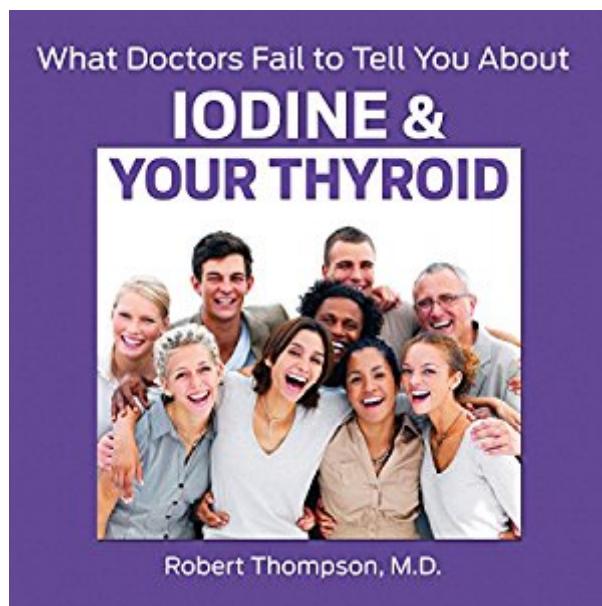


The book was found

# What Doctors Fail To Tell You About Iodine And Your Thyroid



## Synopsis

The importance of iodine in preventing disease Few people - including many doctors - understand the importance of iodine for several crucial aspects of health, including: Optimal thyroid function Breast health Cancer prevention Prostate health Preventing and overcoming obesity Brain development and prevention of mental retardation in children Immune system support Brain health and prevention of Parkinson's and other brain disorders Most people do not get enough iodine, and even if they do, environmental factors prevent our bodies from using it, contributing to our current epidemics of hypothyroidism, obesity, fibrocystic breast disease, hormonally related cancers, developmental disabilities in children, and many more preventable health concerns. *What Doctors Fail to Tell You About Iodine and Your Thyroid* is your guide to strategies to get the iodine your body needs, in its correct and more absorbable form, to prevent thyroid disease.

## Book Information

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## Customer Reviews

Dr. Thompson was very knowledgeable and informative on the topic of iodine and women's health. I had bought my copy at a health food store and read it. I plan to re-read book again and highlight it. I bought two copies one for my daughter and the other for a friend from Amazon. I was already taking an iodine supplement through my own doctor treating me for bio- identical hormone replacement therapy. Great book recommend it highly for women.

Mostly I am using the word "pocket book" because it's a light book which is easy to carry around and thereby for example bring to a

doctor having the opinion that we don't need iodine. But even though it's light in weight it's heavy in the much good information which it contains. If we want to look inside the book, nearly all of text sides we then can open on, but as a bit of a help, I here before the following writing can tell that it contains 16 pictures and 8 tablets, and most of the pictures just meant for putting "color" into the book. Among other I bought this book as I, while reading in Lynne Farrows book, "The Iodine Crisis", then by discovered that this new book written by Robert Thompson had just come out for sale. I already knew his writings from his first book about Calcium, but this handy book about Iodine & Thyroid especially caught my interest as I and my wife sponsors a girl's education, by which she next year will finish as being a nurse. When the girl was a young teenager she was diagnosed in having Hyperthyroidism (too high Thyroid function), and therefore to her this book will be very helpful. While I concerning Thyroid, besides owe many other but not so handy and easily read books. In the book we read that 90 % of people not are having the optimal amount of Iodine in their bodies. And if we then want to get an idea about if we are missing Iodine, and probably how much, then on the side 8 we gets 25 questions, as for example this one: "I have high blood pressure and high cholesterol", and then depending on the number of plus to the questions we read where we probably are standing. But on the side 66 we are precise test, as we there read about the DIY Iodine Testing, used in practice until 50 years ago, and which Dr. Brownstein recommend. By this we on a clean forearm make a circle of bronze-orange Iodine solution. And then depending on how much the color has changed (disappeared) after respectively 8, 16 and 24 hours, we read the situation, compared to that if nothing has changed after 24 hours then it is optimum with Iodine in the body. The most perfect and technical Iodine measure now a day, which we read that the Drs. Abraham, Brownstein and Flechas highly recommend, consist in taking 50 mg of Iodine, and during the following 24 hours collect all urine. Then if the body is sufficient 45 mg (90%) of the Iodine will have got out by the urine. And then depending on how little Iodine in the urine read how bad the situation is. But actually we don't have problem by taking too much Iodine. As Dr. Gabriel Cousens says: "Historically, as early as 1911, people normally took between 300-900 mg daily without incident". And on the side 43 Dr. Abraham notes that Iodine has been taken for breast cancer as high as 6 grams (!) a day without negative effects! And besides we on the side 67 read that on Japan's island of Okinawa people by diet daily are getting 80 to 200 mg of Iodine, and that there are more people over the age of 100 than anywhere else on Earth. And at another side we read that personally Thompson daily takes 50

