MISSING LINKS

WHERE "EATING A HEALTH DIET" FALLS SHORT

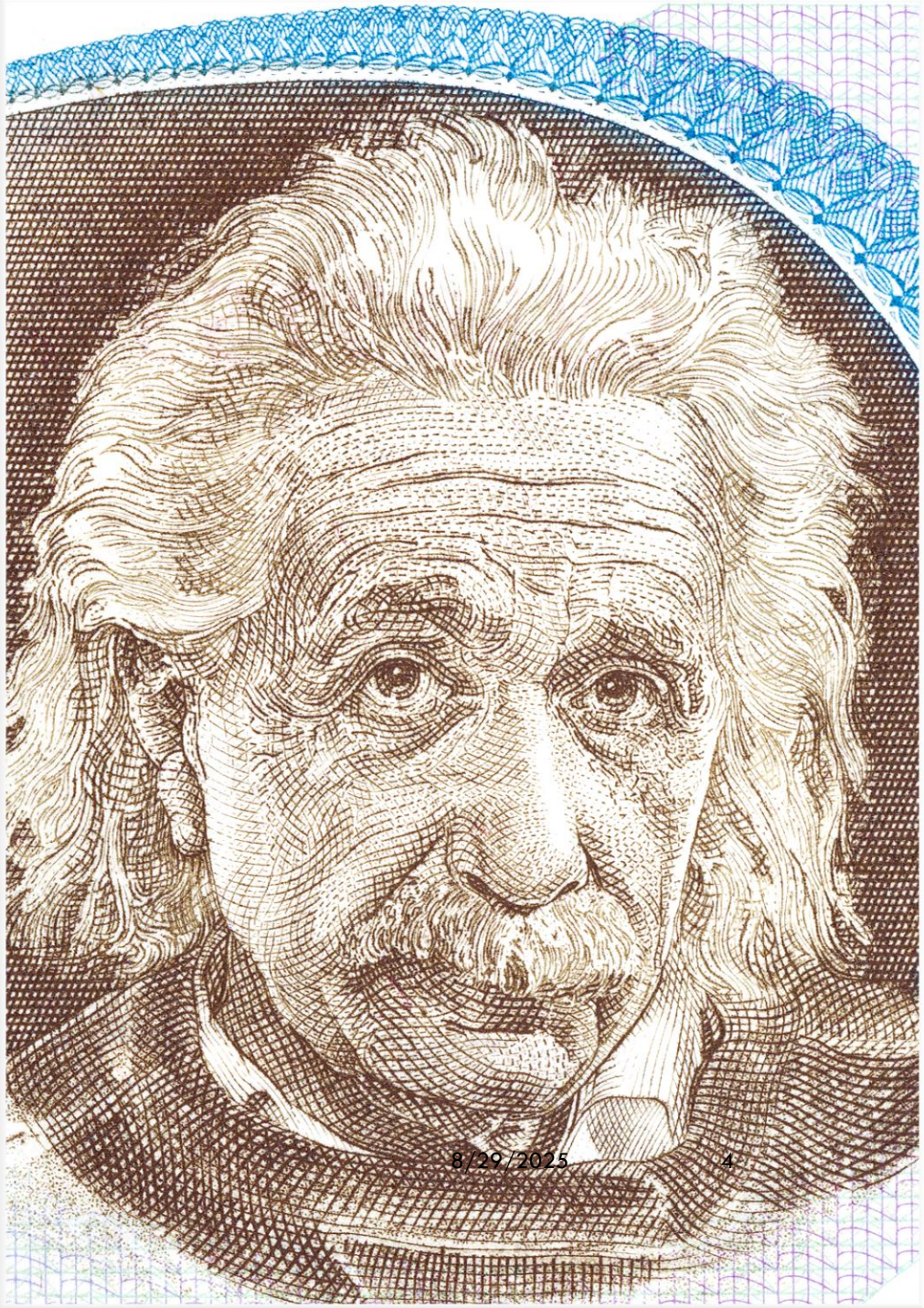
BY POPULAR DEMAND

"DO I REALLY HAVE TO TAKE ALL THESE PILLS?"

