



# **Anemia and Iron deficiency - Treatment with Homeopathy, Acupressure and Schuessler salts (homeopathic cell salts): A homeopathic, naturopathic and biochemical guide**

*Robert Kopf*

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Iron is a part of hemoglobin in our blood and enzymes. It is used in many cell functions and helps our muscles store and use oxygen. A lack of iron can lead to anemia. Anemia also occurs when your body doesn't produce enough red blood cells or hemoglobin to carry adequate oxygen and nutrients to your tissues. Anemia may affect multiple biological systems and can be a sign of serious illnesses. Loss of blood and iron deficiency are the most common causes of anemia.

The symptoms of anemia are fatigability, pallor of the skin and mucous membranes, shortness of breath, palpitations of the heart, dizziness, cognitive problems, cold hands and feet, headache etc.

In this homeopathic and naturopathic adviser, I will give you recommendations how to treat anemia and iron deficiency with homeopathy, Schuessler salts (also named cell salts, tissue salts, biochemistry), herbal tinctures and acupressure. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage.

Acupressure comes from the Far East. During the acupressure treatment special points are pressed, massaged or rapped. As long as the energy is distributed evenly throughout the energy channels (meridians) of the body, the person is healthy. When the energy flow is disrupted, the person is sick. By treating certain points, the energy between the meridians will be balanced and the patient gets enough power to become healthy.

Homeopathy works holistically and treats the whole body, spirit and soul. I wish you much success, joy of life and especially your health. You will find more information about health in my other ebooks.

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