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Subject: No diabetes and iron question

Posted by [hope64](#) on Mon, 08 Oct 2007 14:54:51 GMT

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I had my glucose test last Tuesday (at 16 weeks). The doctor said that if I didn't hear from the office in the next 2 days, that I had passed. Well, I didn't hear a thing from them. I can't believe it! I'm still keeping a food diary in my head and exercising (walking) every day. But, it feels so good to not have to take those blood sugar tests several times a day! Yeah!

My iron level has dropped from 11.1 to 9.2 though. So, any suggestions on what I can do naturally to increase my iron level? They want to put me on an iron supplement - which will slow my system down even more than it already is - and I JUST now have gotten my system regulated and my constipation under control! So, I'd like to supplement with diet and get off of the iron pills as soon as possible!!

Thanks, ladies!

Hope64

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