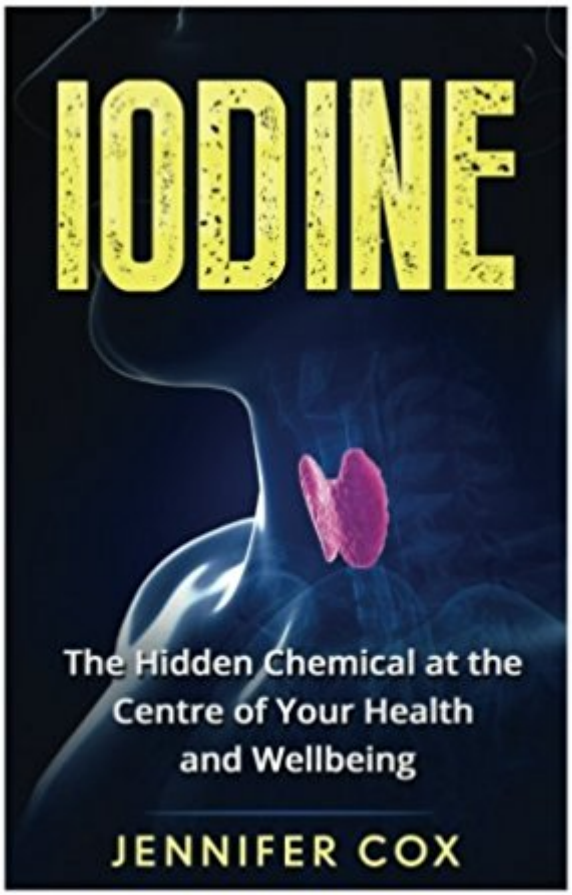
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Iodine: The Hidden Chemical At The Center Of Your Health And Well-being



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Synopsis

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. 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

Jennifer Cox spent many years juggling two jobs, one as a BBC travel journalist and the other as Head of Public Relations for guidebook company Lonely Planet, before deciding enough was enough and traveling the world in search of love instead. She now happily juggles her old London life with her lovely new one in Seattle. A correspondent for BBC’s "Holiday, " co-host of BBC1’s "Perfect Holiday, " and a weekly commentator for "Sky News, " she has written for publications including "The London Times, Marie Claire, Elle, Esquire" and "Cosmopolitan." This is her first book.

Overall, I thought the book had good information about iodine and its crucial role in our heath, 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 cofacors [...] 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) Iodine: The Hidden Chemical at the Center of Your Health and Well-being IODINE: The Secret To Your BodyÃ¢â ¬â„¢s Ultimate Health, Hormone Regulation, Endocrine System, Vitality & Well Being The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Food and Healing: How What You Eat Determines Your Health, Your Well-Being, and the Quality of Your Life What Doctors Fail to Tell Your About Iodine and Your Thyroid The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being Outstanding Health: The 6 Essential Keys To Maximize Your Energy and Well Being - How To Stay Young, Healthy and Sexy For the Rest of Your Life The Chelation Controversy: How to Safely Detoxify Your Body and Improve Your Health and Well-Being What Doctors Fail to Tell You About Iodine and Your Thyroid Graves' Disease And Hyperthyroidism: What You Must Know Before They Zap Your Thyroid With Radioactive Iodine All is Well: The Art of Personal Well-Being The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection)) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Detox Juicing: 3-Day, 7-Day, and 14-Day Cleanses for Your Health and Well-Being Breast Cancer and Iodine : How to Prevent and How to Survive Breast Cancer The Low Iodine Diet Cookbook: Easy and Delicious Recipes and Tips for Thyroid Cancer Patients Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being The Power of the Educated Patient: Proven Strategies for Reclaiming Your Health and Well-Being That You Won't Find in a Conventional Medical Office