



Towards Wellness Centre

Providing Solutions To Complex Chronic Health Conditions

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Haemochromatosis is a genetically inherited blood condition affecting iron metabolism, causing a person to absorb too much iron. The iron stores (Ferritin) in the body may become high enough to cause damage to major organs, especially the liver, but also the heart, joints, pancreas and sex organs.

Early haemochromatosis symptoms include fatigue and joint pain. Other haemochromatosis symptoms may include abdominal discomfort, low libido (loss of sex drive), hair loss and 'Bronzed' complexion.

Without treatment patients with long term haemochromatosis are at increased risk of liver problems including cirrhosis, liver cancer, liver failure, enlarged liver, liver failure and diabetes.

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Note: Always seek advice from a doctor before beginning any listed treatments, medications or supplements.

The goal for haemochromatosis treatment is to reduce the iron stores (ferritin) in the body. Your doctor will prescribe treatments for any other complications such as diabetes, liver issues or heart problems.

Bio Medical Solutions

Venesections: are the gold standard treatment for haemochromatosis. This involves blood letting which in turn reduces the patient's ferritin levels. Initially it is advised to get the patient's ferritin levels below 50 in order to remove excess iron from the patient's organs. After this has been done the patient must continue with venesections (blood lettings) periodically for the rest of their life, how often and at what ferritin level the patient feels better at varies from person to person.

Iron Chelation Therapy: uses drugs to remove excess iron from the body. This treatment is for people who are unable to have regular venesections (blood lettings). The drugs used are either injected or taken orally. Chelation therapy is done at a medical practice. Oral chelation therapy can be done at home by the patient.

Professional Support: Working with a trained practitioner can assist you to develop skills to calm anxiety and can also equip you with knowledge to find your next steps towards wellness. Please ensure that you find a practitioner who understands how to navigate the territory of complex chronic health conditions.

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Alternative Solutions

Diet: The most important foods for a haemochromatosis patient to avoid are raw seafood, alcohol and it is also beneficial to minimise red meat consumption. Cereals and breads with added iron should also be avoided. Diet should be used in conjunction with a venesection program to reduce ferritin (iron stores) in the patient.

Supplements to AVOID: It is important for haemochromatosis patients to AVOID all iron supplements and supplements with iron in them. Patients with haemochromatosis should also note that vitamin C accelerates the absorption of iron by the body which may increase iron levels.

Supplements to TAKE: The following supplements can help to reduce iron absorption from meals: turmeric, calcium magnesium, polyphenols and tannins, oxalates and phytates.

Mindfulness: is a set of skills for healing, intuition, insight, calmness, focus, resilience and hope that you can develop to counter the stresses that chronic illness brings. You can literally "train your mind to promote healing. Mindfulness has a positive flow on affect into every aspect of a person's life. For more info click here.

[More info](#)

Haemochromatosis is able to be diagnosed by blood tests.

Iron studies blood test shows how much iron is currently stored in the body.

Normal ranges for males are Serum Ferritin 20-300 µg/L and Transferrin Saturation 10-50%.

Normal ranges for females are Serum Ferritin 10-200 µg/L and Transferrin Saturation 10-45%.

The genetic test will show one of the following for the mutations C282Y and/or H63D of the HFE gene. This will indicate whether the patient has haemochromatosis or not. Everybody has 2 genes, one from each of their parents and it is possible that the patient inherits only one iron storing gene and is a carrier but does not have haemochromatosis. Haemochromatosis occurs when an iron storing gene mutation is

storing gene and is a carrier but does not have haemochromatosis. Haemochromatosis occurs when an iron storing gene mutation is inherited from both parents.

Disclaimer: Information and advice shared by the Towards Wellness Centre is of a general nature and is not intended to replace qualified medical advice. The Towards Wellness Centre does not accept responsibility for any actions or treatments undertaken.