GRANDMA'S REMEDIES

Fatigued, Dizzy And Unable To Sleep? You May Be Anemic. Try These 3 Juices to Elevate the Blood Count

By bestfolkmedicine · 02/07/2018 · 1 min read



Anemia is a medical condition manifested by insomnia, rapid heartbeat, and tiredness from even the simplest physical activities. This disorder develops due to the insufficient amount of red blood cells which transport the oxygen throughout the whole body. In anemic individuals, the levels of hemoglobin are also low, in addition to the lack of iron. According to statistics, 1 in every 10 teenage

girls is anemic due to the monthly loss of blood during menstruation and poor diets, absent of iron-rich foods.

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The Causes for Anemia

- Specific meds
- Menstruation
- Poisoning with metals
- Poor diet

The Most Effective Natural Remedies to Beat Anemia

1. **Parsley juice**

You will need:

A bunch of fresh parsley

An orange or an apple

Half a lemon

Preparation: First, wash the ingredients properly and then juice them in a juicer or a blender. If you are using the latter, add a cup of almond milk as well so that the ingredients blend optimally.

Use: Drink the mixture half an hour before a meal.

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2. **Spinach, berry, and beetroot juice**

You will need:

2 handfuls of spinach

A beetroot

A cup of red berries

3 radishes

Half a lemon

Preparation: First, wash the ingredients well and then chop them and juice them in a juicer. Transfer the juice into a glass and enjoy it once per day.

3. **Beetroot & carrot juice**

You will need:

4 beetroots

4 carrots

Half a lemon

2 tbsp of brewer's yeast

Preparation: Wash the ingredients and then cut them into smaller pieces and put them in the juicer, except the brewer's yeast. Juice them well and then add the yeast at the end and juice the content once more.

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Important to note: *Make sure to avoid brewer's yeast if you have a Candida infection or some other fungal infection.*

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