

## **RAISE YOUR HEMOGLOBIN - AVOID A TRANSFUSION!**

*Two protocols of SafeBlood Members.*

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.

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\*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>

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## LISA'S PROTOCOL TO RAISE HEMOGLOBIN

Using this protocol, Lisa was able to raise her own hemoglobin level from a 6 to a 10 in 30 days.

Mega Food Blood Builder (3 daily)

[https://www.amazon.com/MegaFood-Builder-Production-Constipation-Gluten-Free/dp/B002N0KTJC/ref=sr\\_1\\_5\\_pp?crid=W3M0SVP8M0M5&keywords=mega%2Bfood%2Bblood%2Bbuilder%2Biron&qid=1699465274&sprefix=mega%2Bfood%2Caps%2C337&sr=8-5&th=1](https://www.amazon.com/MegaFood-Builder-Production-Constipation-Gluten-Free/dp/B002N0KTJC/ref=sr_1_5_pp?crid=W3M0SVP8M0M5&keywords=mega%2Bfood%2Bblood%2Bbuilder%2Biron&qid=1699465274&sprefix=mega%2Bfood%2Caps%2C337&sr=8-5&th=1)

Pure Encapsulations Calcium with Vit D3 (6 daily) (supports bone, cardiovascular & colon health)

[https://www.amazon.com/Pure-Encapsulations-Hypoallergenic-Supplement-Cardiovascular/dp/B0017ODQFE/ref=sr\\_1\\_4\\_pp?crid=9ZBPD2YADX8T&keywords=pure+encapsulations+calcium&qid=1699465274&sprefix=pure+encapsulations+calcium%2C337&sr=8-5&th=1](https://www.amazon.com/Pure-Encapsulations-Hypoallergenic-Supplement-Cardiovascular/dp/B0017ODQFE/ref=sr_1_4_pp?crid=9ZBPD2YADX8T&keywords=pure+encapsulations+calcium&qid=1699465274&sprefix=pure+encapsulations+calcium%2C337&sr=8-5&th=1)

[d=1699465310&s=hpc&sprefix=pure+encapsulations+calcium%2Chpc%2C200&sr=1-4](https://www.amazon.com/dp/B01MSBZYQW/ref=sr_1_4_pp?crid=3TLP632PP471D&keywords=ancestral+grassfed+beef+liver&qid=1699465486&s=hpc&sprefix=ancestral+grassfed+beef+liv%2Chpc%2C224&sr=1-4)

Ancestral Grassfed Beef Liver (8 daily)

[https://www.amazon.com/dp/B01MSBZYQW/ref=sr\\_1\\_4\\_pp?crid=3TLP632PP471D&keywords=ancestral+grassfed+beef+liver&qid=1699465486&s=hpc&sprefix=ancestral+grassfed+beef+liv%2Chpc%2C224&sr=1-4](https://www.amazon.com/dp/B01MSBZYQW/ref=sr_1_4_pp?crid=3TLP632PP471D&keywords=ancestral+grassfed+beef+liver&qid=1699465486&s=hpc&sprefix=ancestral+grassfed+beef+liv%2Chpc%2C224&sr=1-4)

Iron supplement (1 daily)

<https://plexusworldwide.com/heals/home>

Multi Vitamin (Plexus XFactor) (4 daily)

Probiotic (Probio 5) (4 daily)

Cleanse (Bio Cleanse) (4 daily - after dinner take all 4 at once)

DoTerra Oils (following oils in a capsule 1 daily):

<https://referral.doterra.me/11444592>

DDR Prime (2 drops)

Frankincense (2 drops)

Zendocrine (3 drops)

Helichrysum (2 drops)

Geranium (2 drops)

These oils are good for anemia, cellular repair and detox.

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