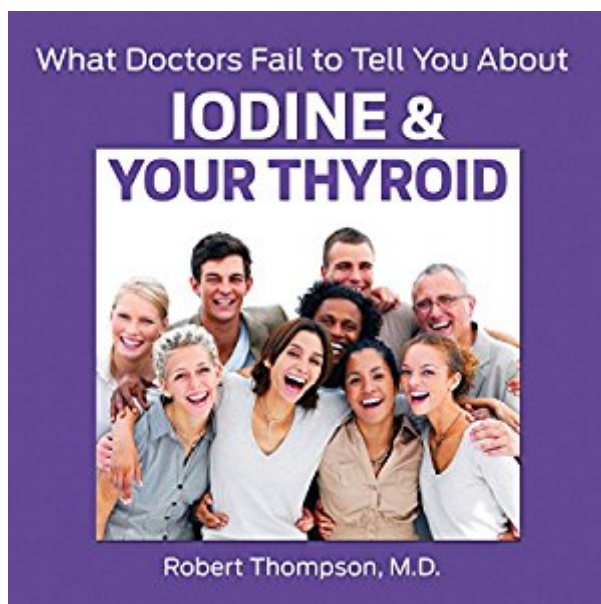


The book was found

What Doctors Fail To Tell You About Iodine And Your Thyroid



Synopsis

The importance of iodine in preventing disease Few people - including many doctors - understand the importance of iodine for several crucial aspects of health, including: Optimal thyroid function Breast health Cancer prevention Prostate health Preventing and overcoming obesity Brain development and prevention of mental retardation in children Immune system support Brain health and prevention of Parkinson's and other brain disorders Most people do not get enough iodine, and even if they do, environmental factors prevent our bodies from using it, contributing to our current epidemics of hypothyroidism, obesity, fibrocystic breast disease, hormonally related cancers, developmental disabilities in children, and many more preventable health concerns. What Doctors Fail to Tell You About Iodine and Your Thyroid is your guide to strategies to get the iodine your body needs, in its correct and more absorbable form, to prevent thyroid disease.

Book Information

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Customer Reviews

Mostly I am using the word "pocket book" because it's a light book which is easy to carry around and thereby for example bring to a doctor having the opinion that we don't need iodine. But even though it's light in weight it's heavy in the much good information which it contains. If we in want to look inside the book, nearly all of text sides we then can't open on, but as a bit of a help, I here before the following writing can tell that it contains 16 pictures and 8 tablets, and most of the pictures just meant for putting "color" into the book. Among other I bought this book as I, while reading in Lynne Farrows book, "The Iodine Crisis", then by discovered that this new book written by Robert Thompson had just come out for sale. I already knew his writings from his first book about Calcium, but this handy book about Iodine & Thyroid especially caught my

interest as I and my wife sponsors a girl's education, by which she next year will finish as being a nurse. When the girl was a young teenager she was diagnosed in having Hyperthyroidism (too high Thyroid function), and therefore to her this book will be very helpful. While I concerning Thyroid, besides owe many other but not so handy and easily read books. In the book we read that 90 % of people not are having the optimal amount of Iodine in their bodies. And if we then want to get an idea about if we are missing Iodine, and probably how much, then on the side 8 we gets 25 questions, as for example this one: "I have high blood pressure and high cholesterol", and then depending on the number of plus to the questions we read where we probably are standing. But on the side 66 we are precise test, as we there read about the DIY Iodine Testing, used in practice until 50 years ago, and which Dr.

This book argues that everyone needs iodine supplementation, and the more the better! It recommends commercial supplements without disclosing whether the author has a financial interest in the company that makes them. It asserts that halogens are toxic but iodine, which is a halogen, is good for you. It fails to explain why iodine is so different from the other halogens. It says that iodine is a "powerful antimicrobial," which means that it is toxic to living things. On page 15 it says that salt is "a perfect food in its unrefined form containing every mineral needed by the human body in the exact proportions." It fails to mention that those minerals are not in an organic form that can do the body any good. It recommends sea salt, which is inorganic and hence no more bioavailable than any other kind of salt. On page 59 it recommends detoxing by drinking salt water! How can you detox by drinking something toxic? Salt water induces vomiting. Its dietary recommendations are confusing because some of its proscribed foods (broccoli and cauliflower, for example) are actually excellent foods and its prescribed foods are not very healthful. The author lists symptoms of iodine deficiency, but they are common and can be due to a multitude of causes, as he admits. He tells how to test iodine levels, both at home and through medical laboratories. To his credit he condemns fluoridation of water and toothpaste. He blames thyroid cancers in French Polynesia on iodine-deficient soils, without a mention of the nuclear tests that took place in that region. Iodine supplements are not panaceas for everything that ails you and may not be safe. My parents had tincture of iodine in their medicine cabinet. It had a skull and crossbones on the label.

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