We all know that a healthy diet is foundational to health. But for various reasons, certain key nutrients will go missing if we fail to supplement them, and in most cases, daily. So, in this presentation I'd like to focus on those nutrients I include in virtually every client's recommendations, and I'll also tell you "why."

GROUND RULE

"MAKE THINGS AS SIMPLE AS POSSIBLE, BUT NO SIMPLER"



NUTRIENTS ON TODAY'S LIST

- IODINE & THE SELENIUM TO GO WITH IT
- B-VITAMINS & THE NUTRITIONAL LITHIUM TO GO WITH THEM
- VITAMIN D3 & THE K2 TO GO WITH IT
- MAGNESIUM

Rebecca Montrone, BS - Wondrous Roots, Inc.

8/29/2025

IODINE

VIRTUALLY EVERYONE IS DEFICIENT

IF NOT SUPPLEMENTING

CRITICALLY IMPORTANT FOR:

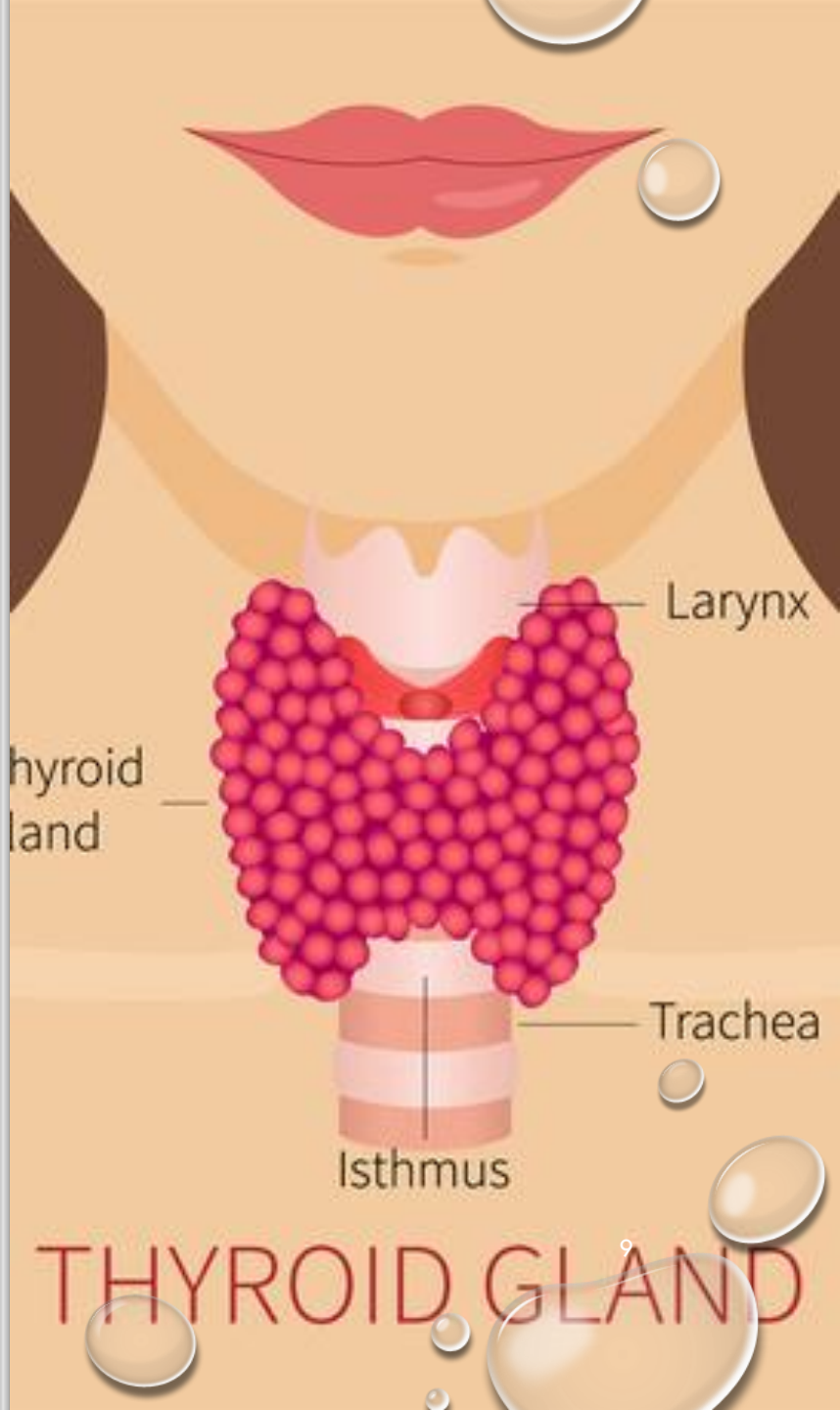
- THYROID HEALTH & ALL THAT IS INCLUDED WITH THAT
- CANCER PREVENTION, ESPECIALLY HORMONAL CANCERS:
  - BREAST
  - OVARIAN
  - ENDOMETRIAL
  - PROSTATE

