

Download Dr David Brownstein Iodine

This book will show you Dr. Brownstein's latest research about iodine. Each chapter has been updated! Ensuring adequate iodine levels is essential to helping you achieve your optimal health. Dr. Brownstein will provide you with all new information on the importance of iodine. ISBN 978-0-9660882-3-6 Dr. David Brownstein is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice. Keep up to date with Dr. Brownstein. Is a low-fat diet healthy? Which fats are the 'good fats'? How much coconut oil should I be eating? Dear Dr. Brown, I started reading about Iodine deficiency about a year ago, and started using 2 x 150 micogram tablets a day. Then started making my own Lugol's Iodine: Iodine crystals 10g & Potassium Iodide 20g in 200ml of distilled water.