

Iodine

OPTIMIZE HORMONAL BALANCE AND WHOLE BODY HEALTH

Iodine plays a key role in the prevention and treatment of a wide range of diseases and conditions from mental retardation to cancer of the breast and prostate to thyroid disorders.

This vital nutrient is also required for the production and balance of thyroid hormone as well as other hormones in the body, including testosterone, estrogen and progesterone.



IODINE SUPPLEMENTS MAY BE PRESCRIBED TO TREAT:

- ADD/ADHD
- Atherosclerosis
- Breast diseases
- Cancers of the breast, ovaries, prostate, thyroid and uterus
- Excess mucous production
- Fatigue
- Fibrocystic breasts
- Goiter
- Hemorrhoids
- Headaches and migraine headaches
- Hormone imbalance
- Hypertension
- Infections
- Keloids
- Liver diseases
- Nephrotic syndrome
- Ovarian disease
- Parotid duct stones
- Peyronie's
- Prostate disorders
- Sebaceous cysts
- Thyroid disorders
- Vaginal infections

IS IODINE DEFICIENCY COMMON?

Iodine deficiency is occurring at an epidemic rate in the U.S. and affects approximately one-third of the world's population. Unfortunately, iodine's benefits are often overlooked outside of its role in thyroid health.

Iodine is found in each of the trillions of cells in the body. Without adequate iodine levels, life itself is not possible. This essential nutrient contains powerful anti-parasitic, antibacterial, antiviral and anti-cancer properties and is vital for the treatment of autoimmune diseases and to ensure proper immune system function.

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Sea salt retains its natural iodine in the form of microscopic sea life, however, it is not enough to sustain the human body.



Iodine rich foods include kelp and other sea vegetables, cranberries, yogurt, navy beans, strawberries, cheese and potatoes.

HOW MUCH IODINE DO I NEED?

The first step is to determine your current iodine levels through a blood, serum or urine test. Once your iodine levels are determined, your healthcare practitioner can prescribe the appropriate level of iodine supplementation for your individual needs.

Most adults benefit from taking 25 to 50 mg of iodine per day, and children require less. However, individuals who are battling certain illnesses typically require higher levels of iodine to address their needs.

HOW SHOULD I GET STARTED WITH AN IODINE MANAGEMENT PROGRAM?

Speaking with a healthcare provider who takes a holistic approach to whole body health and understands the benefits of iodine is essential. He or she can explain and prescribe a health regimen that includes the appropriate balance of vitamins, minerals and hormones for you.



CONTACT US TO LEARN MORE ABOUT HOW SUPPLEMENTS CAN IMPROVE YOUR HEALTH. To find out if you're a good candidate for iodine supplements, give us a call or visit our website to schedule a confidential consultation.

As with prescription medications, it's important to discuss the pros, cons, drug interactions and any potential side effects of nutritional supplements with your healthcare practitioner. To find out if DIM nutritional supplements may be a good option for you, contact us to schedule an appointment with our medical team.



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