

## — Blood Health

Blood is found in blood vessels that are made up of arteries, arterioles, capillaries, venules and veins, which take blood to and from every part of your body. Blood has several key functions that include transport, regulation & protection.

Blood transports oxygen from the lungs to the cells of the body and transports carbon dioxide from the body's cells to the lungs where it is breathed out. Blood carries nutrients, hormones and waste products around the body. Blood regulates the acid-alkali balance of the body and plays an important part in regulating the body temperature. By increasing the amount of blood flowing close to the skin, the blood helps the body to lose heat. Blood also provides protection through both white blood cells that attack and destroy invading bacteria and other pathogens and through platelets that provide clotting and protects the body from losing too much blood after an injury.

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## Iron

Iron is an essential nutrient to maintain life. It is needed in small quantities to help form normal red blood cells (RBCs) and is a critical part of hemoglobin, the protein in RBCs that binds oxygen in the lungs and releases it as blood circulates to other parts of the body. Low iron levels can lead to anemia, causing decreased production of RBCs that are microcytic and hypochromic.

Conversely, large quantities of iron can be toxic to the body. This occurs when too much iron is absorbed over time, leading to the accumulation of iron compounds in tissues, particularly the liver, heart, and pancreas.

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