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I highly recommend you read this book, especially if you have fibrocystic breasts, breast cancer, prostate issues, or any health issues at all... I was vaguely aware that none of us is getting enough iodine, but the real extent of the problem really is shocking.

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I think if you ' re going to take significant amounts of niacin you should take it at night and make sure you ' re getting lots of methyl donors. A lecithin supplement might be a good idea. And if you think your methylation could be deficient, then mfolate and mb12 too.

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The Iodine Crisis – How I Recovered

Book Description Devon Press, United States, 2018. Paperback.

Condition: New. Language: English. Brand new Book. Thanks to environmental pollutants Iodine deficiency has become a worldwide epidemic.

9780986032004: The Iodine Crisis: What You Don't know ...

What a fantastic book. A real eye opener. I feel so much more educated and better able to make informed choices regarding my health. I bought it to figure out the link between thyroid issues and lack of iodine but came away with so much more.

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reveals how she and thousands of other patient-activists changed their lives by researching and using iodine.

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reveals how she and thousands of patient-activists changed their lives by using iodine. Frequently Asked Questions cover everything you need to know about iodine. The many dramatic testimonials show the power of iodine.

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