# BLOOD FOOD

Dr. Christopher's Herbal Support for Building Healthy Blood!

Your blood carries oxygen to every cell in your body, a job that depends on having enough healthy red blood cells and enough hemoglobin inside them to carry that oxygen efficiently.

Anemia is simply a deficiency in the number of red blood cells, hemoglobin, or both. It can show up as paleness, fatigue, or a noticeable palpitation, since the body is working harder to circulate oxygen with less of it in each cell.

Rather than treating anemia as an isolated symptom, Blood Food takes a nutritional approach — herbs long used as food for the blood, supplying the traditional iron and minerals the body uses to build new red blood cells and raise hemoglobin levels.

Because it works nutritionally rather than acutely, this is a formula taken regularly, with meals, as ongoing support for the blood-building process rather than a single fast-acting dose.

**This Herbal Combination:**

- SUPPLIES traditional iron-rich nutrition to support healthy red blood cell production
- SUPPORTS building and maintaining healthy hemoglobin levels
- WORKS as a gentle, nutritive blood tonic taken regularly, not a fast-acting remedy
- PROVIDES the minerals traditionally associated with rich, healthy blood
- 100% organic, herbal, sugar-free and chemical-free

**BOTANICAL INGREDIENTS:** Sarsaparilla Root, Yellow Dock Root, Comfrey Root, Sassafras Bark



### Sarsaparilla Root

The dominant herb in this formula — traditionally used as a blood purifier and tonic, and valued for the minerals it's traditionally credited with contributing to rich, healthy blood.



### Yellow Dock Root

One of the best-known traditional iron-rich, blood-building herbs — long used specifically to support red blood cell production and healthy hemoglobin levels.



### Comfrey Root

A traditional tissue-healing and nutritive herb, rich in minerals traditionally valued for building the blood. Used here in a modest, traditional proportion — see the note below.



### Sassafras Bark

Included in a small amount as a traditional blood-purifying herb, rounding out the formula. See the note below.

## HOW IT WORKS

Sarsaparilla Root purifies and tones the blood while Yellow Dock Root supplies traditional iron-rich nutrition to help build red blood cells and hemoglobin. Comfrey Root adds tissue-nourishing minerals, and Sassafras Bark rounds out the blend's traditional blood-purifying action. Taken regularly with meals, this formula is meant to nutritionally support healthy blood over time, rather than correct anemia with a single dose.

## Dosage

2 to 4 dropperfuls (½ to 1 teaspoon) in a cup of hot water after each meal. Add honey to taste and drink.

Note: Comfrey Root and Sassafras Bark are traditional botanicals; some modern regulatory guidance advises against prolonged internal use of comfrey (due to its natural alkaloid content) and unprocessed sassafras (due to its natural safrole content) — this formula uses both in small, traditional proportions. Yellow Dock Root is traditionally avoided by those with a history of kidney stones or oxalate sensitivity. This is for ongoing nutritional support, not a substitute for medical care for anemia or another blood condition.

*For more on this formula, see my blog post “Food for the Blood” at www.daradietz.me.*