mg. On the side 29, under: "Radioactive iodine treatment for hyperthyroidism", Thompson tells that if we are diagnosed with hyperthyroidism, (too high Thyroid function), it is very likely that our doctor will want to use radioactive Iodine to block the runaway production of thyroid hormones. But Thompson warns us that this will destroy our Thyroid gland, and then among other resulting in for the rest of the life to be on Thyroid hormones drugs. And still concerning radioactive Iodine we for example on the 64 read about Potassium iodide tablets, which person living close to atomic reactors are having in reserve for if an accident should happen, then take to protect against Radioactive iodine. But as he then writes: "If your Iodine levels are correct, radioactive iodine will have minimal effect". For the optimal health it is needed both that there to the Thyroid is delivered all the Iodine which the Thyroid wants, but also that the Thyroid is working correctly. And concerning the Thyroid we can be suffering in either having the problem Hypothyroidism (underactive Thyroid) or the Hyperthyroidism (overactive Thyroid). So concerning these problems we on two listings see symptoms for each of these cases, and concerning Hypothyroidism reads 38 symptoms, among other, Brain fog, and Brittle nails, and of the 23 symptoms on Hyperthyroidism, we have Fatigue, and Skin clammy. As some of the many symptoms overlaps, we then read about a temperature test if suspecting Thyroid disorder. By having a thermometer laying close to the bed, then just after waking up, and before getting out of the bed, measure temperature (10 minutes under the shoulder) and repeat during a week, if then the temperature is below 97.8 Fahrenheit, 36.56 Celsius then likely suffering from Hypothyroidism. And in case of suffering from either Hypothyroidism or Hyperthyroidism, or directly missing Iodine, we read 8 sides about what to think in personally to do, treatments as either plus or minus vegetables. And among other we read that overweight can be the result of missing Iodine as especially the hormones Thyroid and Iodine controls the body weight. In the 9 side "Iodine, Women and Breast Health", we first read that the fibrocystic breast, the bumpy, lumpy breast with hardened areas, now nearly no longer is regarded as a disease as it is so common. But animal research has shown that when there were cut down in their Iodine then they developed fibrocystic breasts. And then we continue in reading about Iodine, Estrogens (3), Bromide, Fluor, and Xenoestrogens, and how the last 3 plus 2 of the Estrogens, besides that we since the 1970s, gets half as much Iodine, without doubt is the reason to double as much breast cancer now is occurring. Concerning the breast cancer we among other on the side 40 get some results, written in 1982, by Bernard Eskin, MD, with his results from 40 years research, and among which we read: "Molecular iodine, like that found in the kelp and other forms of seaweed is the most effective form of the mineral for

the treatment of all types of breast disease. And besides on the side 67 we read that on Japan, the island of Okinawa people daily are getting 80 to 200 mg Iodine from their seafood, and that there the average of persons being more than 100 years old is the highest on Earth. In the chapter 9, "The Right Iodine" we among other on the side 69 have an overview showing "Food Source Of Iodine", with for example at the bottom showing that 1 Banana is giving 3 mcg, 2% daily needed, on the middle 1 large Egg giving 24 mcg, 16%, and on the top Seaweed, whole or sheet, 1 g, 16 - 2,984 mcg, 11% - 1,989 %. And to me the book especially is helpful to my searching after Iodine here in Thailand, as we on the side 68 we furthermore reads that the Potassium Iodide and the Sodium Iodide, forms of Iodine is best used by the Thyroid. Beside on the side 74, under "Author's choice" we see a picture of the triple Iodine compound Tri-Iodine, Thyroid Care and Iodine Co-Factors. But for us living here in Thailand as the first problem it is that we are missing Iodine. I was suspect because of the many cases of breast cancer, around here in Chiang Mai, since my wife was hit 4 years ago. When I went to Google for searching about Iodine in the soil in Thailand I easily there found cards, among other showing results from UNICEF, and telling that on the worst places pregnant woman even can be missing from 75 to 100 % Iodine. And beside I found a result which showed that of 73,000 students measured, it was found that 6.5 % having under 70 in IQ! Rather shocking information. But our second problem is that by the pharmacies we can't get any Iodine, so we only can get it as Iodized salt bought in supermarkets, or by the 0.125 mg in some of the daily vitamin pills. Because furthermore comes that the laws just don't allow private persons to from other countries buy healthy equipment, that is even buying simple thing like vitamins or minerals. Repeating, we are not even allowed from another country to for example order 100 grams of the C vitamin! I discovered this when 3 years ago I by ordered Progesterone cream, as Progesterone doesn't exist in Thailand. But besides the Iodine and Progesterone, among other we also are missing the Niacinamide (one of the B3), the Folic Acid (B9), or K2 and K3, (K1 only exist for use in hospitals), and much more. But the doctors and the pharmacies don't know anything about different vitamins and minerals, so nothing is done. But to finish my book recommendation, as the first conclusion it must be that for persons living in Thailand we will have to get the Iodine by buying Seaweed, which I have got quit a couple of times, and the second conclusion is that it is an excellent book.

Good info

Liked it good info that I didn't know

I'm used to reading alternative health info & wondering about the author's real background. SO nice to get this info from a well respected, board certified MD!

Lots of good information. I have thought for years that my weight gain was due to my thyroid being sluggish. I'm taking extra iodine and so far feel good.

It really didnt give good instruction on doing the protocol. We need to get a book that does

It will change your life. Must be one of the best hidden secrets around, how bromine is used instead of iodine and there is a big difference. One helps to make you healthy and one makes you sick. Definately the best book I've read this year!

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