

-Processed Foods and Soil Depletion

-High Cereals (foods that bind iron)

-Low Beans and Meats (foods that supply iron)

-Enteropathy

-Hypochlorhydria

-Dysbiosis

-Diarrhea

-GI Inflammation

-Hemorrhage

-Menstruation

-Hookworm (Trichuris, Ascaris)

-Injury, Trauma

-Pregnancy

-Rapid Growth

-Lactation



Diet



Poor Iron Absorption



Loss of Blood



Increased Physiologic Requirements



Low Iron Supply

+



High Iron Demand



Iron Deficiency

Signs/Symptoms of Iron Deficiency:

- *Extreme fatigue*
- *Pale skin*
- *Weakness*
- *Shortness of breath*
- *Headache*
- *Dizziness/lightheadedness*
- *Cold hands and feet*
- *Irritability*
- *Inflamed or sore tongue*
- *Brittle nails*
- *Fast heartbeat*
- *Poor appetite*
- *Tingling or crawling sensation in legs (Restless Legs Syndrome)*
- *Unusual cravings*

Factors Contributing to Iron Deficiency

Various combinations of factors can add up to elemental deficiency, as illustrated above. To move a patient from states of deficiency to repletion, multiple actions may be required, the most common of which is oral supplementation of absorbable forms of iron or other elements as indicated by laboratory evaluations. The ultimate goal is to guide the patient to improved dietary and lifestyle habits that improve supply while managing factors that increase demand for iron.