WHY ISN'T IODINE ADEQUATE IN THE DIET?

- Iodine was used as a dough conditioner in commercially baked goods until the late 1970's
- Iodine was well absorbed by eating bread and baked goods
- Iodine was replaced with bromine, which is a toxin that takes up residence in the body where iodine should be, along with other halides, such as chlorine & fluoride
- Not only were people no longer getting iodine without thinking about it, but they were now ingesting even a greater quantity of poisons that displace iodine

IODINE & THYROID HEALTH

Iodine is an essential trace mineral that serves as the critical building block for thyroid hormones, which regulate metabolism, energy production, and growth throughout the body. Without adequate iodine, the thyroid cannot produce sufficient levels of thyroxine (T4) and triiodothyronine (T3), leading to sluggish metabolism, fatigue, weight gain, and even enlargement of the thyroid (goiter). Adequate iodine ensures the thyroid gland can function optimally, supporting not only energy balance but also brain development, immune function, and overall hormonal harmony.



IODINE & BREAST HEALTH

Iodine plays an important role in breast health because breast tissue, like the thyroid, actively concentrates iodine. Adequate iodine helps regulate how breast cells respond to estrogen, supporting healthy estrogen metabolism and reducing overstimulation that can contribute to fibrocystic changes or abnormal growth. Research suggests iodine has anti-oncogenic effects in breast tissue, promoting normal cell differentiation and helping protect against DNA damage. By ensuring sufficient iodine intake, women may support both hormonal balance and long-term breast health.

IODINE & OTHER HORMONE-RECEPTOR RICH TISSUES

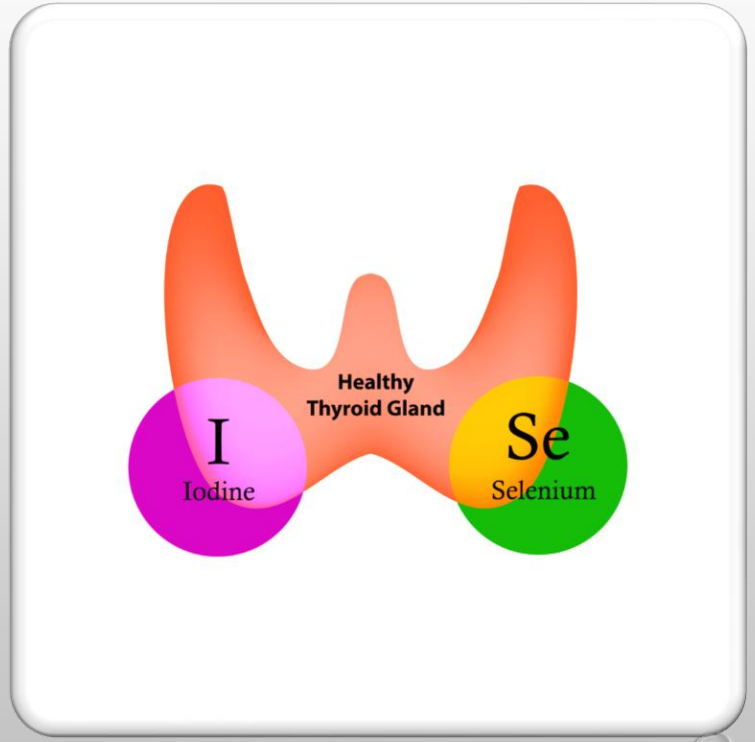
Beyond the thyroid and breasts, iodine also accumulates in other hormone-receptor–rich tissues such as the endometrium, ovaries, and prostate. In these tissues, iodine helps regulate how cells respond to hormonal signals, promoting balanced estrogen and androgen activity while reducing the risk of abnormal cell proliferation. By supporting proper hormone metabolism and exerting antioxidant, anti-inflammatory, and anti-oncogenic effects, iodine contributes to the protection and healthy functioning of these hormonally sensitive organs. Adequate intake can therefore be an important factor in maintaining reproductive and metabolic health for both women and men.

