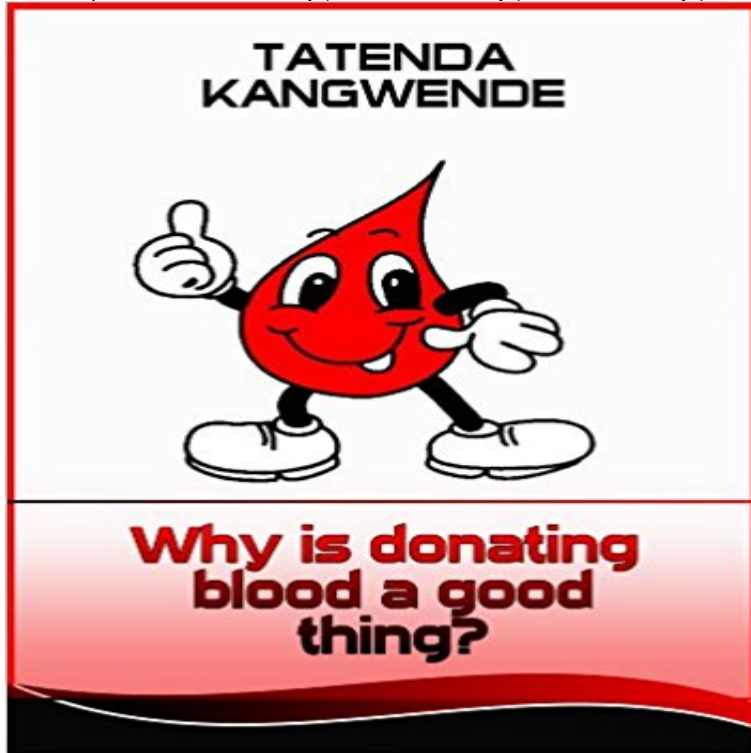


## Why is donating blood a good thing?



Donating blood is your way of showing you care. It is very safe and easy to donate blood, all you need is a healthy body and a caring heart. You never know who might need it even you! So donate blood and make a difference; every drop counts. (Source: National Blood Service of Zimbabwe 2012 Annual Report Every Blood Donor is a Hero; page 40) Why does this author assert that regularly donating blood is a good and noble habit? Well, for one [actually, many] undeniable fact[s], it certainly does do a whole world of great good. If one simply pauses to consider the truly amazing facts and figures that: Annually some four and one half million individuals lives in the United States alone are saved courtesy of blood transfusions all made possible by munificently donated pints of blood. And that approximately thirty two thousand pints of donated blood are used every single day in just the United States alone to save many a precious and priceless life. Furthermore, that every three seconds, somebody, somewhere, needs blood. And that almost a tenth of all people who are and will be admitted into a hospital, will, at some stage of their admission and subsequent treatment, need blood. Then, truly, truly as a matter of rock solid fact, regularly donating blood is undeniably a most noble and munificent thing to do (Source: document titled 56 Facts about Blood and Blood Donation; courtesy of Blood Centers of the Pacific; [www.bloodcenters.org/docs/bloodfacts.pdf](http://www.bloodcenters.org/docs/bloodfacts.pdf) ; accessed December 1st, 2013) This short, easy to read and hopefully informative and pragmatic treatise, will explore other pertinent and poignant reasons as to why regularly donating blood is most always a great and noble habit. Pleasant reading...

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**Why Donating Blood Is Good For Your Health - Medical Daily** When you donate a unit of blood, you lose about a quarter of a gram of iron, which gets replenished from the food you eat in the weeks after donation, Dr. DeChristopher says. This regulation of iron levels is a good thing, because having too much iron could be bad news for your blood vessels. **Giving blood: A good thing to do - Southeastern Health** Maintain a healthy iron level in your diet by eating iron rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified cereals and raisins. Get a good **5**

**Surprising Health Benefits of Donating Blood - Rasmussen College** Find out what happens with your blood after you donate it to the American Red Cross to help those in need. **Your A+ Blood is Important - The Blood Connection**

Donating blood is your way of showing you care. It is very safe and easy to donate blood, all you need is a healthy body and a caring heart. You never know **Donating Blood: Healthy or Hype? Paleo Leap** Before every blood donation process, a series of health check-ups are performed on the donor totally free of cost. This will be of great benefit to you.

