**Why Do We Test Your Iodine?**

**What Is Iodine? What does it do?**

Iodine is an essential mineral required by the human body. One of the most important tasks of iodine is stimulating the production of thyroid hormones, which regulates thyroid function. The thyroid hormones regulate the body’s metabolic rate and promote growth and development throughout the body, including the brain. If there isn’t enough thyroid hormone circulating in the blood, the brain (via the pituitary gland) sends a chemical message (thyroid stimulating hormone) to the thyroid gland, which then releases a measured dose of these hormones. Iodine also promotes protein and bone synthesis and regulates metabolism, growth and development. A good source of iodine is Celtic sea salt. Eating enough seafood, and getting the proper amount of fish oils are also ways to increase iodine consumption.

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**Why Do We test your Zinc?**

**What is Zinc? What does it do?**

Zinc is an essential trace element for humans, animals and plants. It is vital for many biological functions and plays a crucial role in more than 300 enzymes in the human body. Zinc is found in all parts of the body: it is in organs, tissues, bones, fluids, muscles, bones, and cells. Zinc is vital in activating growth - height, weight and bone development - in infants, children and teenagers. Zinc plays an important role in fertility. In males, zinc protects the prostate gland from infection. In females, zinc can help treat menstrual problems and alleviate symptoms associated with premenstrual syndrome (PMS). Among all the vitamins and minerals, zinc shows the strongest effect on our all-important immune system. Zinc plays a unique role in the T-cells. Low zinc levels lead to reduced and weakened T-cells which are not able to recognize and fight off certain infections. Zinc helps vision, hair, nails, and skin health.

**Food Rich In Zinc**

* Sesame Seeds
* Roasted Pumpkin & Squash Seeds
* Lamb & Beef
* Peanuts
* Chickpeas
* Almonds
* Green peas
* Seafood Lobster, Oysters, Alaskan Crab
* Beans
* Spinach