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# Beefalo Is Good For Your Blood

By Bill Cox

As most of you know I recently had major surgery on my back. Prior to the date of the surgery the doctor required me to give 3 pints of blood to be used by me during the surgery. All three pints of blood had to be given not more than 42 days before scheduled surgery (whole blood can only be kept for use for that length of time) but all three must be drawn and stored a minimum of 14 days prior to surgery, so that my body could catch up before surgery. A short time to give blood. Normal time between blood donation is 90 days to allow your hemoglobin to rebuild. Your hemoglobin count must be 11 or above to give blood.

I was informed that at my age it is quite common for the count to be below the required 11. This is a real concern to the blood bank and if the hemoglobin count is below 11 they ask you to take iron and vitamins to increase the count to above 11 prior to giving blood.

When my hemoglobin count was taken it was 15.8. The nurse could

hardly believe it. After giving blood the nurse instructed me to purchase iron and vitamins and take heavy doses to keep my hemoglobin up. Not one to take pills of any type I decided to try eating beefalo twice a day instead of my usual once a day. Two weeks later I went back to give my second pint of blood. The nurse asked me if I had taken the iron and vitamins an when I informed her that I had not but had eaten beefalo twice a day, she informed me that my blood might not meet the requirement of 11. When my blood was checked it showed 16.2, an increase in count of .04, was the nurse surprised and impressed. My third blood donation was given after Thanksgiving week visiting relatives who served me turkey, turkey, turkey and some ham. After returning from my visit I gave my third pint of blood and the count had dropped to 13.9. I believe this is proof positive that beefalo is good for you. My healing has been better than average due to the grace of God and good beefalo.