



DR ELSTEIN'S WEEKLY HIGHLIGHTS

from the world of health and nutrition

Too Much Iron May Not Be Good

When we think about iron, we usually view it as a nutrient we might be lacking, leading to anaemia. However iron excess might be just as common, which is what might turn up once you have a routine health evaluation (http://www.eternalhealth.org/clinic_services), including the assessment of your iron status, without you even knowing you have an iron problem.

While iron is absolutely essential for the generation of energy, having too much of it can be detrimental in so many ways. Elevated blood sugar, impaired liver function, excess free radical stress, Alzheimer's dementia, Parkinson's disease and even cancer have all been linked to excess iron accumulation. Disturbed brain function and fatigue can be complaints connected with high iron levels.

Why have so many got too much iron? This might be related to the presence of a genetic disorder known as haemochromatosis, which results in the body absorbing more iron than it needs, from foods and supplements that contain iron.

Firstly you would need to have a blood test. If your iron levels are high, you need to have an extra test which identifies the presence of haemochromatosis. You cannot change the gene but you can have the excess iron removed, which will prevent the occurrence of the many disorders listed above.

The most efficient way to remove iron is with regular blood donation. Inositol hexaphosphate (IP6, also known as phytic acid) found in the bran and seeds of plants and polyphenols listed at:

<http://www.wikihow.com/Boost-Your-Intake-of-Polyphenol-Antioxidants>, inhibit the absorption of iron.