HB % குறை பட்டத்தில் - 14.08 gm %
<table>
<thead>
<tr>
<th>தேசிய வேறுபாடு</th>
<th>விளக்க ஆய்வு முறை</th>
<th>தேசிய விளக்கம்</th>
<th>விளக்க முறை</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acid</td>
<td>37.00 gm %</td>
<td>Acid</td>
<td>35.00 gm %</td>
</tr>
<tr>
<td>பிளாக் (Acid)</td>
<td>-11.00 gm %</td>
<td>பிளாக் (Acid)</td>
<td>-12.00 gm %</td>
</tr>
<tr>
<td>B12</td>
<td>-10.00 gm %</td>
<td>B12</td>
<td>-12.00 gm %</td>
</tr>
<tr>
<td>அங்கியா (B12)</td>
<td>-10.00 gm %</td>
<td>அங்கியா (B12)</td>
<td>-12.00 gm %</td>
</tr>
</tbody>
</table>

**சமயச் சொல்லுரை:**

வேறுபாடு விளக்கம் மற்றும் விளக்க முறையின் தொகை விளக்கம் பெற்றுள்ளது. விளக்கம் மற்றும் விளக்க முறை மூலம் வேறுபாடு விளக்கம் பெற்றுள்ளது. விளக்கம் மற்றும் விளக்க முறையின் தொகை விளக்கம் பெற்றுள்ளது. விளக்கம் மற்றும் விளக்க முறையின் தொகை விளக்கம் பெற்றுள்ளது.
Labels: Health | Nutrition| Labels

24 comments:

Sathik Ali said...

August 15, 2011 at 1:20 AM

http://siddhavaithiyan.blogspot.com/2010/06/blog-post.html

Sathik Ali said...

October 19, 2011 at 7:29 AM


Sathik Ali said...

September 8, 2012 at 4:52 AM

September 8, 2012 at 4:56 AM
Sathik Ali said...

Awesome information, thanks for such valuable content. Best Animation Maker Apps

Sathik Ali said...

Hello, your nice blog and fantastic information

Super

xyz on blog post

Awesome information, thanks for such valuable content. Best Animation Maker Apps

Unknown on blog post
https://m.youtube.com/watch?v=6omAJa3wN-Y

unknown on blog post_11

This blog is very informative related to health issues. Being a father its very helpful for me and...

Team 4 Kids on blog post_9970

Aha! online

F1 Electronics

Aha! online

Indian Blood Donors.com

Team 4 Kids

Package.Singapore Honeymoon...

Hello, your nice blog and fantastic information

Singapore Tour

Unknown

Super

Unknown

https://m.youtube.com/watch?v=6omAJa3wN-Y

Sathik Ali
for 1/2 to 1 tsp of extract of dandelion leaf and/or root, twice a day. Anemia can be cured by eating about 1/2 to 1 tsp. of the tincture of Yellow dock root, thrice in a day. You can also go to be good sources of this vitamin. Consuming them will prove to be beneficial for those suffering from anemia.

Vitamin B12 is very helpful in curing anemia. Animal protein and organic meats, like kidney and liver, are considered to be good sources of this vitamin. Consuming them will prove to be beneficial for those suffering from anemia.

Consumption of beetroot, as a cooked vegetable or in salad, is one of the best home remedies for anemia. You can also consume beetroot juice for the purpose.

Sun bath is also recommended for anemic people, as it increases the production of red blood cells.

Anemia can be cured by eating about 1/2 to 1 tsp. of the tincture of Yellow dock root, thrice in a day. You can also go for 1/2 to 1 tsp of extract of dandelion leaf and/or root, twice a day.
Consumption of a ripe banana; mashed and mixed with a tablespoon of honey, will prove to be beneficial in treating anemia.

Apple and tomato juice have been found to be beneficial in treating anemia. Consume a glass of each, at least once in a day.

Soak about 7 almonds, in water, overnight. Throw away the water in the morning, peel off the skin of almonds and grind them, to form a paste. Have this paste in the morning, for at least three months.

