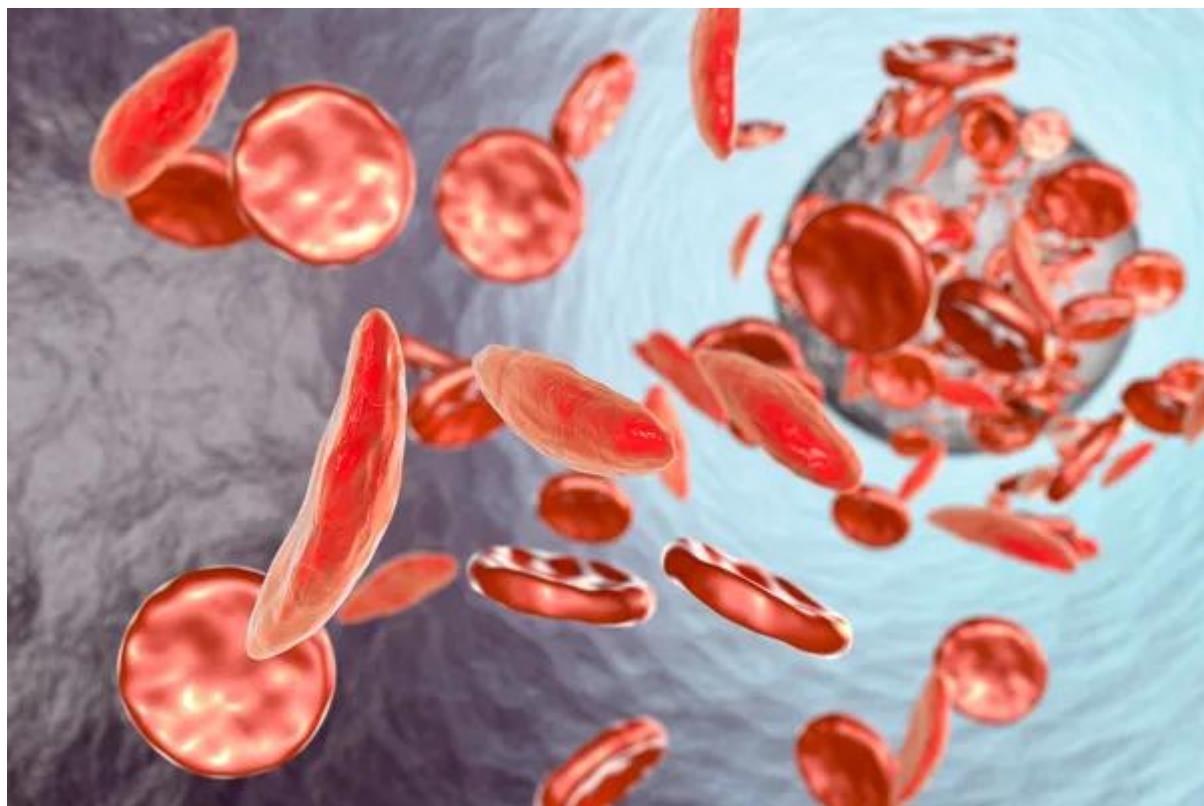


The recent review published in *The Lancet Haematology* under the leadership of Dr. Ashley Benson and Dr. Jamie Luo from the University of Health and Science, showed that every third woman in the world is faced with iron lack of iron. This substance needs our body to produce energy, brain, health of the immune system.

In addition to a diet, a lack of iron can be associated with inflammation. The fact is that it also reduces the assimilation of this element.

The first method of eliminating iron deficiency is medication. If they are ineffective or poorly tolerated by a person, then intravenous administration of iron through a dropper may be required.



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Moreover, many cases of iron lack of iron can be prevented by changing daily habits. Especially with nutrition. Start by adding more products containing iron to the diet. These are legumes, green leafy vegetables, seeds, nuts, dry breakfasts enriched with iron. If you eat animal products, it will be useful to consume a moderate amount of red meat (an average of 70 g per day). If you adhere to mainly plant diets - try to combine products rich in iron with vitamin C sources, this will allow the body to absorb iron more effectively.

The nutritionist told how to naturally eliminate iron deficiency in the body

Be careful when consuming tea or coffee, as they can prevent the absorption of iron (if you drink them along with products containing iron). If you take food supplements with iron, then the source of vitamin C can improve their absorption (for example, orange juice).

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.