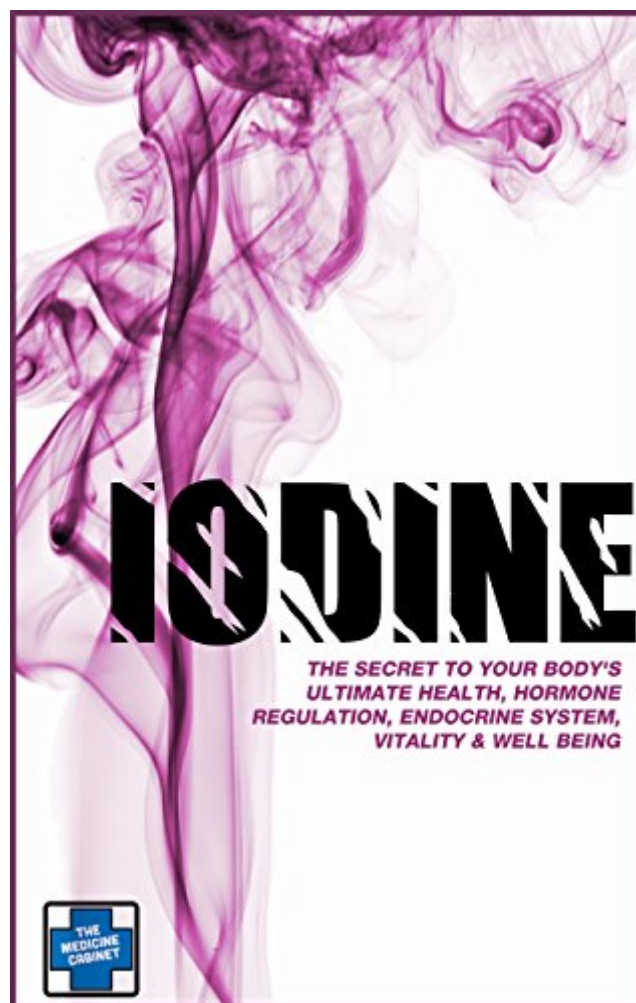




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IODINE: The Secret To Your Body's™ Ultimate Health, Hormone Regulation, Endocrine System, Vitality & Well Being



Synopsis

Why Iodine Is Your Body's Biggest Asset Learn How To Get Your Body In Top Form, Vitality, And Wellness Through Hormone Regulation Via Iodine Within this book you will discover the hidden truth that iodine is the body's most important asset to hormone production, regulation, and wellness. There is a major shift going on over the world with the understanding and importance of iodine in our daily lives. You can't live without it, simply. The problem is we, all over the world, are not getting it in our diets, and it is having an effect on your health whether you realize it or not. Everything from mood swings, headaches, skin conditions, hormonal imbalances, overall health, and many major conditions are ALL impacted by how much iodine is within your system Many years ago, the United States government mandated iodine in the salt. This helped cure goiters, and bring back health. The government knew a shortage in iodine would increase health conflicts, and soon after, for unknown reasons within the government, it was taken out of salt, and no longer is even in much of the foods we eat. Unless you are doing something about it, you are more than likely heavy iodine deficient, and this isn't like not taking a multi vitamin. This IS about living as many years as possible, keeping your organs efficiently running for years to come, your entire being requires this natural necessity for many common ailments, and that necessity is iodine! Top 5 Reasons to Buy This Book 1. In this book you will learn the most important minerals your body needs to maintain its health 2. This book will teach you how a healthy level of iodine creates balance in your body 3. In this book you will learn how iodine improves metabolic rate, and more! 4. This book will teach you the signs of iodine deficiency 5. This book will teach you a step-by-step process for improving overall health with iodine What You'll Know From Our Book, *IODINE* • Where to source iodine • Managing iodine with thyroid disorders • Iodine in the prevention of cancer • The chemistry of your endocrine system when iodine is running within it • Prevention of hair loss, scar healing, weight loss management, etc • 36 tips for having an excellent iodine rich diet • How to get rid of bad health and many conditions with iodine Want to Know More? You found us for a reason. We, at Medicine Cabinet, want to bring you to the best with respect to your health and overall lifestyle. With regard to our latest book, *IODINE*, we know you can learn and adopt these methods and knowledge in your daily life, and along with our guidance in this book, and your efforts, anything is possible in your success! Download Your Copy Now! Just Scroll to the top of the page and select the Buy Button. " " " " " " TAGS: iodine, iodine supplement, iodine deficiency, iodine why you need it, thyroid, selenium, thyroid disorder, hypothyroidism, thyroid health, hyperthyroidism, iodine crises, iodine for thyroid and health, nascent iodine, health, health living