IODINE MUST BE BALANCED WITH SELENIUM

Selenium is a trace mineral that the body needs in very small amounts but plays an outsized role in health. It is a key component of antioxidant enzymes like glutathione peroxidase, which protect cells from oxidative stress and damage. Selenium is also crucial for thyroid health, since it helps convert thyroid hormone T4 (inactive) into T3 (active) and protects the thyroid gland from free radical damage during hormone production. Beyond this, selenium supports immune function, fertility, and overall cellular health.

A DYNAMIC DUO WHEN IT COMES TO HEALTH

When the thyroid produces hormones, it uses iodine along with hydrogen peroxide (H_2O_2) as part of the process. While necessary, hydrogen peroxide is a highly reactive molecule that can damage thyroid tissue if not neutralized. Selenium is critical here because it is a cofactor for the enzyme glutathione peroxidase, which safely breaks down excess hydrogen peroxide into water. Without enough selenium, iodine supplementation may increase oxidative stress in the thyroid and trigger inflammation. Using selenium together with iodine ensures the gland can make hormones efficiently while staying protected from oxidative damage.



IODINE & SELENIUM

Iodine is a vital mineral virtually all of us are lacking if we are not supplmenting. There are reasons for this (Please see my first link for an explanation). Iodine and selenium work together and are very important for maintaining many areas of health, including thyroid, hormone regulation, heart rhythm regulation, and cancer prevention. Iodine without selenium can be inflammatory; the balance of the two work together with glutathione in synergy to perform many "wondrous" health functions.

Iodine Deficiency & Its Many Devastating Effects on Health Rebecca Roentsch Montrone, BS

Iodine and Fertility

SEE MY IODINE/SELENIUM PAGE FOR MORE INFO

THE B VITAMINS IN PROPER FORMS

THE B-COMPLEX FAMILY IS TRULY AT THE CENTER OF HUMAN METABOLISM

COLLECTIVELY, THE EIGHT B VITAMINS ACT AS **COENZYMES** IN WELL OVER A **HUNDRED ENZYMATIC REACTIONS** THAT DRIVE CORE PHYSIOLOGY. THESE INCLUDE:

- **ENERGY METABOLISM:** EVERY STEP OF CARBOHYDRATE, FAT, AND PROTEIN BREAKDOWN INTO ATP REQUIRES B-VITAMIN COFACTORS (E.G., THIAMINE, RIBOFLAVIN, NIACIN, PANTOTHENIC ACID).
- **DNA/RNA SYNTHESIS AND REPAIR:** FOLATE, B12, AND B6 ARE INDISPENSABLE FOR METHYLATION, NUCLEOTIDE FORMATION, AND GENE REGULATION.
- **NEUROTRANSMITTER PRODUCTION:** B6, FOLATE, AND B12 ARE REQUIRED FOR SEROTONIN, DOPAMINE, GABA, AND ACETYLCHOLINE SYNTHESIS.
- **RED BLOOD CELL AND HEMOGLOBIN FORMATION:** FOLATE, B12, AND RIBOFLAVIN.
- **DETOXIFICATION AND ANTIOXIDANT DEFENSE:** B VITAMINS FEED THE METHYLATION CYCLE AND GLUTATHIONE PRODUCTION.

CRITICAL NUTRIENTS THAT GET USED UP FAST

The B-complex vitamins, especially when provided in their active forms (like methylfolate, methylcobalamin, and P-5-P), are central players in the body's energy and repair systems. They are required for DNA methylation, the process that regulates gene expression, detoxification, and proper cell division. B vitamins also support neurotransmitter balance for mood and cognition, help convert food into usable cellular energy (ATP), and keep homocysteine in check for cardiovascular protection. Using them in the right forms is important, since many people have genetic variations (such as MTHFR) or metabolic inefficiencies that make it difficult to convert standard vitamin forms into their active, usable state.

