

POSSIBLE ANEMIA

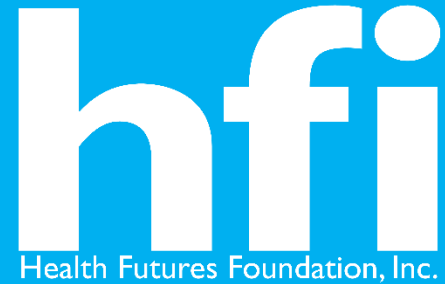
Supportive Management

- Eat good sources of iron (e.g. dark-green leafy vegetables, red meats, dried fruits), vitamins B12 (shellfish, liver, fish, crab, tofu, soymilk, fortified cereals, red meat, low fat dairy, cheese, and eggs), and folic acid (dark-green leafy vegetables, dried beans, peas, nuts, citrus fruits and juice).
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
- Limit activities to within tolerance to limit fatigue.
- Perform oxygen-conserving techniques:
 - Sitting instead of standing to perform tasks
 - Eating small meals
 - Performing slower, purposeful movements

Herbal Medicine

- **Puso ng Saging (Banana Flowers)**
 - May be included in salads, soups, or may be used as a viand.
- **Malunggay**
 - Eat a cup of malunggay leaves daily.
- **Saluyot**
 - Take at least three cups of saluyot leaves daily.

Consult doctor for proper diagnosis and management of anemia.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures