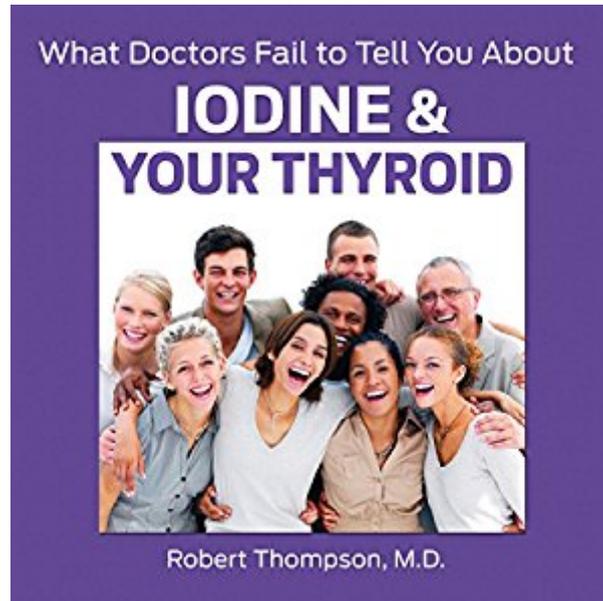


The book was found

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

Audible Audio Edition

Listening Length: 2 hours and 16 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Take Charge Books

Audible.com Release Date: June 16, 2015

Language: English

ASIN: B00ZRWQT2Y

Best Sellers Rank: #78 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Thyroid Conditions #3461 in Books > Audible Audiobooks > Health, Mind & Body

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 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 Farrow's 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.

[Download to continue reading...](#)

What Doctors Fail to Tell You About Iodine and Your Thyroid The Hashimoto Diet: You're Not Alone! How to Stop Feeling Tired, Puffy & in Pain...and Start Living Your Life Again! (Hashimotos, Thyroid Diet, Thyroid Symptoms, Thyroid Healthy, Thyroid Management) The Low Iodine Diet

Cookbook: Easy and Delicious Recipes and Tips for Thyroid Cancer Patients The Low-Iodine Cookbook: For Thyroid Cancer Patients Preparing for RAI What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) What Your Doctor May Not Tell You About(TM) Hip and Knee Replacement Surgery: Everything You Need to Know to Make the Right Decisions (What Your Doctor May Not Tell You About...(Paperback)) Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How You Can Learn to Live Again Jennifer's Way: My Journey with Celiac Disease--What Doctors Don't Tell You and How You Can Learn to Live Again What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Menopause: The Breakthrough Book on Natural Progesterone (What Your Doctor May Not Tell You About...) Your Thyroid and How to Keep it Healthy: Second edition of The Great Thyroid Scandal and How to Avoid It The Women's Guide to Thyroid Health: Comprehensive Solutions for All Your Thyroid Symptoms Ten Things Doctors Won't Tell You About Your CPAP Machine Hormone Lies and Thyroid Misunderstandings: A Medical Intuitive Reveals the Truth Behind the World's Hormone and Thyroid Crisis Thyroid Diet Plan: How to Lose Weight, Increase Energy, and Manage Thyroid Symptoms Impaired Sensitivity to Thyroid Hormone (Thyroid Hormone Resistance): A Cause of Fibromyalgia, Chronic Fatigue, ME, Coeliac Disease, MS, Heart Disease, Depression and Many Other Conditions Stop the Thyroid Madness II: How Thyroid Experts Are Challenging Ineffective Treatments and Improving the Lives of Patients

[Dmca](#)