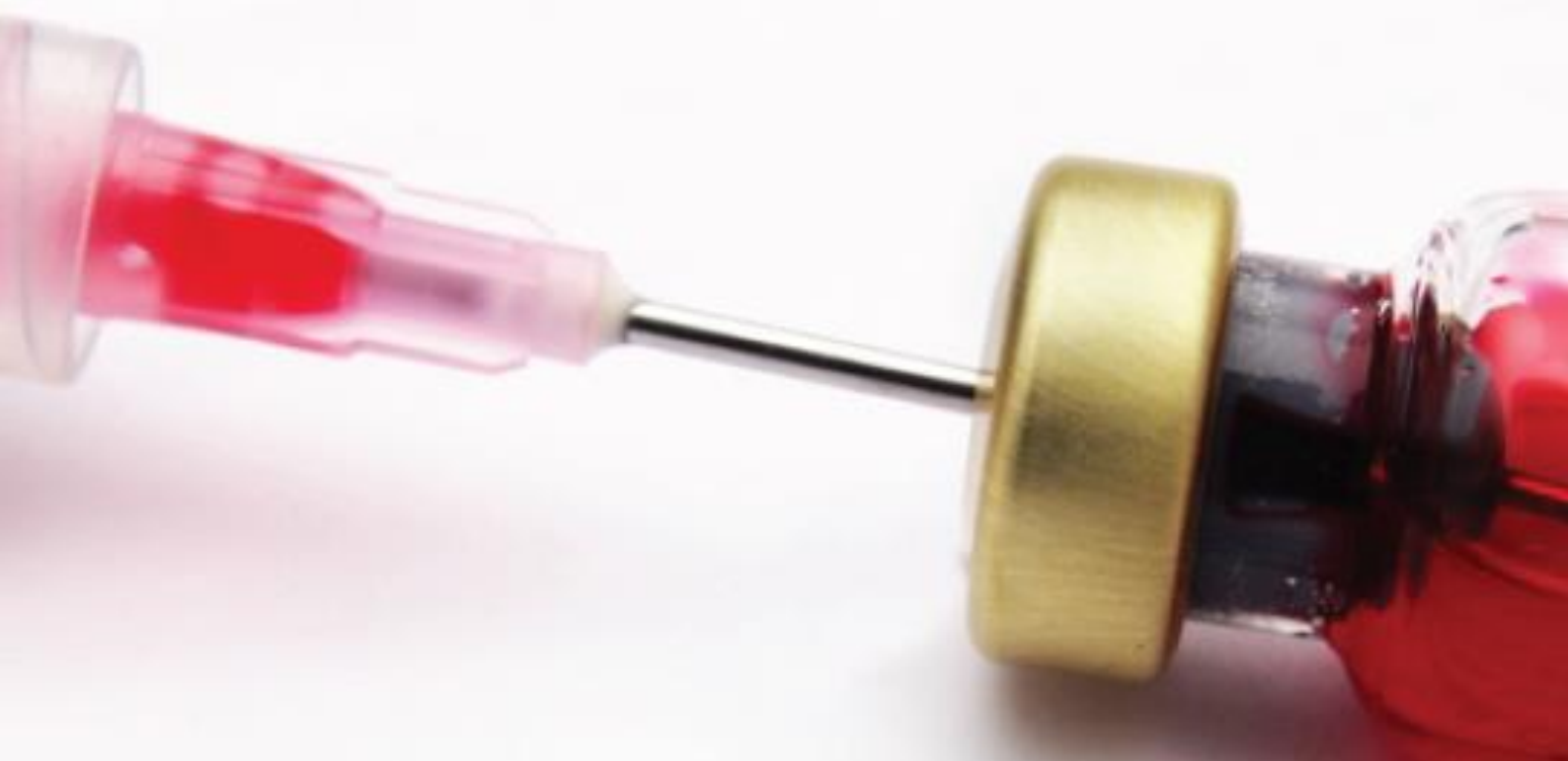


**LIBRACIN NATURAL MEDICINE IND. LTD**



**ANEMIA**

**ANAEMIA**

**CAUSES & NATURAL REMEDY**

*Dr. Bestman Anyatonwu*

## MEANING

Anaemia is a condition that develops when your blood lacks enough healthy red blood cells or haemoglobin. Haemoglobin is a main part of red blood cells and binds oxygen. If you have too few or abnormal red blood cells, or your haemoglobin is abnormal or low, the cells in your body will not get enough oxygen.

