

Managing menorrhagia and low iron

Iron has a variety of important roles in your health and wellbeing, and one of its key functions is in developing red blood cells, which carry oxygen around your body. Blood loss due to heavy periods is the most common cause of iron deficiency in women of childbearing age.

Dietary recommendations

1. Increase iron-rich foods

Non-haem iron (plant-based sources) is found in lentils, chickpeas, beans, tofu, fortified cereals, spinach, quinoa and pumpkin seeds.



2. Enhance iron absorption

Pair iron-rich foods with vitamin C (e.g. citrus fruits, bell peppers, tomatoes, strawberries and broccoli).

3. Avoid iron blockers

Certain foods and drinks can reduce iron absorption. Limit tea, coffee and high-fibre foods with iron-rich meals, as tannins and phytates inhibit absorption. Reduce processed foods and excessive dairy, which may interfere with iron uptake.

4. Consume cruciferous vegetables daily

Consume cruciferous vegetables (e.g. broccoli, Brussels sprouts and kale) to aid hormone detoxification.

5. Consume Omega 3 daily

Include Omega 3 fatty acids (e.g. chia seeds, flax seeds and walnuts) to reduce inflammation.



Lifestyle advice

+ Regular exercise	Exercise helps improve mood, energy levels and circulation and can help to support hormonal balance and metabolism. Engage in regular exercise to regulate hormone levels and improve circulation.
+ Prioritise sleep	7–9 hours of sleep per night to allow proper hormonal regulation.
+ Reduce environmental toxins	Some chemicals found in plastics, cosmetics and household products may disrupt hormonal balance. Choose BPA-free containers and avoid heating food in plastic. Opt for natural skincare and cleaning products.
+ Manage stress and hormonal balance	Chronic stress can worsen hormonal imbalances that contribute to heavy bleeding. Practise relaxation techniques such as deep breathing, meditation or yoga.
+ Maintain a healthy weight	Excess weight can lead to oestrogen dominance, worsening heavy periods. Follow a balanced, whole-food diet. Engage in regular physical activity, including walking, strength training and yoga. If iron deficient, start with gentle exercise until iron stores are increased.
+ Hydration and electrolyte balance	Blood loss can lead to dehydration and low electrolyte levels. Drink plenty of water and herbal teas. Consume electrolyte-rich foods like coconut water, leafy greens, and bananas.