This information is for educational purposes only and is based on my personal experience and research. It is not medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider for medical guidance.

IRON DEFICIENT ANEMIA – FIND YOUR ROOT CAUSE

1. Being a woman (You lose more blood cells and iron than your body can replace through periods and procreation):

Periods

Pregnancy, increases iron demands because the baby requires the iron to develop

Miscarriage (blood loss)

birthing a child (extreme loss of blood during process)

breastfeeding

Endometrial Polyps

Fibroids

2. Absorption Issues (low gastrointestinal absorption or things that compete with iron absorption):

low stomach acid

SIBO

H. pylori

Hypothyroidism

postbariatric surgery

gallbladder removal (most likely unable to digest fats)

Celiac disease

Crohns disease

high intake of calcium (drinking a lot of milk, eating cheese- because it interferes with iron absorption)

commonly used medications such as antacids and proton-pump inhibitors for gastroesophageal reflux disease, tetracycline

inflammatory bowel disease

Vitamin A Deficiency (Get Vit A tested that includes Vit A Palmitate)

Vitamin B12 deficiency (try to get Active B12 tested as well, also MMA)

Manganese deficiency

heavy metal toxicity (including copper toxicity)

low copper (get Copper RBC tested)

low ceruloplasmin (get Ceruloplasmin tested)

3. Low iron diet: (Your body is able to absorb iron, but you are not eating enough foods that contain iron)

4. Increased bleeding/losing more iron than you take in:

donating blood

bleeding disorders

ulcers, gastritis, or parasites

gastrointestinal bleeding from the long term use of aspirin, NSAIDs such as ibuprofen, and arthritis medications

angiodysplasia, a bleed in the small bowel.

peptic ulcer disease

Cancer in the esophagus, stomach, small bowel, or colon

Esophageal varices, often from cirrhosis

hookworm infection

fibroids

urinary tract bleeding

ulcerative colitis

hemorrhoids, colon cancer, peptic ulcer, hematuria

anticoagulants (preventing blood from clotting)

going through puberty (the body requires a ton of iron to develop)

excessive sweating

5. Things that steal, deplete, or chelate our iron:

parasites

Hookworm infections

bacteria

supplementing with b12 and other vitamins in high doses (frequent B12 shots for example, or high doses of Vit D for example)

gluten robs us of iron

Turmeric, Curcumin, Quercetin

Hyperoxaluria, high oxalates

Mold exposure

6. Here are some wildcards:

“Rarely, hypoferritinemia may be due to disorders of iron metabolism”

Puberty

being born Premature

Nutritional deficiencies from the mother having nutritional deficiencies during pregnancy

Perhaps low copper, ceruloplasmin, and Vit D

Undiagnosed Iron Deficiency due to falsely raised Ferritin; including but not limited to Anemia of Chronic Disease, Chronic Kidney Disease, fatty liver, systemic lupus erythematosus, rheumatoid arthritis, Long-term infections, such as bacterial endocarditis, osteomyelitis (bone infection), HIV/AIDS, lung abscess, hepatitis B or hepatitis C