SOME RESEARCHERS ESTIMATE THAT **THE MAJORITY OF CENTRAL METABOLIC PATHWAYS INVOLVE B VITAMINS** AS COENZYMES — MEANING THEY TOUCH NEARLY EVERY ASPECT OF PHYSIOLOGY, FROM BRAIN AND MOOD TO CARDIOVASCULAR, LIVER, AND MITOCHONDRIAL FUNCTION.

MUST BE REPLENISHED DAILY

B vitamins are water-soluble, which means they aren't stored in large amounts in the body and are quickly used up in daily metabolic processes. Stress, illness, medications, and even normal energy production increase the demand for them. Because they are constantly being depleted and only modestly retained, B vitamins need to be replenished every day to keep energy, brain function, detoxification, and overall metabolism running smoothly.

MTHFR

MTHFR stands for **methylenetetrahydrofolate reductase**, which is the gene that codes for folate metabolism. It is estimated that 40-60% of people have one or more defects in this gene, and its effects can influence very many areas of health. MTHFR is a gene that is super important for the proper functioning or the methylation process. What is the methylation process? We need to crank out methyl groups to attach to enzymes in our body to propel healthful activities of all kinds. Those with MTHFR impairment have trouble keeping up, and this can negatively affect health in many ways. Here are some conditions of health that can be related to MTHFR problems:

SEE MY MTHFR PAGE FOR MORE B-VITAMIN INFO

NUTRITIONAL LITHIUM TO ENSURE B VITAMIN UTILIZATION & MORE

Nutritional lithium, in very small trace amounts, was once a natural part of our diet through food and drinking water. Today, due to modern water treatment, soil depletion, and agricultural practices, most people get little to none of it. Yet lithium plays a quiet but vital role in health. One of its most important functions is helping transport **vitamin B12 and folate from the bloodstream into cells,** ensuring these nutrients can actually do their jobs in DNA methylation, neurotransmitter balance, and energy production. Even at low, nutritional doses, lithium has been shown to support mood stability, cognitive health, neuroprotection, and longevity. Its absence in the modern food and water supply makes it one of the "missing links" in achieving optimal health.

