



Anemia

Is Your Fatigue More Than Just a Long Day?

In the rush of corporate life, it's easy to blame "screen fatigue" or a busy schedule for feeling drained. But if that exhaustion never seems to become better, it might be more than burnout— **it could be anemia.**

Here's a simple breakdown of how to spot it and how to fix it.

Spotting the Signs



Physical cues



Mental fog



The "Ice" Craving

Physical cues

Shortness of breath, feeling lightheaded, or a racing heart.

Mental fog

Difficulty concentrating or a sudden drop in your problem-solving speed.

The "Ice" Craving

A strange urge to chew on ice or non-food items like chalk piece, saw dust and rice is a telltale sign of **iron deficiency.**

The Real Facts



It's not just for women

While common during **menstrual** years, **men** can also experience **iron** deficiency



Plant power works

You don't need **meat** to get enough **iron**, but you do need to be smart about how you eat your **greens and beans.**

Simple Hacks for Better Absorption

It's not just about what you eat, but how you eat it:



1. Add Vitamin C

Squeeze some **lemon on your spinach** or have an orange with your dates. It helps your body "**unlock**" the **iron in your food**.



2. Timing is Everything

Tea, **coffee**, and **dairy** can **block iron** from being absorbed. Try to keep your **caffeine and milk away** from your **main meals**.



3. Prep Matters

Soaking or sprouting your lentils and seeds helps remove anti nutrients that naturally occur in grains.

Better Desk Snacks



Always include a good amount of **drumstick leaves and amaranthus** in your meals. **Red amaranthus** is even better.

Ditch the biscuits and reach for these energy boosters: Go for **trail mix** or **traditional treats**.

Know Your Numbers

If you're feeling sluggish, a quick blood test can give you the answer. Check your Haemoglobin and **Ferritin** levels to understand where you stand.



Haemoglobin

Shows your oxygen-carrying capacity.



Ferritin

Indicates your iron reserves.



Often, a few small changes to your plate are all it takes to get your spark back.



For doubts and queries, please reach out:

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