

RAISE YOUR HEMOGLOBIN - AVOID A TRANSFUSION!

Brigitte, a Safe Blood Member, could not schedule a needed surgery because her hemoglobin level was too low. She undertook the following protocol on the advice of a naturopath. Using this protocol, she was able to avoid the need for a transfusion prior to surgery altogether by raising her own hemoglobin four levels (from 7 to 11) in 30 days.

BRIGITTE'S PROTOCOL TO RAISE HEMOGLOBIN LEVEL

Heart & Soil "Life Blood"* Dietary Supplement - 6 per day
(Available online but not from amazon or any major retailer in the USA)

<https://heartandsoil.co/>

<https://shop.heartandsoil.co/products/lifeblood>

Hema-Plex Iron Tablets - 1 per day

<https://www.amazon.com/dp/B00014EFFQ>)

Vitamin D3 250 mcg (10,000 IU) - 1 per day

Vitamin B-6 100 mg - 1 per day

Vitamin C with Rose Hips 1000 mg - 1 per day

Barley Power Green Supreme Dietary Supplement - 4 per day
(1360 mg Barley leaves)

<https://amazon.com/dp/B009AC8KKQ>

Vitamin B12 Folate (680 mcg Folate, 3000 mg Vitamin B12) - 1 per day

Nature's Way Chlorofresh Liquid Chlorophyll Drops - 25 drops per day

<https://amazon.com/dp/B00028MW1A>

Take all at once.

*Another member suggested this product as a substitute:

Ancestral Supplements Blood Vitality (w/Blood, Liver, Spleen) — Supports Life Blood, Bioavailable Heme Iron, Energy and Exercise Performance

<https://ancestralsupplements.com/products/blood-vitality-by-ancestral-supplements>

<https://www.amazon.com/Ancestral-Supplements-Blood-Vitality-Spleen/dp/B08KZPKYJ4>