

HOLISTIC HELP

for

HEMOCHROMATOSIS



A Guide to the Use of Diet and Supplements
In Healing from Iron Overload

DR. ERIC LEWIS, ND

HEMOCHROMATOSIS
HELP 

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in Healing from Iron Overload

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www.HemochromatosisHelp.com

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Praise for *Holistic Help for Hemochromatosis*

Thank You for writing this book! I would be lost without it.

– CAM, Rock Falls, IL, USA

What I like best about this book was that it was easy to read and understand for the lay person. I also like being able to easily find specific topics by the way the book is laid out, and the reference section in the best is perfect! Thank you for taking the time to write this. As someone newly 'diagnosed' this came out at the perfect time. I am grateful to have found your site!

– Kristin Robinson, Portsmouth, NH, USA

Loved the book! Easy to read and understand which was a huge plus. Already doing so many of the ideas. I felt it was easy to understand and follow. Thank you!

– Anonymous, USA

This book is entirely up-to-date. It is written in a very user-friendly authoritative way: lots of results of the latest studies; effective and relative info for those who have read much about HHC, and for those who have not, and are very new to the malady; and written in a positive manner, with humour and hope – a unique and needed reference tool. I refer to it often to refresh. This is a well-crafted text.

– R D, Toronto, Canada

Your book was exceptional. It was full of helpful information on how to implement food in trying to control iron overload and I have made changes to my diet accordingly. I find myself reading the book often and each time I read it I find I pick up more information. So all in all I am so very pleased a book has finally been written which can actually be so helpful with doing what we do every day which is eating!!!! Thank you so much.

– Anonymous, Australia

It is VERY well written. You can understand it scientifically but at the same time, it is not written "above your head." In the future, I will highly suggest this book to newbies.

– *ALS, Sequatchie, TN, USA*

Really love your book. It has been so helpful – so much so that I am ordering a copy for my daughter who has one C282Y gene. Thank you so much for your help. You are a real blessing to me. You have really done a wonderful service to help people.

– *Kathie Booth, Sellersburg, Indiana, USA*

I've received your fine digital version of your book, and am enjoying thoroughly, your very clear explanations of the rather complicated matters of HHC. Thank you for your superb book!

– *Ron Dutcher, Toronto, Ontario, Canada*

I received and have read the new book. As someone who struggles to read a lot in a short space of time I'm amazed at myself for already reading the whole book. It must in part be due to the layout being easy to understand. I feel I have learnt something and so it was worth the purchase thanks for the hard work putting it together.

– *David Hill, Liverpool, UK*

I bought your book when it first came out and it is excellent. It is full of great information and acts as my go to for all questions I have about Hemochromatosis. I appreciate your help and input and all you do to promote natural treatment aids for hemochromatosis.

– *Neil Gegenbauer, Calgary, Alberta, Canada*

A special thank you for the research you have done and for putting the information you have gleaned together into book form – an absolutely useful tool for all people diagnosed with genetic hemochromatosis. I have always followed a natural health way of living and since my diagnosis I've collated much information from various sources, but to have it all together in one book will now make it so much easier for quick reference when needed. Again, thank you.

– *Charmaine Kimber, Port Vincent, SA, Australia*

CONTENTS

Foreword	1
Notes to the Reader	3
 <i>Introduction</i>	
You Are Not Alone	5
 <i>Section 1</i>	
What is Hemochromatosis?	11
Hereditary Hemochromatosis.....	12
Common Hemochromatosis Symptoms.....	13
Conventional Treatments: Phlebotomy & Chelating Medications.....	15
A Holistic Look at Hemochromatosis.....	18
 <i>Section 2</i>	
Overview of Dietary Strategies in Hemochromatosis.....	31
Ways to Think About Diet in Hemochromatosis	33
Understanding the Iron in Your Diet:.....	35
Heme Iron vs. Non-Heme Iron in Food.....	35
How the Type of Iron in Your Food Relates to Your Food Choices	37
Dietary Iron Rules to Follow	38