Symptoms of Anaemia, like fatigue, occur because organs aren't getting what they need to function properly.

### **Important factors to remember are:**

- Certain forms of Anaemia are hereditary and infants may be affected from the time of birth.
- Women in the childbearing years are particularly susceptible to iron-deficiency Anaemia because of the blood loss from menstruation and the increased blood supply demands during pregnancy.
- Older adults also may have a greater risk of developing Anaemia because of poor diet and other medical conditions.

## TYPES OF ANAEMIA

Anaemia is in many types. All types are very different in their causes and treatments.

### **Iron-deficiency Anaemia**

The most common type, is very treatable with diet changes and iron supplements. Some forms of Anaemia, like the mild Anaemia that develops during pregnancy, are even considered normal. However, some types of Anaemia may present lifelong health problems. This type of Anaemia can be caused by:

- An iron-poor diet, especially in infants, children, teens, vegans, and vegetarians
- The metabolic demands of pregnancy and breastfeeding that deplete a woman's iron stores

- Menstruation
- Frequent blood donation
- Endurance training
- Digestive conditions such as Crohn's disease or surgical removal of part of the stomach or small intestine
- Certain drugs, foods, and caffeinated drinks

There are over 400 types of Anaemia, which are divided into three groups:

- Anaemia caused by blood loss
- Anaemia caused by decreased or faulty red blood cell production
- Anaemia caused by destruction of red blood cells

### **Anaemia Caused by Blood Loss**

Red blood cells can be lost through bleeding, which often can occur slowly over a long period of time and can go undetected. This kind of chronic bleeding commonly results from the following:

- Gastrointestinal conditions such as ulcers, haemorrhoids, inflammation of the stomach, and cancer.
- Use of nonsteroidal anti-inflammatory drugs such as aspirin, which can cause ulcers and inflammation of the stomach.
- Menstruation and childbirth in women, especially if menstrual bleeding is excessive and if there are multiple pregnancies

### **Anaemia Caused by Decreased or Faulty Red Blood Cell Production**

With this type of Anaemia, the body may produce too few blood cells or the blood cells may not function correctly. In either case, Anaemia can result. Red blood cells may be faulty or decreased due to abnormal red blood cells or a lack of minerals and vitamins needed for red blood cells to work properly. Conditions associated with these causes of Anaemia include the following:

- Sickle cell Anaemia
- Iron-deficiency Anaemia
- Vitamin deficiency
- Bone marrow and stem cell problems
- Other health conditions

Red blood cells become crescent-shaped because of a genetic defect. They break down rapidly, so oxygen does not get to the body's organs, causing Anaemia. The crescent-shaped red blood cells can also get stuck in tiny blood vessels, causing pain.

### **Vitamin-deficiency Anaemia**

This may occur when vitamin B12 and folate are deficient. These two vitamins are needed to make red blood cells. Conditions leading to Anaemia caused by vitamin deficiency include:

- **Megaloblastic Anaemia:** Vitamin B12 or folate or both are deficient
- **Pernicious Anaemia:** Poor vitamin B12 absorption caused by conditions such as Crohn's disease, an intestinal parasite infection, surgical removal of part of the stomach or intestine, or infection with HIV
- **Dietary deficiency:** Eating little or no meat may cause a lack of vitamin B12, while overcooking or eating too few vegetables may cause a folate deficiency.
- **Other causes of vitamin deficiency:** pregnancy, certain medications, alcohol abuse, intestinal diseases such as tropical sprue and celiac disease. During early pregnancy, sufficient folic acid can help prevent the foetus from developing neural tube defects such as spina bifida.

Bone marrow and stem cell problems may prevent the body from producing enough red blood cells. Some of the stem cells found in bone marrow develop into red blood cells. If stem cells are too few, defective, or replaced by other cells such as metastatic cancer cells, Anaemia may result.

