

Tired of being TIRED ?

from our favorite doc

Ask your doctor for this Test Next time you see him or her.

Ask for a blood test that measures **ferritin** levels, which is the iron stored in your blood.

To fight fatigue that's caused by an iron deficiency, turn to iron-rich foods. By changing your diet, you could see significant changes in your energy level within as little as one week.

Heme iron derived from hemoglobin is found in meat-based protein and absorbs 2-3 times faster than non-heme iron. Lean ground beef, chicken livers, oysters and clams are potent sources of iron in this category.

Eat Vitamin C- Rich Foods With Iron-rich Veggies. Vitamin C helps speed the absorption of iron traveling from your digestive system into your bloodstream up to 5 times faster for a major energy boost. Great pairs of vitamin C and iron-containing food include:

- Red bell peppers with spinach
- Tomatoes with broccoli
- Citrus fruits with edamame

Cook Your Pasta Sauce in an Iron Skillet

Acidic foods with high moisture content, such as tomato sauce, will absorb the most iron from these cooking pans. In one study, the iron content in spaghetti sauce tripled after it had been simmered in a cast iron pot. Sauté vegetables and other foods this way as often as you can to rev up iron intake.

Choose Clams When You Can

Clams provide tons of iron and are also a top source of potassium and vitamin B-12. Eat clams once a week as an alternative to another protein. Choose fresh or canned since they both contain the same amount of iron. A 3-ounce serving size (about 10 small clams) provides up to 24mg of iron and contains only 126 calories.

Limit Coffee and Tea 3 Hours Prior to an Iron-rich Meal

The tannins found in tea and coffee interfere with iron absorption, so try to avoid drinking these beverages for a few hours before a meal that's high in iron, especially when you're trying to build up your body's stores.

For more details go to Doctor Oz.com.

Human Growth Hormone

Be sure to watch all three parts to Dr. Oz's presentation on the importance of Human Growth Hormone.

Did you know YOU can **IMMEDIATELY** increase your body's OWN natural Human Growth Hormone with just 15-minutes of deep aerobic belly laughter? You can -- a study at Loma Linda University proves you can increase your body's own **Morphine** by up to **27%** and your body's own **Human Growth Hormone** by up to **87%** with laughter.

And, you don't need a single joke to enjoy the great health benefits of laughter without humor.