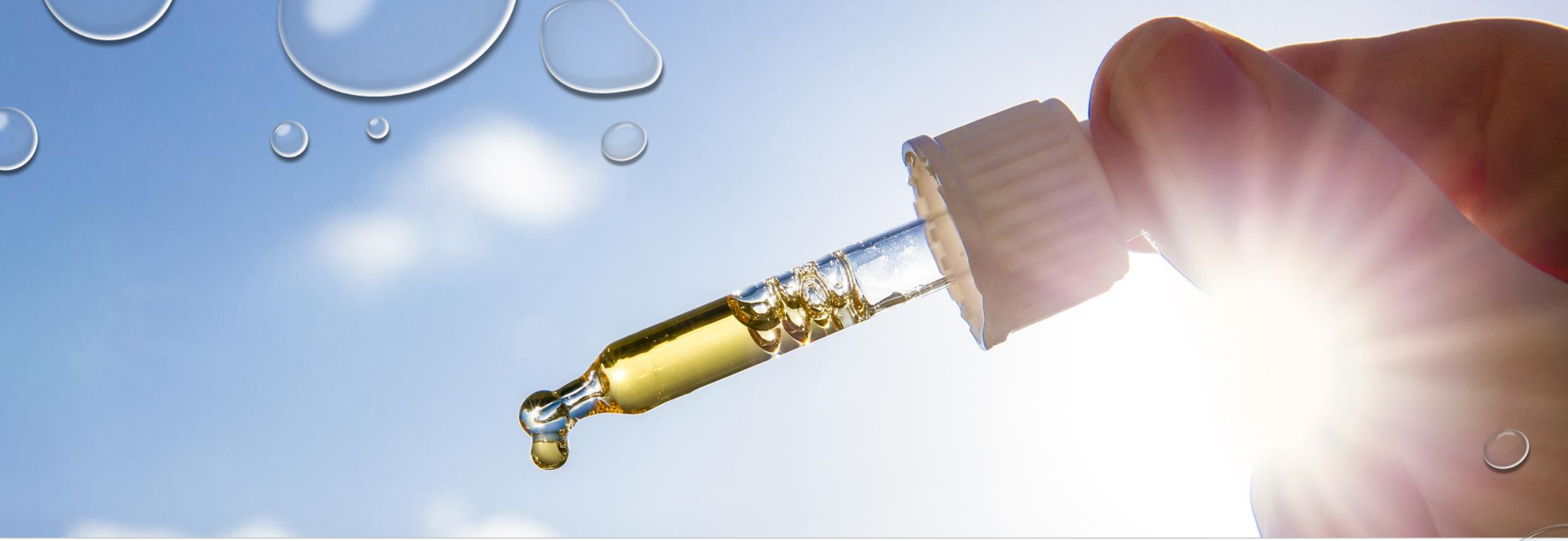
LITHIUM

In high doses, lithium acts as a drug, accompanied by potentially serious and debilitating side effects. In low doses, lithium acts as a nutrient required for B12 and folate transport and uptake, neuromodulation, and the function of many biochemical processes in both humans and animals.

Studies since the 1970s have shown the ability of lithium to stimulate the proliferation of stem cells. Recent studies have described its ability to up-regulate neurotrophins such as brain-derived neurotrophic factor (BDNF) and nerve-growth factor (NGF), which are important in neuronal function, plasticity, and repair. With its newly described antioxidant and anti-inflammatory activity along with powerful neuroprotective effects, low-dose lithium therapy has largely unrealized potential to prevent or treat a wide-range of

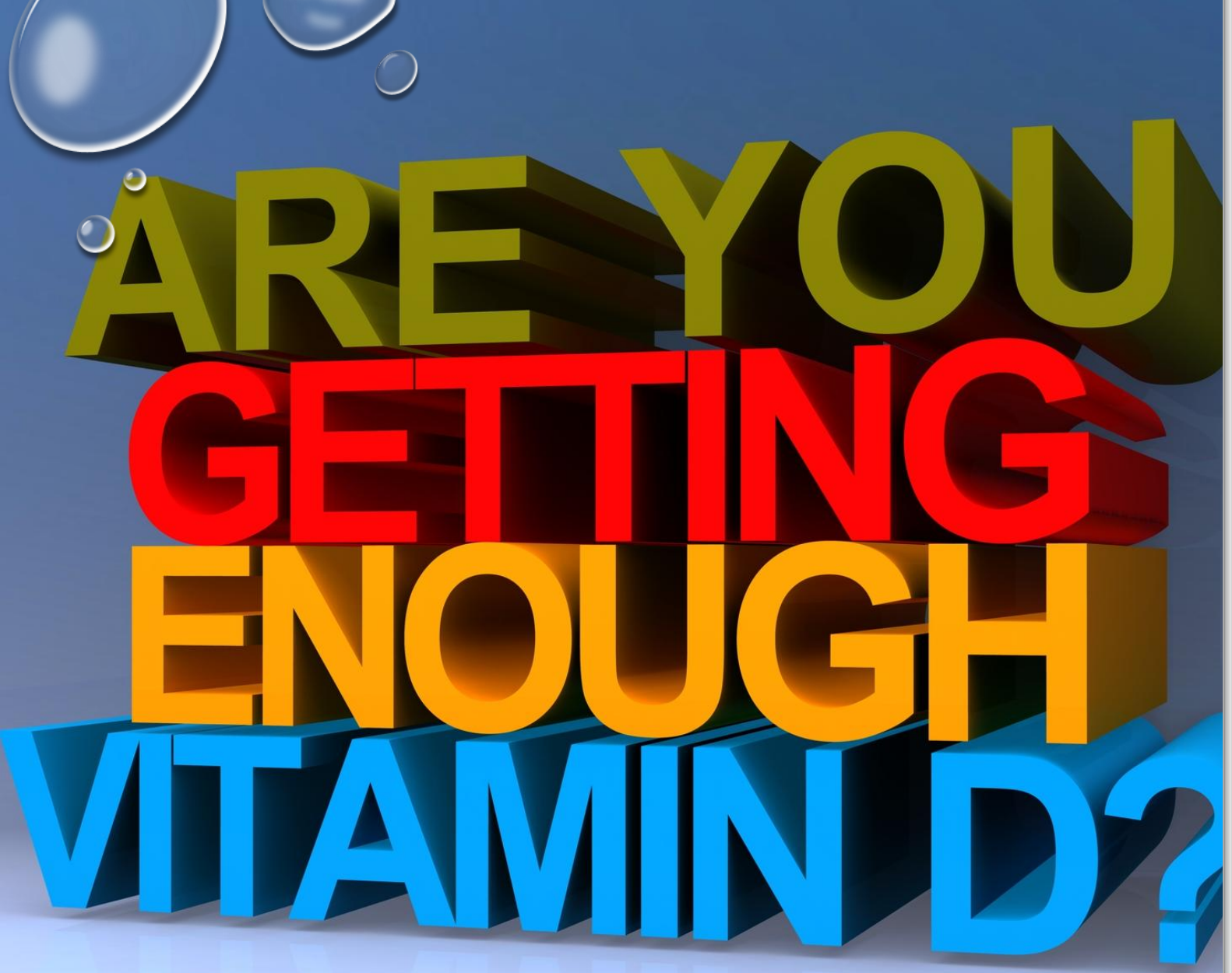
neurological disorders such as traumatic brain injury (TBI), Alzheimer's disease, Parkinson's disease, amyotrophic lateral sclerosis (ALS), chronic pain, mercury toxicity, depression/anxiety, alcoholism, and drug addiction. Source

