

## 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

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