



## Pregnancy and Anemia Worksheet

Solutions to Try NOW

- 1.
- 2.
- 3.

Solutions to Research

- 1.
- 2.
- 3.

Something I need to do LESS of...

Something I need to do MORE of...

## SHOPPING LIST

**Herbs:**

**Food:**

**Equipment** (ex: [iron skillet](#), [scale](#), etc.):

**Books** (ex: [Wise Woman Herbal](#)):