

Thyroid and Iodine Testing

Iodine insufficiency and thyroid imbalance are discussed together because they are often interrelated. Both can have a significant affect on health and wellbeing if left untreated.

Iodine Insufficiency

Iodine is essential to the vitality of every cell and when deficient can affect overall health. Iodine insufficiency is surprisingly common. It's estimated that one third of the world's population may be suffering from this deficiency.

Thyroid Imbalances

Thyroid hormones are crucial for various processes in the body at all levels: cellular growth, metabolism, and cardiovascular health. Even a small decline in the production of thyroid hormones can have dramatic affects on the body.

Thyroid / Iodine Quiz

Score each of your symptoms below according to severity:

0 = none

1 = mild

2 = moderate

3 = severe

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| <input type="checkbox"/> Low energy | <input type="checkbox"/> Heart palpitations |
| <input type="checkbox"/> Chronic fatigue | <input type="checkbox"/> History of polycystic ovaries |
| <input type="checkbox"/> Hypothyroidism | <input type="checkbox"/> Increased breast cancer risk due to family or personal history |
| <input type="checkbox"/> Fibrocystic breasts | <input type="checkbox"/> History of diabetes |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> History of uterine fibroids |
| <input type="checkbox"/> Cold body temperature | <input type="checkbox"/> Slow pulse rate |
| <input type="checkbox"/> Hoarse voice | <input type="checkbox"/> Rapid heartbeat |
| <input type="checkbox"/> Hair dry or brittle | <input type="checkbox"/> Infertility |
| <input type="checkbox"/> Nails breaking or brittle | <input type="checkbox"/> Goiter (bulge in front of neck) |
| <input type="checkbox"/> Constipation | |