Anaemia resulting from bone marrow or stem cell problems include:

- **Aplastic Anaemia:** This occurs when there's a marked reduction in the number of stem cells or absence of these cells. Aplastic Anaemia can be inherited, can occur without apparent cause, or can occur when the bone marrow is injured by medications, radiation, chemotherapy, or infection.

- **Thalassemia:** This occurs when the red cells can't mature and grow properly. Thalassemia is an inherited condition that typically affects people of Mediterranean, African, Middle Eastern, and Southeast Asian descent. This condition can range in severity from mild to life-threatening; the most severe form is called Cooley's Anaemia.
- **Lead Poisoning:** Lead exposure is toxic to the bone marrow, leading to fewer red blood cells. Lead poisoning occurs in adults from work-related exposure and in children who eat paint chips, for example. Conditions causing this type of Anaemia include the following: Advanced kidney disease, Hypothyroidism, other chronic diseases, such as cancer, infection, lupus, diabetes, and rheumatoid arthritis and old age.

### **Anaemia Caused by Destruction of Red Blood Cells**

When red blood cells are fragile and cannot withstand the routine stress of the circulatory system, they may rupture prematurely, causing haemolytic Anaemia. Haemolytic Anaemia can be present at birth or develop later. Sometimes there is no known cause.

Known causes of haemolytic Anaemia may include:

- Inherited conditions, such as sickle cell Anaemia and thalassemia
- Stressors such as infections, drugs, snake or spider venom, or certain foods
- Toxins from advanced liver or kidney disease
- Inappropriate attack by the immune system (called haemolytic disease of the new-born when it occurs in the foetus of a pregnant woman)
- Vascular grafts, prosthetic heart valves, tumours, severe burns, exposure to certain chemicals, severe hypertension, and clotting disorders
- In rare cases, an enlarged spleen can trap red blood cells and destroy them before their circulating time is up.

## HERBAL REMEDY

Libracin herbal alternative is suitable to cure painful urination:

- a) **Libracin Herbal Tablet:** <http://libracin.com/product/libracin-herbal-tablet-sp/>
- b) **Neem Tea:** <http://libracin.com/product/neem-tea-plus-vernonia/>
- c) **Aloe Vera:** <http://libracin.com/product/aloe-vera-plus-bitters-aloes-SP/>
- d) **Bounty:** <http://libracin.com/product/bounty-herbal-tea/>
- e) **Stage-A:** <http://libracin.com/product/stage-a-herbal-tea/>
- f) **Nutrishield:** <http://libracin.com/product/nutrishield-herbal-extract/>



## CONTACT US



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[www.libracin.com](http://www.libracin.com)

## BRANCHES

### LAGOS:

#### OSHODI:

447, 2nd Floor (back) Agege Motor way,  
Bolade Bus stop, Oshodi Lagos State.  
09065409970, 08035258845.

#### SURULERE:

1B Adeniyi Adefioye Street,  
Marsha -Kilo Link Road,  
Car Wash, Ikate Surulere, Lagos State.  
09067687536, 08156811248  
09079852695, 08170715107

### ABUJA FCT:

#### KUBWA:

Hadza Plaza,  
Opposite Channel 8 Junction,  
Kubwa Abuja, FCT.  
08104248293, 08060738106

#### ZUBA:

Shop No B4, Zuba Plaza,  
Zuba, Abuja FCT.  
09094061768, 09060823886

#### DUTSEN:

Shop 60/61 MMG Shopping Complex,  
1st Gate, Dutsen Alhaji, Abuja FCT.  
07068259254, 09060732488

#### BWARI:

Atanu Plaza, Beside Peace Park,  
Opposite Bwari Market, Bwari Abuja FCT.  
08138622678, 09065450205

#### MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,  
Abuja/Kiffi Exp. Way, Sharp Corner,  
Mararaba, Abuja FCT.  
08100784750, 09060942743

#### MPAPE:

Ansar Plaza,  
Sult No. 109 By Oceanic/Begger Junction,  
Mpape, Abuja FCT.  
08066745196, 09064999439

#### KURUDU:

De-Bright Plaza, Kurudu Junction,  
By Orozo/Karshi Road, Abuja FCT.  
09036188267, 09068730988