



## Iodine : Why You Need It, Why You Can't Live Without It

By David Brownstein



**Iodine : Why You Need It, Why You Can't Live Without It** By David Brownstein

Iodine is the most misunderstood nutrient. After 17 years of practicing medicine, I can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels. I have yet to see any item that is more important to promoting health or optimizing the function of the immune system than iodine. Learn what forms of iodine you need and why there is not enough iodine in salt. See how iodine can help: breast cancer, fibrocystic breast disease, detoxification, fatigue, Graves' disease, and Hashimoto's disease. Find out why iodine deficiency may be the root cause of thyroid problems including hypothyroidism and thyroid cancer. Discover how to get iodine in your diet and improve your immune system.

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