

## Week 13 (2017)

# Chronic Headaches Linked to Low Thyroid?



An interesting study has shown that low thyroid and chronic headaches are linked. A large percentage of the people who get chronic headaches will go on to develop low thyroid. That low thyroid risk is then doubled if a person suffers with migraines.

I have always thought the problems were caused by something we ate but it looks like it was caused by something we did not eat or at least food that was deficient in this critical mineral.

## Critical Mineral

If you read my newsletters and books you will know that I recommend Nascent Iodine as a critical supplement, which we all need, male and female and at any age. You will also know that I maintain that it's partnered with another critical element: Selenium. You can find out why further down in this mail. They are essential partners!

I trust you know about Selenium because even the FDA allows a cancer prevention claim for it. Yes, you read that right, the only supplement that carries an allowable cancer health claim. It is so important for making bodily processes work correctly.

**Within the EU, as taken from their directive on Health & Nutrition claims, it has been confirmed that:**

1. Selenium contributes to the normal function of the immune system
2. Selenium contributes to normal thyroid function
3. Selenium contributes to the protection of cells from oxidative stress
4. Selenium contributes to the maintenance of normal hair
5. Selenium contributes to the maintenance of normal nails
6. Selenium contributes to normal spermatogenesis

On its own it is very powerful but when used with Iodine it's even better!

Why Iodine and Selenium work together...(technical jargon)... Selenium is a chief component of the molecules, called seleno-proteins, which are necessary for the body to be able to create and use thyroid hormones.

**Seleno-proteins:**

1. Regulate thyroid hormone production
2. Support the conversion of thyroxine (T4) to triiodothyronine (T3).
3. Protect the thyroid tissues
4. Help balance thyroid hormone production

Enzymes arranged around selenium, called seleno-de-iodinases help to keep T3 at an appropriate level in liver, kidney, thyroid and brain cells. Glutathione peroxidase is another enzyme, which helps to limit T4 when its levels go on the high side.

The problems that selenium deficiency can cause are made more serious when Iodine is also deficient. Selenium is crucial in aiding the body to recycle Iodine. Selenium deficiency coupled with an Iodine deficiency is likely to lead to thyroid imbalance.

Many people who are diagnosed with a thyroid dysfunction have a deficiency of Iodine, but research has shown that some may have a significant selenium deficiency as well. It's vital to treat both deficits in order to re-establish thyroid stability.

I have always included Selenium in many of my formulations including: B4Health Spray, Daily Immune Protection, MaxiFocus and Active Life but never had a Selenium product alone.

I can announce that Ionic Selenium is now available through Good Health Naturally.

This liquid Ionic Selenium is a rich, yeast-free, highly concentrated form of Selenium which is most 'recognised' by the body (required for best absorption). Each serving will deliver 300mcg Selenium and there are x48 servings per bottle – so each bottle should last around 6 weeks if you just take one serving per day. It is gluten-free and suitable for vegans.

[Shop here for Ionic Selenium, Buy 3 Get 1 Ionic Selenium FREE available](#)

As Selenium is considered critical, to 'activate the Iodine', if you wish to shop for Iodine and Selenium together, there is a special pack within the Good Health Naturally store.

[Buy 1 Nascent Iodine & Buy 1 Ionic Selenium – Get 1 Ionic Selenium for FREE](#)

Upon taking the recommended amounts for daily maintenance (x6 drops Iodine, x1.25ml Selenium) this pack will last approximately 3 months. The Iodine bottle will last 3 months and the Selenium bottles around 6 weeks each – unless of course you require a higher dose, depending on your health status.

#### **As a quick recap, Nascent Iodine:**

- Contributes to normal cognitive function
- Contributes to normal energy
- Contributes to normal functioning of the nervous system
- Contributes to normal thyroid function
- Contributes to the maintenance of normal skin



These are just the allowable health claims and as we all know, Iodine does so much more!

With all the total proven benefits available which become even more powerful when combined together, I can't think of a better way to help protect your body from a whole host of diseases than with Iodine & Selenium. At the very least they should be the starting block from which to build around.