SEE MY NUTRITIONAL LITHIUM PAGE FOR MORE INFO



VITAMIN D

THE “VITAMIN” THAT’S REALLY A HORMONE



VITAMIN D3

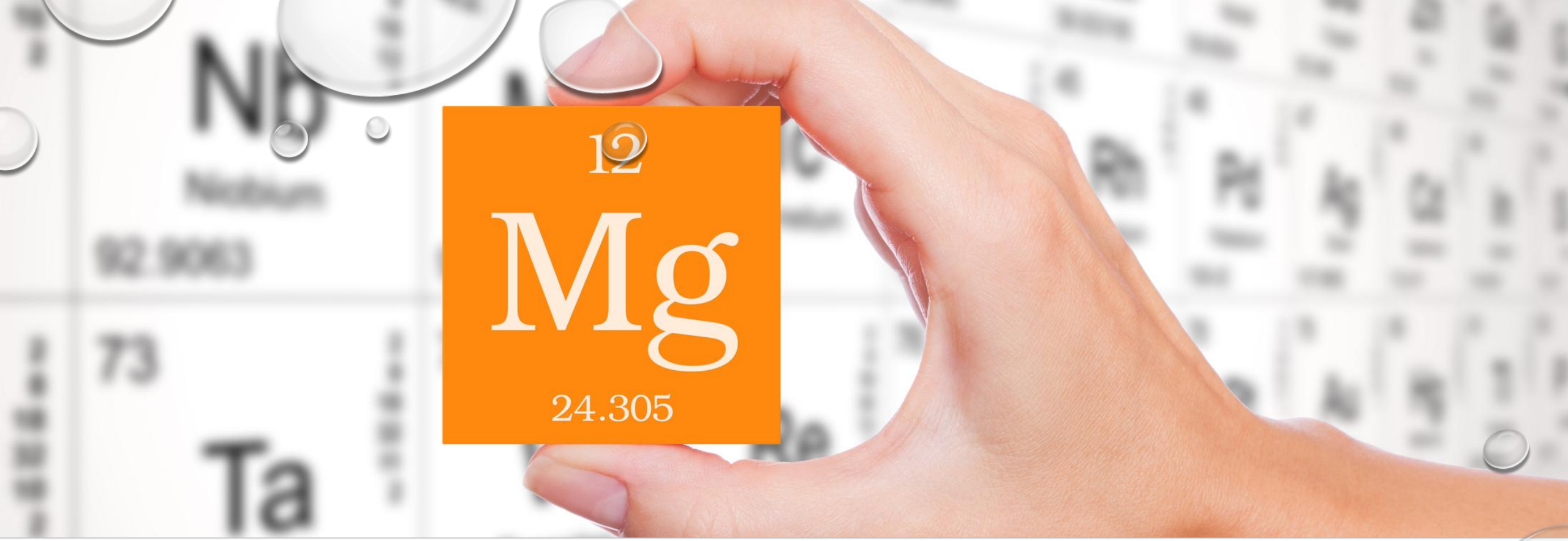
Vitamin D3 is a fat-soluble nutrient that actually functions more like a hormone than a vitamin. The body makes it in the skin when exposed to sunlight, but many people don't produce enough due to limited sun exposure or aging skin. Vitamin D3 plays key roles in **calcium absorption and bone strength, immune regulation, muscle function,** and even **mood and brain health.** Nearly every cell in the body has vitamin D receptors, underscoring its wide-ranging influence on physiology and overall well-being.

