

# Are You Iodine Deficient?

## Harmony & Health

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Quality Products for Health

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### Answer these questions to learn more...

- Are you overweight, or do you have difficulty losing weight?
- Do you get cold easily or have a consistently low body temperature?
- Do you have problems with dry skin, or hair falling out?
- Do you suffer from a lack of energy?
- Do you often feel depressed or lethargic?
- Have you ever been diagnosed with a thyroid disorder of any kind?
- Do you drink, swim, soak or bathe in chlorinated or bromated water?
- For women only: Have you had fibrocystic breast disease, endometriosis or breast cancer?
- Do you suffer from fibromyalgia or chronic fatigue syndrome?

If you answer yes to 3 or more of these questions, then supplementing with iodine may benefit you.

### Why are so many people iodine deficient?

Iodine is most prevalent in seawater, so plants from the sea (seaweed), fish and other seafood are the most abundant sources of iodine. People who don't eat seafood will likely have very little iodine in their diet. Also, seafood harvested from waters polluted with mercury will not be good sources of iodine, because mercury displaces iodine. As with sea water, the many chemicals we are exposed to in modern society, including halogens (such as chlorine, fluoride, & bromide), mercury, aspirin, & unfermented soy products, compete or "kicked out" iodine out of our body too.

The RDA amount of iodine is just enough to prevent overt symptoms of iodine deficiency, such as goiters, stunted growth & mental retardation, yet inadequate for overall health. While iodized salt has resulted in a reduction in goiters in many inland states, it is not sufficient. One in ten adult American women has a diagnosed thyroid problem, yet some endocrinologists have suggested that as many as one in four women have some form of undiagnosed thyroid dysfunction. Iodine is essential in the production of thyroid hormones

### How Do I Correct Iodine Deficiency?

Iodine is most abundant in sea vegetables/ seaweeds. In cultures where seaweeds are consumed as a regular part of the diet, there are few, if any, thyroid problems. In coastal areas of Japan, where larger quantities of iodine are consumed there are remarkably low levels of breast, endometrial and ovarian cancers, and few prostate problems.

The amount of iodine consumed by people living on the Japanese coastline averages about 13.8 mg. daily, which is over 100 times the U.S. RDA. Dr. Guy Abraham, one of the world's leading researchers on iodine, suggested that 13 mg. per day was the amount required for optimal health, at least for women. This is based on 6 mg. being required by the thyroid, 5 mg. by the breast tissue and 2 mg. for the rest of the body.

Naturally, eating more seaweed, such as kelp, dulse, Irish moss, bladderwrack and others is an option, adding **Kelp powder** to your soups & dishes, **Dulse liquid** to your smoothies, but it also can be supplemented in formulas that have a seaweed base, such as many thyroid formulas, ie: **Thyroid Activator and TS II with Hops**.

Black walnut appears to be one of the few land-based plants that contains a significant amount of iodine, thus **Black Walnut ATC Conc** is another good option.

If you know you need, then going directly with an iodine supplement is wise, such as: **Terry Natural's Tri-Iodine** or **Iodoral 12.5mg**. Do not exceed 12.5 mg daily unless labs indicate a higher dose is needed.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

