

Ebook  
Copywriting  
for Peace In  
The Kitchen



Josie Wild - 2022

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# Iron Deficiency Ebook

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Unleash your boundless vitality and conquer iron deficiency once and for all!

An essential guide to healing iron deficiency so that you can stop napping your days away, balance your menstrual cycle & live life fully.

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“Healing an iron deficiency requires a supplementation protocol and a diet change.”  
Don’t worry; you can heal your iron deficiency with the help of plants!

Adopting these habits can help you regain control of your life, from eliminating long naps to stabilizing menstrual cycles.

Everyone deserves to feel energized and spend their time and energy on things that bring them joy and fulfilment.

Balancing your iron levels will give you your energy back, and you can inspire others who struggle with iron deficiency too!

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## **Make sure to incorporate iron-rich foods into your diet!**

Although heme-iron found in animal products is more readily absorbed by the body, it is still very possible for vegans to meet their iron requirements through a plant-based diet.

### Important tip

Consider incorporating iron-rich foods into each meal to ensure a healthy iron intake. Some great options include tofu, dark leafy greens, lentils, tempeh, and red kidney beans.

Did you know that plant-based sources of iron are called non-heme iron?

Our bodies have a natural ability to regulate the absorption of non-heme iron, but the same cannot be said for heme-iron. Our bodies tend to absorb heme-iron regardless of whether we need it, which is not ideal. Surprisingly, having too much iron in the body can be more harmful than having a deficiency or anaemia. To ensure a healthy iron intake, consuming non-heme iron sources and getting a blood test before considering iron supplements is best.

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Remember to always include a good source of vitamin C with your meals.

1. Tomatoes
2. Bell-peppers
3. Citrus Fruits

Incorporating vitamin C into your diet can aid your body's iron absorption. Excellent sources of vitamin C include lemon and orange juice, kiwi, and strawberries. Establishing a routine of including a vitamin C source in every meal can significantly improve your iron levels.

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Avoid consuming coffee, tea and cocoa beverages 1 hour before and after a meal.

**Coffee lover? Here are some concerns...**

Although coffee, tea, and cocoa are popular breakfast beverages, they contain polyphenols and tannins that can significantly impede iron absorption.

To ensure maximum nutrient intake, consuming these beverages at least an hour before or after eating is advisable. I recommend eating before drinking coffee, as drinking coffee on an empty stomach can lead to hormonal disruptions.



### Your Next Steps:

- Join my free Q&A sessions on most Tuesdays by following me on Facebook.
- Join my Facebook group, where members support each other in healing their iron deficiency and menstrual cycles with plants.

You'll also gain access to exclusive content. Nourish your body with a plant-based diet to unlock your true potential. Embrace a life full of vitality and inspire those around you to do the same. With my help, you'll say goodbye to limitations and reach Peace In The Kitchen!

