



## Support for Anemia

If you're anemic, you may experience symptoms such as “chronic fatigue, listlessness, pale skin, dizziness, shortness of breath, and weakness.” The following tea can “provide iron and increase iron absorption” if taken on a regular basis. This is not meant to replace a treatment you have been provided by a doctor; it's merely an aid. Dandelion and nettle leaves are high in nutritional value. “According to herbalist Rosemary Gladstar, nettle is also ‘one of the highest sources of digestible iron in plant form.’”

### **For loose-leaf infusions:**

- “1. Put 4 to 6 tablespoons of dried herb... into a glass quart jar.
2. Pour boiling water over the herbs, filling the jar. Let steep for 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)
3. Strain and drink.”

**Avoid using dandelion if you are using antibiotics, lithium, diuretic, blood thinner/anticoagulant or blood pressure medications as it might interact with these.**

-J. Brown, *The Good Living Guide to Medicinal Tea: 50 Ways to Brew the Cure for What Ails You*

-<https://theherbalacademy.com/a-family-herb-stinging-nettle-leaf-uses/>

-R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*