Anemic can benefit from a combination of apple cider vinegar and blackstrap molasses. Combine 2 tsp of apple cider vinegar and 2 tsp of blackstrap molasses and add 1 cup water. Drink this decoction once a day.

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**November 1, 2012 at 6:30 AM**

**Sathik Ali** said...

If you have heavy periods, do two things. One the first sign of your period take one ibuprofen, this will reduce flow. Then on day two put Apple cider vinegar in water, one tablespoon to two cups. Just dilute it enough. You have to dilute it so you don’t hurt your throat or stomach. This will reduce your period so that you are not bleeding as much and will help your anemia. It will work!!!!!!!!!!!!!!!!!!

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**November 1, 2012 at 7:17 AM**

**Sathik Ali** said...

I don’t know who first gave us the recipe, but it is said that it really works:

Take a pound of beef stew meat (or any other cut you can get, no or low fat) and put it into a Glass canning jar, some do this without any added water, some add only a little, not higher than the level of the meat. Put the lid and band on the canning jar, and put this into a canner or large deep pot, add some water and put the lid on the pot, bring to a boil, then simmer for 6 hours. All of the IRON is cooked out of the meat and into the water. Give this to the person who is anemic or anticipating surgery, and also give them Black Strap Molasses, the one with the highest iron, calcium and magnesium, listed on this website, ONE tablespoon along with the beef broth. This will shock the doctors, just how fast it will build the blood. We are giving my mother 1 cup three times a day. So you may need to cook several pounds, jars at a time. Our friends are doing this for us too, and one of them got about 1 quart of juice from 4 (four) pounds of beef.

**IMPORTANT:** Don’t fill the jars too full, because when it is boiling you can lose some of the juice into the pot, and any juice lost is IRON lost. Leave at least a couple of inches above the meat in each jar

**November 1, 2012 at 8:08 AM**

**Sathik Ali** said...

One teaspoon daily dipped and dripping with Blackstrap Molasses (House of Herbs 70% iron content) totally eliminated my anemia, dizziness and fatigue.

**November 1, 2012 at 8:29 AM**

**Sathik Ali** said...

Sickle-cell Anemia, Natural Cures

The treatment is eating foods that are high in nitrilosides. These nitrilosides are transformed in your body to thiocyanate which prevents your blood from sickling. Some are these foods are millet, african yams, sorghum, and apricot seeds.
Foods Containing B17 (Nitrilosides)
http://www.vitaminb17.org/foods.htm

To increase the Hemoglobin count you can give "Black Resins" and dry fig slices soaked in the water overnight. Take 6 to 8 black resins and 2 slices of fig and soak them in a cup of water over night. In the morning on empty stomach eat the rasins and fig slices chewing them thoroughly and drink the water in which they were soaked.

Heme iron vs non-heme iron

December 18, 2013 at 5:49 AM
Sathik Ali said...

To make the Hemoglobin count you can give "Black Resins" and dry fig slices soaked in the water over night. Take 6 to 8 black resins and 2 slices of fig and soak them in a cup of water over night. In the morning on empty stomach eat the rasins and fig slices chewing them thoroughly and drink the water in which they were soaked.

December 18, 2013 at 5:50 AM
Sathik Ali said...

Heme iron vs non-heme iron

December 18, 2013 at 5:51 AM
Sathik Ali said...

Heme iron vs non-heme iron

December 18, 2013 at 5:52 AM
Sathik Ali said...

Heme iron vs non-heme iron
அ ய ா இ ப ெ த ா ம    வ ே க    ச ா த ா ர ண ம ா த      ட ல ா எ   ற இ ய ை வ ட

February 2, 2014 at 5:13 AM

Sathik Ali said...

அ ய ா இ ப ெ த ா ம    வ ே க    ச ா த ா ர ண ம ா த      ட ல ா எ   ற இ ய ை வ ட

August 3, 2016 at 2:28 AM

Sathik Ali said...