

## Iodine Rich Foods

Iodine is a mineral that is essential for the growth and development of an individual. It is mainly present in saline water and soil. In fact, the amount of iodine that we can obtain from plants is dependent on the extent of iodine present in the soil. The main source of iodine in the diet of an individual comprises of salt intake and consumption of seafood. It is a major component of the thyroid hormones produced in the body, which are responsible for regulation of metabolic processes, such as growth and energy expenditure. Since thyroid gland does not have the capacity to store the required amount of iodine, it is necessary for a person to consume small amounts of iodine on a regular basis.

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### Iodine Rich Foods

- Arame
- Cheese cake
- Condensed milk
- Eggs
- Fresh fish
- Hijike
- Jaffa cakes
- Kombu
- Mayonnaise
- Nori
- Sea kelp
- Seaweed
- Wakame
- Cheddar cheese
- Cod
- Dulse
- Fish oils
- Haddock
- Iodized salt
- Kelp
- Malt bread
- Naan Bread
- Sea foods
- Sea salt
- Trifle
- Yorkshire pudding

Remember, optimal Thyroid function requires optimal Liver and Adrenal Function, often requiring mineral balancing, cleansing and appropriate eating guidelines and exercise.

At Quest Rehab and Wellness Group we are proud to offer Mineral Testing, Saliva testing and all forms of treatment necessary to help you be your best.

Deficient Minerals may lead to: Allergies, Cramps, Insomnia, Irritability, Anemia, Osteoporosis, Atherosclerosis, High Blood Pressure, Arrhythmia, Asthma, Fibromyalgia, Poor Learning Capabilities, Memory Loss and much more.

Contact us now!