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Customer Reviews

I already live with hypothyroidism due to over half of my thyroid was removed in 2005 because they thought it was cancerous because of extremely intensive radiation cancer treatment I had had years earlier. So I'm already on both synthetic T-4 & T-3. Regardless of all that, this book taught me more about iodine and how it's related to thyroid function than any physician ever has. In fact, no doctor has ever even mentioned anything about iodine to me. If you live with unexplained fatigue, weight gain or loss, ADHD or a myriad of other medical issues....that your physician has written off because "you're getting older", your blood work is within "normal" ranges or they tell you they don't believe in supplements because you should be able to get all nutritional requirements from the food you eat than please take a little over an hour out of your busy schedule and read this book. You deserve the peace of mind and your body deserves to be treated with absolute love and respect. Remember you've lived with your body longer than anyone else has so if something doesn't FEEL right, it probably isn't.

Really 3.5 stars. I would have liked for this book to have focused more on iodine and less on the various other things that the author mentioned. In my view it was all good advice, but it would have been better suited to title the book "all the many different things you need to optimize your health", rather than just iodine. It was informative and enjoyable though. Personally I think it would have been great if right out of the gate the author said "Iodine is great, here is all the food that has the highest amount right here in this list, here are the best supplements and the recommended amount to take and THEN go on in to all the detail. The author eventually gets to that information, but even then the dosing isn't exactly clear. If you like things to be organized and right on your kindle then this is a pretty decent way to get a bunch of information on iodine. Honestly, you probably could collect most of this information online if you looked around for it, but it may be nice for some people to have it all organized. There are a lot of things said in here that may or may not be scientific, I don't know. For the price of free I have no qualms about reading this book, whether it will be worth it or not when it costs money to you will be determined by how much you have read on iodine already, and how willing or unwilling you are to do research on the internet.

Doing research on the topic for class, and this book not only helped me with my paper, but also the amazing benefits of iodine for our bodies. It is the single reason we are even able to regulate hormones. PERIOD! Why don't you hear of this in the news anymore? Because no one wants you to know about this panacea!

Amazing facts...thank you so much for your insight and a wealth of information on iodine. I have learned. Once again, thank you.

This book is very factual about the bodies need for iodine. It was very educating for me about what I need to do to keep healthier. I will have to reread from time to time to keep it fresh.

great stuff! Iodine is so important to the function of our bodies! Great shipping, got it right away.
thanks sharon

I got the Kindle edition, but I can't read the top pages. UGH!!!

If you are looking for a brief introduction to iodine and want to know what foods contain iodine then this book will be helpful to you. Since iodine deficiency can cause disease it is important to learn

how to get it in your diet. Since iodine affects the thyroid gland it seems you can gain weight without a proper balance. This book explains how many micrograms you should try to get per day. But I'm suspect of the advice to eat potatoes and ice cream. On the other hand hard boiled eggs and dried plums sound like a good idea. In the section on goitrogens it would have been helpful if the author had listed a few of these foods so you know what they are and why not to eat them raw. Some of the book also contains lifestyle advice. Basically this book is short and sweet. A good introduction to the subject.~The Rebecca Review

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