Iron Rich Foods:
The best way to get iron is through your diet. There are two kinds of dietary iron: heme and non-heme. Heme iron, the easiest for your body to absorb, comes from animal sources (meat, poultry, and fish). Non-heme comes from plant sources and is as good quality, just a bit harder to absorb.

**Heme sources (more or less in order of iron content):**
- Clams, oysters and mussels
- Duck
- Beef and lamb
- Shrimp and fish
- Pork
- Turkey and chicken

**What about liver?** In a word – yuck. Traditionally produced (not organic) liver is full of hormones and known carcinogens in levels far higher than other animal tissue. Many say that vitamin A levels in liver could be toxic to a growing fetus, though this is probably an exaggeration if one is eating it once a week or so.

**Non-heme sources:**
- Fortified/enriched cereals, rice, and breads
- Soy beans
- Lentils and beans
- Black strap molasses
- Pumpkin seeds
- Quinoa
- Tofu
- Spinach, chard and turnip greens
- Chickpeas
- Potato

**Other measures:**
- Combine heme and non-heme iron sources to increase absorption
- Combine with foods that are high in vitamin C: oranges, orange juice, strawberries, papayas, cantaloupe, tomatoes, tomato juice, Brussels sprouts, broccoli, cabbage, green/red peppers
- Certain foods, like spinach, nuts and rhubarb are high in oxalic acid which decreases absorption (though it is broken down with cooking), so should be combined with a vitamin C rich food.
- Use a cast iron skillet
- Avoid combining coffee, tea, dairy and chocolate with iron sources
- Best absorbed on an empty stomach (but more likely to cause nausea)
- Avoid taking calcium supplements or antacids at same time

**Supplementation:**
- Teas, infusions, tinctures and supplements that can help:
  - Nettles
  - Red raspberry leaf tea
  - Dandelion greens
  - Yellow dock tincture
  - Wheat grass juice
  - Spirulina
  - Chlorophyll
  - Alfalfa
  - Herbal liquids
  - Floridix – a mixture of fruit concentrates, carrots, kelp, fennel, etc. is often enough and avoids some of the side effects of traditional ferrous sulfate supplements (constipation and nausea)
  - Floravital – much the same as Floridix but without the yeast
  - Herbal Iron (Natureworks) – similar herbal, fruit and vegetable blend
  - Natrol liquid iron

**Pill Supplementation:**
- Many herbal formulations in a capsule