

Iodine Testing

Iodine insufficiency is far more common than you would have guessed. Because it is essential to the vitality of every cell, when deficient, it affects overall health. It is estimated that one third of the world's population may be suffering from Iodine deficiency and as many as 95% of patients seeking medical advice for other conditions have been found to be insufficient.

Iodine quiz

If you have 3 or more of the below consider Iodine testing.

- Low Energy
- Chronic Fatigue
- Hypothyroidism
- Fibrocystic Breasts
- High Blood Pressure
- Heart Palpitations
- History of Polycystic Ovaries
- Increased Breast Cancer Risk due to family or personal history
- History of Diabetes
- History of Uterine Fibroids

Thyroid Description

Thyroid hormones are crucial for various processes in the body at all levels; cellular growth and development, metabolic effects, and cardiovascular effects. Even a small decline in the production of thyroid hormones can have dramatic effects on the body. Since the main purpose of thyroid hormones is to "run the body's metabolism", it is understandable that people with low thyroid hormones will have symptoms associated with a slow metabolism. Hypothyroidism (low thyroid levels) is more common than you would believe... and, millions of people are currently hypothyroid and don't know it! It is estimated that 10-40% of the population are hypothyroid.

In Hyperthyroidism (elevated thyroid levels) excess thyroid hormone causes certain physiological changes characterized by an increased or hyper-metabolism. For instance, the heart beats faster, blood moves through the circulation faster, and food is digested faster, causing an increased appetite.

Increased digestion, in turn, limits the amount of nutrients that are absorbed from food, causing nutrient deficiencies. These nutrient deficiencies are responsible for a plethora of other symptoms including nervousness, anxiety, weight loss and muscle weakness.