



8 Good Sources of Iron

By Morning: Spirit: Wolf-D.R.M.

Iron is an important nutrient to maintain kidneys; heart; lungs; circulation; digestion;

prostate, and thyroid function to name a few. However, many of us are missing this important and essential mineral that causes anemia. Anemia is iron poor blood, which leads to low energy, slow metabolism, poor circulation, low back pain, and headaches. Iron is contained in many foods we can be eating to boost oxygen levels and gain more energy and vitality. In order to keep iron levels up, here are 7 great food sources of iron.

1. Dark Green Vegetables

Most dark green vegetables contain excellent amounts of iron. Broccoli, kale, spinach, arugula, water cress and many others can be a reliable source. An interesting fact: light steaming increases the amount of iron available in many dark green vegetables.

2. Bison Steak

A great source of absorbable iron, bison steaks have been one of the most popular sources of this mineral for years. Lean, high in protein, easily assimilated iron, and lots of vital life support are available from bison in any form – best if grass fed and finished.

3. Alfalfa Sprouts

If you don't eat red meat at all, no problem. Alfalfa sprouts are not only a good source of iron, they're loaded with calcium, zinc, copper, magnesium, and more protein than red meat.

4. Duck Eggs

Duck eggs are loaded with all sorts of nutrients including iron. Even though it's not a high source of iron, it's enough to provide you with more than the RDA for your daily requirements.

5. Nuts

A great choice for vegetarians, a variety of nuts contain good amounts of iron. For example, almonds, Brazil nuts, sunflower seeds and pine nuts can provide a good dose of this essential mineral.

6. Red Beets

Here's a little different option. Red beets are loaded with iron in a form that permeated throughout the body, delivering iron carried to every cell. A single slice of raw organic red beet can provide as much as 12mg of iron.

7. Aged Red Wine

As one of the Golden Team members, 7 years or older aged red wine contains minimal tannins, and maximum iron. You can release traumatized emotions while building up iron stores in a fun and healthy way. Each 4 oz glass gives more than the RDA of iron.

8. Herbs

Who knew? Herbs contain iron and a good number of regular popular seasonings are a great source of iron. Herbs which contain the highest amount of iron are cinnamon, thyme, curry blend, rosemary, paprika, spearmint, coriander, cloves, and cilantro.

Supplemental Iron

If eating your daily iron intake proves difficult, or if your iron levels are dangerously low and supplementation is required, or if you are taking a medication that inhibits the uptake of iron, consider using a plant based source of iron such as Peak Frequency Plant Therapy's **Nettles-Iron & Calcium**. Unlike pharmaceutical or non-organic ferrous sulfate (iron) plant based iron supplements are 100% absorbable, and may improve oxygen delivery faster and more effectively, and may boost thyroid and prostate function and speed metabolism.



To improve iron uptake, consider using **Colloidal Copper**. Copper in colloidal form has nascent energy and improves the ability to absorb and use iodine and iron. Copper is our biggest conductor of electrical information through the brain and nervous system, it fortifies blood, and may repair damage to RNA. It's a great compliment to plant based iron supplements, improving efficacy and longevity in the body.