Section 3

The ABCs of Diet and Supplements for Hemochromatosis41

Alcohol 43

Dairy & Calcium 48

Eggs (Phosvitin) 51

Fish Oil..... 53

Glutathione (N-Acetyl-Cysteine, Alpha Lipoic Acid) 55

Lactoferrin 59

Magnesium 62

Milk Thistle..... 64

Phytates (IP-6) 69

Polyphenols & Tannins (Green Tea & Coffee)..... 73

Spinach (Oxalates)..... 78

Sushi & Raw Seafood: *Vibrio vulnificus* 80

Taurine..... 84

Turmeric (Curcumin) 86

Vitamin A & Beta-Carotene 90

Vitamin C..... 94

Vitamin D 98

Vitamin E 100

Summary of How to Think about Diet in Hemochromatosis..... 103

Conclusion

You Have Options 107

Where to Learn More.....	111
---------------------------------	------------

Appendix 1

Lists of Foods.....	113
Iron-Rich Foods	113
Beta-Carotene-Rich Foods.....	114
Calcium-Rich Foods.....	115
Phytate-Rich Foods	116
Polyphenol-Rich Foods	117
Vitamin C-Rich Foods.....	118
Vitamin E-Rich Foods.....	119

Appendix 2

Common Blood Tests in Hemochromatosis.....	121
References	123
Bibliography	137
About the Author.....	163

FOREWORD

As a person with the Hemochromatosis – diagnosed in 2004, and now on maintenance, I thought there was little else I could do to improve my lot. Having already given over 100 pints of blood, and now at the age of 65 being faced with the prospect of another 100 pints (assuming 4 per year and living for another 25 years), I was very keen to see what Dr Lewis had to say on the subject of food and nutrition.

You cannot eat your way out of the condition, but it appears you can significantly reduce your future iron loading and so increase the time intervals between phlebotomies. Ideally, I would like to reduce mine to 1 per year or less!

Before reading this book, I had already made a significant change in my diet – in October 2016 I moved to a totally whole food, organic, plant-based regime. This change in diet was confirmed as positive since non-heme iron (the iron found in plants) is less readily absorbed by the body. BUT, there is always a but, the body is extremely complex, and for a person with Hemochromatosis, it is even more of a mystery to be unraveled. It appears that diet is not about less or no meat, but more about combining foods which inhibit the iron absorption process, otherwise, you can make your situation worse!

Dr Lewis is a practising naturopathic physician with Hemochromatosis. He does not claim to be definitive—one of the great strengths of his writing is his honesty—as he is only drawing on what is known today. He substantiates his position by quoting on-going research supported by an extensive bibliography, and his breadth of coverage on diet, nutrition and supplements is to be applauded.

If you are looking for definitive answers from this book, remember we are all different, and at a microbiological level even more so. Remember

that with knowledge, must come practice – you need to apply what you learn to see the improvements.

Dr Lewis does an excellent job of making a complex situation accessible to the person in the street. I highly recommend this book, and his website, and the range of supplements on offer, will help you significantly improve your Hemochromatic life.

– James Minter, Author of *The Unexpected Consequences of Iron Overload*

Introduction

YOU ARE NOT ALONE

Millions of people from all over the world suffer, often unaware and often in silence, from a genetic condition called hemochromatosis or iron overload disorder. Some estimates show 1 in 9 people of Northern European descent are carriers of the genetic mutation that can cause this disease. For something so common, one might think that everyone would have heard of this condition, that it would be part of routine blood testing done by physicians, and that people with the condition would have a great support network and understanding by their doctors, friends, and community.

And yet, in reality, hemochromatosis is frequently misdiagnosed by doctors or not diagnosed at all, so people often suffer for longer than they need to, feeling alone in their deteriorating health. Many times their friends and family members have never even heard of the condition, leading to feelings of being an outsider with a strange condition no one can pronounce.

Let me share some of the stories that hemochromatosis patients have shared with me. As you listen to their voices, you may find these stories are similar to your own.

About four years ago I started getting pains in various joints in my legs. By the age of 43 I was the proud owner of my own walking stick and spending entire weeks unable to walk at all. This was humiliating, especially as my vision of myself is of a fairly athletic guy.

I tried to hide the damage being crippled was doing to my pride and self-belief. It also affected my wife who not only had to put up

with the moods but was watching the man she married disintegrate in front of her.

Life continued like this for the next three years. My weight ballooned as I could not exercise, and I resigned myself to being in constant pain. Two months ago I woke up one morning feeling very dizzy, so I forced myself to see a doctor. To my great fortune this doctor ordered a blood test to check my iron levels and liver function.

Bingo! He said, “You have the signs of hemochromatosis” and further tests on my liver, spleen, and pancreas and a second blood test confirmed that my internal organs were twice their normal size due to excessive iron.

The relief of knowing that there was a cause of all the pain, the mood swings, the frustration, the chronic fatigue, the useless creature I had become is impossible to describe.

