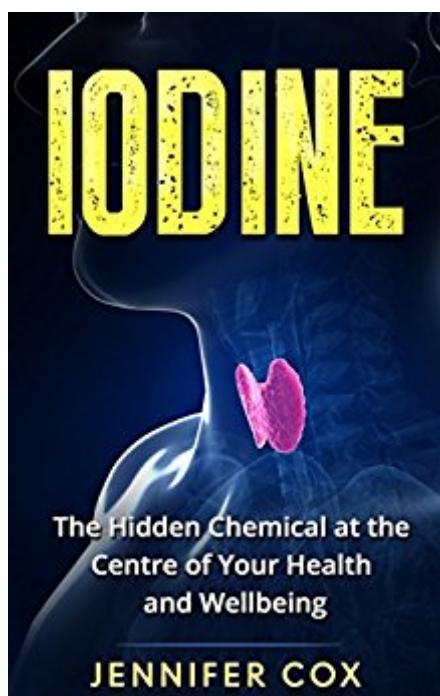


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# Iodine: Thyroid: The Hidden Chemical At The Center Of Your Health And Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet)



## Synopsis

Buy the paperback and get the Kindle version for FREE! Take Control of Your Health! This book will teach you about the MOST overlooked minerals in our body. Iodine is responsible for your weight, hormone function and overall health. Modern diets have meant that the amount we consume has reduced drastically and this is impacting our health. Studies have shown that a lack of iodine, especially during childhood can be detrimental to mental development. Don't take a chance, buy this book for less than a cup of coffee and improve your healthy today. In this book you will learn: The Importance of Iodine, The firm relationship between Iodine and your Thyroid, Iodine in Children, How Much Iodine, Too Much Iodine, And much more.

## Book Information

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## Customer Reviews

Overall, I thought the book had good information about iodine and its crucial role in our health, but after reading research from the pioneers of iodine research (Dr. Abraham, Dr. Flechas, and Dr.

Brownstein), I have to disagree about the dosages Jennifer recommends. She recommends very small amounts, even saying "look for one that is as close to the RDA as you can get." What??? The RDA is nowhere near the optimal amount and the research is clear that over 90% of people are deficient, so why would she recommend such a ridiculously low amount? The pioneers of iodine often recommend at least 6-12 Milligrams per day (as a maintenance dose) but if you are deficient like most people it's wise to work your way up to 50 Milligrams until you reach 90% saturation. Also, she made no mention of the cofactors [...] that are needed for the proper assimilation and absorption of iodine as well as helping the body dispose of all those toxic halogens and other bad guys. Hope that provides more clarity about this topic. Also, if you haven't already, check out the books, "Iodine : Why you need it, Why you can't live without it" and "The Iodine Crisis."

A real eye opener. No wonder all sorts of illnesses increased the last few decades, including cancers, thyroid problems and so on. Iodine is so important, but of course since it's so cheap and can't be trademarked, which means the big pharmaceutical companies can't make money from it. This is the first book I've read that just focuses on Iodine, so I don't know how it compares to others that might be out there. This book is a really great resource for gaining a basic and moderate understanding about iodine and the way it affects the body.

I never realized the total importance of the thyroid and Iodine levels. Especially in when it comes to fertility! It is very important for a mom to be that her Iodine levels are good for conceiving and the baby's growth process. Iodine also plays a roll in men's reproductive hormones. All over it is important to know more about your thyroid, its functions and to keep it healthy and to keep iodine levels in tip top shape. These are only some of the great info that the author written about, the book is fulled with much more!

Glad the information of our iodine deficient society, is still making great strides, thru truthful author's as this. I have found with many of the books, there is a lot of repeated information, but also they differ in giving, different little nugget's of truth, to help us navigate into optimal health again, if we once enjoyed great health in our life, or to give better quality of health, if we came into this world damaged by the lack of this all important nutrient! I recommend this material.

Very informative book and it convinced me that I needed to supplement iodine for Hashimotos thyroid disease

This book is a great book on the overlooked chemical in our body iodine. It has been very informative and been able to link the benefits for weight loss, hormone function and our overall health. It's more important than you think, which I have learnt through the book!

The information in this book is good enough. A lot of modern diseases could be prevented if we made sure to have enough iodine. I am very impressed with the concise information delivery, and am looking forward to implementing the dietary changes over time.

great service great read!!

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Iodine: Thyroid: The Hidden Chemical at the Center of Your Health and Well-being (Thyroid, Hashimoto's, Thyroid Deficiency, Thyroid Diet) Thyroid Diet: Easy Guide to Managing Thyroid Symptoms, Losing Weight, Increasing Your Metabolism (Thyroid, Thyroidism, Thyroid Diet, Thyroid Health, Thyroid ... Thyroid Diet Plan, Thyroid Solution) The Hashimoto Diet: The Hashimoto's Recovery Plan to Heal Hashimoto's Thyroiditis and Start Feeling Great Again! (Hashimotos, Thyroid Diet, Hypothyroidism) Iodine: The Hidden Chemical at the Center of Your Health and Well-being Hashimotos: Goodbye - Hashimoto's Thyroiditis! The Ultimate Guide To Overcoming - Hashimoto's Thyroiditis Disease: Hashimoto's Diet - Hypothyroidism, Hyperthyroidism, ... Thyroiditis (Thyroid, Graves Disease) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Thyroid Diet: Thyroid Diet Guide To Understanding Hypothyroidism And Treating Hypothyroidism With Thyroid Diet Strategies For Losing Weight With An Underactive ... Diet For Underactive Thyroid) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) IODINE: The Secret To Your Body's Ultimate Health, Hormone Regulation, Endocrine System, Vitality & Well Being Thyroid Diet Cookbook-Hashimoto's Protocol Recipes: 50 Easy & Delicious recipes for Resolving Thyroid Symptoms and Getting Your Life Back Thyroid Diet: How to Improve Thyroid Disorders, Manage Thyroid Symptoms, Lose Weight, and Improve Your Metabolism through Diet! Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal

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