



## Living Well with Hemochromatosis: A Handbook on Diet, Iron Overload Treatments and Protective Supplements (Paperback)

By Ralph Catalase

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hemochromatosis afflicts millions of people worldwide, and if untreated can lead to severe organ damage and even death. A hemochromatosis diagnosis is easy to overlook, and so most sufferers must see an average of three doctors before obtaining the correct diagnosis. Physicians often provide few dietary guidelines for hemochromatosis patients that can help you keep your iron overload tendency in check, nor do they explain why certain foods can be bad or good for you. This is a top nutritionist s approach to handling hemochromatosis and iron overload tendencies without severely impacting your lifestyle. The typical nutritional approach to managing iron overload is to reduce the number of iron rich foods in your diet, but you should not try to entirely eliminate dietary iron or you can end up with other health issues such as anemia. A better approach is to also eat foods that tend to bind iron at the same time you are eating red meats, seafood and any other iron rich foods you favor. Vitamin C and citrus fruits should also be eaten at separate times from iron...



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