Foods high in Blood Building Nutrients

Foods Rich in Iron:
1) Meat (lamb, beef/calf liver, liver from organically raised cattle, fish, eggs yolks,
2) Blackstrap molasses (1 tablespoon in a cup of hot water: drink as a tea)
3) Dark-green vegetables (e.g. Lettuce, spinach, alfalfa, asparagus, cabbage, broccoli, parsley, celery, kale, cucumbers, leeks, and watercress),
4) Dried fruit (apricots, raisins, figs, dates, peaches, prunes, and pears)
5) Fresh berries: cherries, berries (blackberries, mulberries, blueberries, raspberries), bananas, dark grapes,
6) Liver foods: apples, beets, carrots, yams, legumes, whole grains (quinoa, brown rice)
7) black cherry juice, purple grape juice,
8) garbanzo bean (chickpeas)
9) Seaweeds(arame, dulse, nori, kombu), and Micro-algae (spirulina, chlorella), wheat grass, barley grass,
10) Miscellaneous: goat milk, vinegar,
Avoid: watermelon as they lower blood pressure.

Foods rich in B12
1) Fermented foods: tempeh, miso, soy sauce, tempeh, pickles, amasake, nut and seeds yogurts, sourdough bread
2) Animal products: meat, fish, eggs, dairy
3) Seeds and stones: bitter almonds, sunflower seeds, apple seeds, apricot seeds, prune seeds
4) Green algae and seaweeds: Spirulina, chlorella, nori, wakwame, kombu, dulse (are all good sources but not necessarily bio-available)
5) Nutritional yeast (sprinkle on popcorn) or Brewer’s yeast (unless there’s a candida or yeast problem)
6) Soy beans and lentils
7) Albacore tuna
8) Quinoa
9) Cheese

Foods Rich in Folic Acid:
1. Dark green vegetables 5. Grains
2. Liver 6. Spirulina
4. Lentils

NOTE: The Birth Control Pill Drastically Reduces Folic Acid levels in body**