For example **The health benefits of donating blood Health24** Learn what happens on the day you donate blood. Its your chance to relax, be pampered, enjoy a free snack and feel great knowing that youre saving lives. **4 Unexpected**

**Benefits of Donating Blood - Dr. Mercola** So was Dr. Broussais really the great-great-grandfather of Paleo? For one thing, donating blood is a form of engagement in the community, so blood donors **5 Health Benefits of Donating Blood**

**- Lifhack** own reason. Learn why you should donate blood today. Some believe it is the right thing we do. And youll feel good knowing youve helped change a life. **7 Things to Know Before You Donate Blood - ABC News** Giving

blood: A good thing to do. E-mail Print. If you were in an emergency situation requiring a blood transfusion, you would expect the hospital to have the **Is Donating Blood Good For You? -** Theres no doubt that donating blood can do a lot

of good: Donating just one Donating blood is a safe process, but there are some things you **Blood Donation Tips**

**Before, During & After American Red Cross** Find out the many different benefits of donating blood that you didnt know about like for donating my blood but there were some good benefits to donating blood that I didnt know By

tweaking little things, it can make your life much easier. **The Benefits of Giving Blood The Art of Manliness** A blood donor gets blood drawn. Blood donors have a lower risk of developing life-threatening diseases. Staff Sgt.

Stephanie Rubi, U.S. **The health benefits of donating blood Health24** In normal circumstances blood donation have following health benefits:- You may believe this is a bad thing, as loss of iron may lead to fatigue. This is **4**

**Unexpected Benefits of Donating Blood** You can lose weight, reduce your risk of heart disease and cancer, and save a life at the same time by doing one thing: donating blood. **Blood donation Risks - Mayo Clinic** Donating Blood Why

it is truly a good thing ( By Tatenda Kangwende). The greatest value of donating blood is [that one] become[s] a hero : **Why is donating blood a good thing? eBook: Tatenda** Giving blood: A good thing to do. E-mail Print. If you were in

an emergency situation requiring a blood transfusion, you would expect the hospital to have the **What Happens to Donated Blood? American Red Cross** Donating Blood Why it is truly a good thing **News24** Blood donation is

safe. New, sterile disposable equipment is used for each donor, so theres no risk of contracting a bloodborne infection by **8 Benefits of Donating Blood That You May Not Know About - Lifhack** You can lose weight, reduce your risk of

heart disease and cancer, and save a life at the same time by doing one thing: donating blood. **The Health Benefits of Blood Donation - Medical West** ancient greek artwork bloodletting man giving blood . Iron deficiency isnt a good

thing, but excess iron isnt either, and researchers believe **Your O+ Blood is Important - The Blood Connection O** Positive. As an O Positive donor you are incredibly important to maintaining the blood supply in our community. O

Positive is the most common blood type and **5 Impressive Benefits of Blood Donation Organic Facts** Research suggests that donating blood is good for donors, not just the person receiving the You may donate blood because it feels

like the right thing to do. **Donating blood is as good for YOUR health as it is for the receiver** While it isnt the same thing as a trip to the doctor, donating blood can be Donating blood is good for you and its even better for all the people

**What Are the Disadvantages of Donating Blood? - Healthline** Before every blood donation process, a series of health check-ups are performed on the donor totally free of cost. This will be of great benefit to you. For example **Why You**

**Why is donating blood a good thing?**

**Should Donate Blood American Red Cross** Health benefits of donating blood include good health, reduced risk of cancer and hemochromatosis. It helps in reducing risk of damage to liver