PAIR VITAMIN D3 WITH K2

Vitamin K2 works hand-in-hand with vitamin D3 as a critical cofactor. While vitamin D3 increases calcium absorption from the gut, vitamin K2 ensures that calcium is directed to the right places—into bones and teeth—rather than being deposited in soft tissues like arteries, joints, or kidneys. Without enough K2, vitamin d–driven calcium can end up where it doesn't belong, contributing to vascular stiffness and calcification. With K2 present, calcium is guided into the skeletal system, supporting both strong bones and a healthy cardiovascular system.

MAKE SURE THESE BASES ARE COVERED

Because most people don't make enough vitamin D3 from sunlight and it's hard to obtain from food, supplementation is often the only way to maintain healthy levels. Pairing D3 with vitamin K2 is important, since K2 acts as the "traffic director" that sends calcium into bones and teeth instead of soft tissues. Taken together on a regular basis, D3 and K2 ensure both strong bones and a protected cardiovascular system.



MAGNESIUM

THE MACRO MINERAL WITH MEGA IMPACT

MAGNESIUM: ESSENTIAL TO HEALTH

Magnesium is one of the body's most vital minerals, involved in more than 300 enzymatic reactions that keep cells functioning properly. It supports energy production in the mitochondria, regulates muscle and nerve activity, maintains steady heart rhythm and blood pressure, and is essential for strong bones. Magnesium also calms the nervous system, promotes restorative sleep, and helps balance blood sugar. Because stress, modern diets, and many medications quickly deplete magnesium, even small deficiencies can ripple out into fatigue, tension, and wide-ranging health issues—making it a cornerstone nutrient for overall wellness.

MAGNESIUM MUST BE SUPPLEMENTED DAILY

Magnesium levels in soils have been steadily declining since the 1930s due to intensive farming and food processing, which means even a wholesome diet often falls short. Because the body depends on magnesium for hundreds of daily processes—and it's so easily depleted by stress, medications, and modern lifestyles—it is a mineral that absolutely must be supplemented to ensure true nutritional adequacy and long-term health.

MAGNESIUM

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione. Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm. (source)

FOR MORE INFO, SEE MY MAGNESIUM PAGE

AN EASY WAY TO COVER A FEW OF THESE…

- VITAMIN D3 2000 IU
- VITAMIN K2 IN APPROPRIATE DOSE
- SELENIUM 200 MCG
- B-VITAMINS IN ACTIVE FORMS
- TRACE MINERALS
- OTHER VITAMINS – VITAMINS C, E, A

KEY BASES I ALSO LIKE TO COVER

- MITOCHONDRIAL-ENERGY BOOSTING NUTRIENTS, AND THERE ARE SEVERAL
- BIO-IDENTICAL HORMONES, WITH AN EMPHASIS ON DHEA
- GLUTATHIONE – THE MIRACLE MOLECULE
- AND MAYBE NOW – PLASMALOGEN PRECURSORS

add

I HOPE THIS HELPS!

- WONDROUSROOTS.ORG
- SHOPWONDROUSROOTS.COM

KEEPING THINGS LEAN 'N MEAN; AS SIMPLE AS POSSIBLE BUT NO SIMPLER!

NOW YOU KNOW WHY, WHEN SOMEONE ASKS ME,

"DO I REALLY HAVE TO TAKE ALL THESE PILLS?"

MY ANSWER IS,

"YES!"