

DO YOU NEED IODINE? Test Yourself For Iodine Deficiency:

The following is a list of symptoms that may be experienced by someone with low or deficient iodine levels. This is *not* a diagnostic test. It is meant as a nutritional guide to raise awareness of suboptimal iodine levels. It may also help you determine whether you should have further discussions with your healthcare practitioner for clinical testing.

Please read each descriptive symptom and check off any that describe how you feel.

SYMPTOM

- | | |
|---|---|
| <input type="checkbox"/> I'm sensitive to cold. My hands and feet are always cold. | <input type="checkbox"/> My hair is dull and lusterless. |
| <input type="checkbox"/> In the morning my face is puffy and my eyelids are swollen. | <input type="checkbox"/> I have frequency of urination. |
| <input type="checkbox"/> I put weight on easily. | <input type="checkbox"/> I have impaired hearing. |
| <input type="checkbox"/> I have dry skin. | <input type="checkbox"/> I have reduced initiative. |
| <input type="checkbox"/> I have trouble getting up in the morning. | <input type="checkbox"/> My calves are big. |
| <input type="checkbox"/> I feel more tired at rest than when I'm active. | <input type="checkbox"/> My legs and ankles are swollen in the morning. |
| <input type="checkbox"/> I'm constipated. | <input type="checkbox"/> My buttocks and thighs are too well padded and when I look in the mirror, I'm pear shaped. |
| <input type="checkbox"/> My joints are stiff in the morning. | <input type="checkbox"/> I have high blood pressure and high cholesterol. |
| <input type="checkbox"/> I feel like I'm living in slow motion. | <input type="checkbox"/> My heart is weak and I have a weak heartbeat. |
| <input type="checkbox"/> I have foggy brain. | <input type="checkbox"/> My stomach sags and is pushed forward by the curvature of my spine. |
| <input type="checkbox"/> The outer 1/3 of my eyebrows is missing. | <input type="checkbox"/> My body temperature is below 97.8°F |
| <input type="checkbox"/> My lips are swollen and protruding, particularly the lower lip. | |
| <input type="checkbox"/> I have ringing in the ears. | |
| <input type="checkbox"/> My hair is coarse and falls out, it is dry, brittle, and slow growing. | |

TOTAL

RESULTS

You said Yes to **12 or more** symptoms: You would almost certainly benefit from iodine supplementation; check with your doctor to see if you have iodine or thyroid insufficiency.

You said Yes to **5 – 12** symptoms: You may want to consider testing and would be likely to benefit from iodine supplementation.

You said Yes to **0 – 5** symptoms: Although you have few symptoms you may want to consider taking iodine at a lower dosage for ongoing good health, disease prevention and detoxification.