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Iodine deficiency is more common than previously thought.

Iodine is a vital mineral and is therefore required in sufficient quantities for the physical as well as mental development of the body.

Everyone needs iodine to produce thyroxine, but the signs of **iodine deficiency** are easy to spot and treatment can be given. Those more at risk are women at puberty, pregnant women and children. There has been a suggestion that women in low iodine areas, are more prone to womb cancer.

Are you Iodine Deficient?

Which of these apply to you?

1. Cystic and/or sore ovaries
2. Cystic breast disease
3. Severe menstrual cramps
4. Heavy menstrual bleeding
5. Heightened susceptibility to infectious disease, especially bronchitis, pneumonia, ear infections, and/or strep throat
6. Chronic fatigue or lethargy
7. Morning fatigue improving as the day proceeds
8. Chronic skin infections (boils, acne, fungal infections, etc.)
9. Excess mucous and/or thick mucous in the throat
10. Stuffy sinuses
11. Cold extremities
12. Muscular fatigue and/or cramps
13. Stunted growth
14. Coarse hair
15. Reduced body temperature
16. Mental sluggishness
17. Do you have an overactive or under active thyroid?
18. Are you on a low sodium diet?
19. Do you avoid consuming fish or sea food?
20. Do you have a low libido (sluggish sex drive)?
21. Do you have a history of goiter?
22. Are you 20 or more pounds overweight and/or do you have a difficult time losing weight?
23. Are you a night owl?
24. Are you a total vegetarian?
25. Do you have a history of infertility and/or low sperm count?
26. do you have cellulite?



27. Do you have high cholesterol, above 220?

Your Score _____

1 to 6 points *Mild iodine deficiency:* Increase the consumption of iodine rich foods. Use sea salt in all recipes.

7 to 14 points *Moderate iodine deficiency:* Iodine deficiency impairs thyroid function and weakens immunity. Eat iodine rich fish and sea food. Take kelp or Lugol's Iodine as a source of iodine. Use sea salt with all meals and recipes.

15 and above *Severe iodine deficiency:* Salmon, cod, mackerel, halibut should be regular items in your diet. However, try to purchase seafood from area with less pollution such as Alaskan and Icelandic waters. Add seaweed and/or kelp to your salads and soups. Purchase Lugol's solution of iodine and take two or three drops daily. Use sea salt with all foods.

Additionally, be sure to avoid the iodine antagonists. These substances, known medically as goitrogens, are found in certain foods, notably Brussels sprouts, soybeans, almonds, rapeseed, beans, peanuts, cabbage, spinach, turnips, carrots (and carrot juice), beets, broccoli, cauliflower, peaches, pears, flax, and kale. However, cooking inactivates the iodine antagonists and, thus, only the raw forms of these foods, must be avoided. There is a word of caution.

Certain individuals are highly sensitive to iodine. this sensitivity can result in potentially life threatening allergic reactions. If you develop any unusual symptoms after increasing your iodine intake, stop consuming the iodine immediately.

In any case, if you rarely consume seafood and do not take supplemental iodine, be sure to introduce the iodine slowly. Despite these precautions, iodine is a natural substance and is well tolerated by the majority of individuals.

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