

Purple iodine vapor produced by chemical reaction



# The Miracle Mineral

## You Aren't Getting Enough Of..

### IODINE DEFICIENCY *may be drastically disrupting your health...*

Iodine is a trace element vital to your body's optimal health. It monitors thyroid and immune function, metabolism, digestion, and plays a large role in fertility and development.

Unfortunately, iodine intake among Americans has plummeted 50% in the last 30–40 years, according to the National Health and Nutrition Examination Survey (NHANES). And iodine deficiency is being implicated as a contributor to the subsequent rise in thyroid disease, breast and prostate cancers, fibrocystic breast disease, and obesity.

To understand the severity of iodine deficiency that's facing Americans, we merely need to look to Japan, where iodine consumption is 100 times higher. Incidences of associated diseases, such as thyroid disorders and cancer, are dramatically lower than they are in the United States.

### *Where Has the Iodine Gone?*

Iodine has been leached from food due to modern industrial and farming practices that strip away

minerals from the soil. People with diets low in seaweed, sea vegetables, and saltwater fish—all rich sources of iodine—are at an even greater disadvantage. Sure, there's iodized salt (table salt with iodine added), but table salt is not as healthy as sea salt or Himalayan pink salt, and only 10% of the iodine in iodized salt can actually be absorbed by the body.

Then there's the use of radioactive iodine in medical procedures. Radioactive iodine damages thyroid tissue and other tissues that uptake iodine. Mercury, aspirin, and other salicylates, steroids, and unfermented soy products likewise disrupt iodine intake.

The leaching of iodine from foods isn't just a consequence. Iodine has been purposefully removed from certain

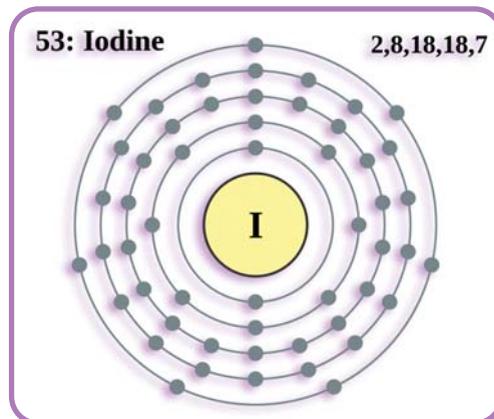
foodstuffs, and replaced with poisonous chemicals such as chlorine, bromine, and perchlorate. A prime example is the substitution of bromine for iodine in wheat. Yes, the same toxic halogen used to kill termites!

### *The Serious Consequences of Iodine Deficiency*

Iodine supports your endocrine glands: your thyroid, adrenals, pituitary, sex glands, pancreas, pineal, and thymus. Without iodine, the thyroid cannot make enough thyroid hormones, which leads to an enlarged thyroid (goiter), hypothyroidism, and mental retardation in infants and children whose mothers did not get enough iodine.

Iodine deficiency may possibly contribute to autoimmune disorders and it has been linked to digestive malfunctions such as excess mucus production, hemorrhoids, fatigue, headaches, and migraines. Iodine deficiency can manifest as these symptoms:

- ◆ Difficulty swallowing, sore throat, hoarseness
- ◆ Cold extremities
- ◆ Nails that are brittle & break easily
- ◆ High cholesterol
- ◆ Infertility
- ◆ Menstrual irregularities
- ◆ Early menopause
- ◆ Faltering memory & focus
- ◆ Hair loss
- ◆ Dry skin & hair
- ◆ Intolerance to cold
- ◆ Slower heartbeat
- ◆ Weight gain



The World Health Organization (WHO) estimates that 2 billion people worldwide are deficient in iodine, and that up to 50 million of them are suffering the most serious side effects. Health care practitioners, including experts at WHO, consider the RDA of 150 mcg of iodine per day much too low, and recommend closer to 300–1400 mcg/per day, or 1–3 mg.

Remember, always consult with a health expert when considering a new supplement. Some experts recommend iodine supplements in the form of kelp or iodine drops. Dr. Edward Group of the Global Healing Center recommends Nascent Iodine because it is readily absorbed by the body. ■

[UndergroundHealthReporter.com](http://UndergroundHealthReporter.com)

# IODINE—*The Rest of the Story* Marlenea La Shomb



We are suffering needlessly from a plethora of illnesses, which are ALL related to iodine deficiency, including: cancers of the breast, thyroid, ovary, uterus and prostate, autoimmune thyroid illnesses, hypothyroidism, fibrocystic breast disease (very painful for women), ADHD, gout, chronic fatigue, fibromyalgia, and even deafness and mental retardation, especially in the early-development years.

