

How to get over your Anemia faster

If you are anemic, you will have a very difficult time holding a chiropractic adjustment. While anemic you can require 2-5 times as many adjustments as if you were not anemic. While anemic, you might not hold your adjustments at all. Anemia is very serious and should not be taken lightly. Here are several things you need to know about anemia.

1. If you have been told you are anemic it doesn't necessarily mean you are low in iron. Low B12 and its cofactors are a more common cause of anemia.
2. Unfortunately there are many doctors who don't know this and they may have told you to take iron without testing you.
3. You can NOT assume you are low in iron, you must be tested for iron levels before taking iron. Iron can be very bad for you if you don't need it. A ferritin (iron storage) test is the gold standard blood test for determining the need for iron.
4. B12 is the main vitamin that helps most anemia, not iron.
5. You can not absorb B12 by swallowing it unless it has intrinsic factor in the pill.
6. There is only one company that I know of that puts intrinsic factor in their B12 and they only sell to doctors, not directly to patients. Their name is Metagenics and they make **Vessel Care** and **Intrinsi B12 with folate**. We carry both of these supplements.
7. You can also get B12 from sublingual tablets. Those are the tablets that you dissolve under your tongue. These do not have the cofactors in it, but if you are taking our multi-vitamins you already have the cofactors anyway.
8. The usual dosage of sublingual B12 available in stores is 1000mcg (which equals 1mg). This is not enough. You must take 5000mcg per day if in the sublingual form.
9. If you are low in iron, the type of iron that most doctors prescribe is ferrous sulfate. Ferrous sulfate is VERY irritating to the stomach and can be very constipating. Just switching types to iron glycinate will avoid this problem. Iron glycinate is the form in our multi-vitamins [Active Nutrients with Iron](#) and most health food stores carry iron glycinate as an individual supplement.
10. There is usually a reason you are anemic and this reason should be investigated, just in case you are having some unexplained blood loss.