

The dreaded iodine post...{+ supplement warning}

Dr. Izabella Wentz <info@thyroidpharmacist.com>

Sun 5/7/2017 1:14 PM

To: cheikinm@msn.com <cheikinm@msn.com>;

Hello friend-

Happy Sunday to you! I'm busy packing for a dream vacation to Italy with my hubby. I'll be doing some travel posting on [Instagram](#) in case you wanted to get some travel tips from me while I'm on vacation :-). As I will be taking some time to rest, I thought it was due time to write about something super controversial in the thyroid world... Iodine...

I know that this article is likely to garner some hate mail, and so I will be taking time away from email until the dust settles. I will continue to read nice messages that offer helpful feedback :-)

Iodine is a controversial topic with regard to thyroid health, and while I discussed the dangers of high doses of iodine for Hashimoto's in my first book, [Hashimoto's the Root Cause](#), I have not yet written a post about iodine publicly, as I wanted to make sure that the conversation didn't turn into a debate about a single nutrient when Hashimoto's is a multi-factor and full body condition. However, the questions keep coming up so I wanted to address them for you once and for all... is iodine good or bad? How much is too much? What about in pregnancy? What about in foods? [READ MORE](#)

ASK DR. IZABELLA WENTZ

Q: What's your opinion about seaweed? Is it a good idea to take chlorella or spirulina to cleanse your body if you suffer from Hashi's?

A: Spirulina and Chlorella have immune stimulating properties that can worsen autoimmunity and even cause new onset autoimmunity. Additionally, the iodine is problematic and can cause further thyroid damage. For cleansing, I recommend green juicing and the [Rootcology Liver Reset](#).

Q: Which multivitamin do you recommend?

A: I like [Nutrient 950](#) from Pure Encapsulations. This multivitamin is hypoallergenic, contains high quality, absorbable nutrients and is available in many versions, including an iron-free, copper-free, and iodine-free version for those that may be experiencing iron overload, copper toxicity or may need to reduce their iodine intake because of past exposure to excess iodine.

Root Cause Rebel Report

Watch out for Japanese knotweed....I wanted to pass on this message from one of my readers who reported an adverse reaction to a supplement...

Hello – I hope to help others avoid the experience I recently had by sharing my experience with a popular lyme herb, Japanese knotweed, and its effect on my thyroid. I believe companies that sell it and other thyroid suppressing products need to have a caution about it on the labels and websites.

I started taking it as rxed by a practitioner last summer. At first I felt so much better on all levels and was encouraged that it was helping me get well at last. As fall started, though, I began to have more and more days when I could hardly function and had to stay in bed most of the time. Depression, anxiety, and negative thoughts began to

plague me again. By early spring, I was avoiding socializing because I had no patience, tolerance, or energy for much of anything.

I wondered if I would survive to see another spring. Then I got a gut feeling it could be related to the Japanese knotweed. I googled "knotweed, thyroid" and discovered the herb is indeed a thyroid suppressor. I stopped taking it and am in the process of trying to regain my functioning.

I've learned there are a number of herbs, supplements, and of course, foods, that can suppress the thyroid. I wanted to share this and hope Dr. Wentz will somehow get the info to others so they don't have to experience the challenges of another (potentially dangerous) burden on their thyroid when they think they're doing something to help it.

The fact that many substances initially create a feeling of well-being before overtaxing and perhaps overstimulating the thyroid makes our healing journey all the more challenging and requires a lot of caution about what we put into and on our bodies. Plus, there is a great deal of conflicting info on various sites to further complicate things. I had to learn this the hard way—2 practitioners recommended the herb and knew I had thyroid issues, so apparently they weren't aware of its side effects—the info only came up when I specifically included "thyroid" in the search.

This is important info and it should be published widely. Thanks for all you do – Dorothy

JUNE CHICAGO BOOK SIGNING

If you live in the Chicago area, be sure to mark your calendars for TWO upcoming events in the Chicagoland area. I will be doing a brief talk, Q & A and will be signing copies of [Hashimoto's Protocol: 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back](#) on June 16th & 17th. Let me know if you're coming by signing up below. I'd love to see you there!

Friday, June 16, 2017 @ 7 pm
Barbara's Bookstore - Glenview
2651 Navy Blvd.
Glenview, IL 60026
[Yes, I'm coming to meet you!](#)

Saturday, June 17, 2017 @ 1 pm
Barbara's Bookstore - Burr Ridge
810 Village Center Dr.
Burr Ridge, IL 60527
[Yes, I'm coming to meet you!](#)

Warmly,



Dr. Izabella Wentz

If you are looking for more information on putting Hashimoto's into remission, please consider purchasing a copy of my patient guide, [Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause](#) to help you figure out your underlying triggers.

My new book [Hashimoto's Protocol](#) is a #1 NY Times bestseller. In it, you'll find protocols specific for Hashimoto's that will help you feel better quickly and learn how to recover your health once and for all.

I also have a [website](#) with additional resources for you, including my [blog](#) and a list of recommended [supplements](#).

Lastly, you can connect with me through my community on [Facebook](#).

If you unsubscribe now, I'll be sad and slightly confused. When else do you get a chance to focus on your health and receive helpful information in your inbox? Instead of unsubscribing, please let me know what I could do better... Write more about my story? Share more success stories? Focus on specific symptoms? You can reply to this email to let me know. If you do need to unsubscribe, I will understand, and wish you all the best in your health journey.

[Unsubscribe](#) | P.O. Box 61, Niwot, CO 80544