I have discovered that I am not alone but hundreds of thousands of British, Irish, and Scandinavian people (and people with ancestors from these areas) are suffering the symptoms but not being diagnosed. If you know anyone who has symptoms similar to mine, drag them to a doctor and get them tested. It could save their life.

– Andy R, 46-year-old male, Hong Kong via the United Kingdom

When I was 21, I was very overweight and no matter what I did, my weight wouldn't budge. The weight piled on in a short space of time. I went to a doctor who did all the tests and she mentioned to me that she thought I had hemochromatosis as my iron levels were high. The next time I went in, I asked again about it and a different doctor said, “No, you don't have it, your iron levels aren't high enough.” Translation...I'm too lazy to test for it!! So...roll on a few years. I was in with a new doctor, she tested me, and about two weeks later she texted me to say that I have hemochromatosis and she explained my levels. I was petrified.

I would like to find a way to control this through diet and healthy living, without giving up too much. I have found a good balance and am currently training for a half Ironman race...because, I am an Ironwoman :)

– Rachel M, 26-year-old female, Germany via Ireland

Those affected by hemochromatosis are men and women, young and old, from literally around the globe. The symptoms may be vague and missed or dismissed by doctors, sometimes for decades. The information available is confusing and sparse. It is hard to know where to turn to for help.

However, I want you to know something. You are not alone.

My Story

Hemochromatosis can be scary, lonely, and intimidating. I know this firsthand.

In my mid-30s, I was a healthy guy. I had a wife, a baby, a thriving naturopathic medical practice, a home, and hobbies. I was doing everything “right” in regards to my health—eating well, exercising, taking vitamins and supplements—but something just was not right.

I was fatigued but I could not sleep. My joints ached. I was experiencing foggy thinking. At first I blamed it on being a new parent, on being too busy, on anything I could think to blame it on. But deep down I suspected something else was wrong.

Even though I was a doctor, and a naturopathic doctor at that (which means I am supposed to think outside the conventional medical box), I did not immediately think of hemochromatosis. When doing some routine bloodwork, I added on an iron panel as an afterthought. Imagine my shock when it came back with serum iron 20 points over the upper limit of normal, along with a very elevated transferrin saturation percentage!

My wife and I stared at each other (she is a naturopathic doctor, too), and we both wondered, “Could this be hemochromatosis?”

Hemochromatosis was something we had learned about in medical school. There was a lecture here, a lecture there, a test question about being cautious about supplementing iron, but that was about it. We never saw patients with this condition (or so we thought). It did not seem to be something “real” that actually happened to people.

To investigate the root cause of my elevated iron levels, I did the genetic test and found out I was a heterozygous carrier of the C282Y gene mutation, meaning I carry one copy of the HFE mutation. I immediately got to work, seeking out information about how to approach hemochromatosis with not only conventional therapies but also using tools of diet, supplements, and holistic medicine.

I was shocked at the lack of information, the conflicting information, and the confusing information I found. Here I was, an educated naturopathic doctor who understood biochemistry and medical science, and I was confused. I started to imagine what it must be like for people who have this condition but who are not trained to understand medicine. How much more confused, overwhelmed, and lost must they feel?

HemochromatosisHelp.com is Born

It was out of this realization that the website HemochromatosisHelp.com (and now this book) was born. I realized that as I went on my personal journey to learn how to be healthy with hemochromatosis, I could share what I learned with others on the same path.

Many of you (or your concerned friends and family members) have found my website over the years and have asked a common question: “What can I do with diet and supplements to help my hemochromatosis?” I’ve realized there is a lack of clear information out there to help empower people with iron overload to take charge and to learn how to live a healthier life with hemochromatosis.

This book is not meant to be a comprehensive guide to all things hemochromatosis. There are many excellent books already written on the who, what, and why of hemochromatosis. I am instead first going to set the stage by talking about how hemochromatosis and iron impact our bodies and then use evidence-based medicine and holistic understanding to

explain how to think about and benefit from diet and nutritional supplementation for hemochromatosis.

My hope is that I can provide a unique perspective by being both an expert in natural medicine and a patient with the condition. My goal is to try and make this all make sense.

So let's get started!



Thank you for reading the introduction to
Holistic Help for Hemochromatosis.

If you enjoyed this sample and wish to read
more, the full book is available for purchase at:

www.MyHemochromatosisHelp.com

Electronic and paperback copies are available