## WHAT DOES IODINE DO?

Iodine is responsible for the production of all hormones in the body! Adequate iodine levels are necessary for proper immune-system function.

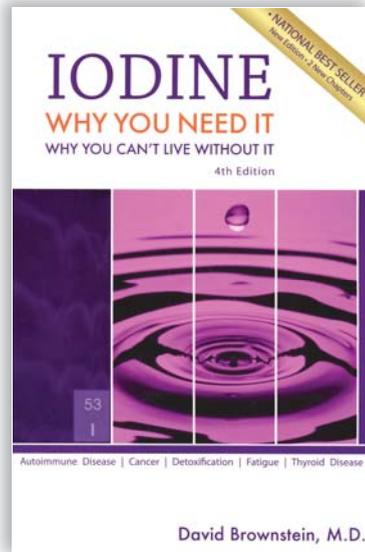
Iodine contains potent anti-bacterial, anti-parasitic, anti-viral, and anti-cancer properties. This prevents infections, since iodine will kill any known infectious agent, which can never become resistant to it. Every cell in the body that secretes something uses iodine to move the secretion from inside to outside of the cell. Without it, cellular secretions get stuck, forming cysts.

Discovered in 1811, by Bernard Courtois, during the course of making gunpowder from compounds of potassium

In junior-high health class, we learned about iodine. For over 100 years, iodine has been known as the element for proper thyroid function. However, it is rare to see any further mention of iodine's other effects in the body. Iodine is found in each of the trillions of your cells. Oddly enough, it is one of the least understood, yet safest, of all the essential trace elements. Our great-grandparents used tincture of iodine liberally on rashes, cuts and wounds.

Iodine is stored throughout your body: in the skin, teeth, nails, all the organs and bones, the salivary glands (in large amounts), the cerebral-spinal fluid, the brain, the ciliary body of the eye, and in the gastric mucosa (mucus in the gut). Its benefits are far reaching. When you have the correct amount of iodine in your body, you are able to:

- *Maintain energy levels*
- *Improve thyroid activity*
- *Maintain optimal weight*
- *Live without aches and pains*
- *Maintain a cheerful and uplifted attitude*
- *Have clear concentration and memory*
- *Tolerate heat and cold better*
- *Improve metabolism*
- *Have normal bowel movements*
- *Grow full and shiny hair*
- *Obtain a restful night's sleep*
- *Have supple fingernails and clear skin*



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So when you look at the above list, you know that your body needs iodine. Yet, your doctor runs the standard test and your iodine levels come back normal. How can that be? It's quite simple, actually. The amino acid tyrosine usually teams up with iodine to form thyroid hormones. Yet, fluoride (in tap water, dental treatments, and tooth-pastes) and bromine (in baked goods, etc.)

can bind to iodine receptor sites, displacing the iodine and forming a fake thyroid hormone. The standard tests can't tell the difference between the real and the fake hormone, so your thyroid test comes back normal, even though your body is crying for help.

According to [GlobalHealingCenter.com](http://GlobalHealingCenter.com), the seven foods richest in iodine are: sea vegetables, cranberries, organic (plain) yogurt, organic navy beans, organic strawberries, raw organic cheese, and organic potatoes. Supplementation is probably wise, and you want to find a formula that quickly makes its own effective mineral iodides for maximum absorption.

Iodine supplements are getting harder to find, however. Dr. Jerry Tennant, an advocate for iodine cell food, has a supplement you can order in liquid or capsules. The capsules, his Iodine-Plus 2 formula, contains the added nutrients to make it easy for the body to assimilate and utilize the iodine for its many uses in the body. *Call Tamara at Synergy Medical Group to order, at (214) 379-1374. Just tell her Marlenea sent you!* She's an educator and will be happy to answer any questions. ■

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and sodium from seaweed.

When he added too much sulfuric acid to the mixture, he observed purple vapors arising from it. Due to its purple color, the new element was named iodine—*iodes*, in Greek, means violet.

### WHERE DO WE FIND IODINE?

Seaweed is one of the primary sources of iodine because it has the ability to concentrate a large amount of iodine from the ocean's water. Also, it's in naturally processed sea salt with its minerals intact. It is not very abundant in the earth's crust. If the soil your crops are growing in is deficient, so will be your food and your body, unless you live by the ocean, or supplement your diet. The action of the waves from the ocean can make iodine gas. Once airborne, iodine can combine with water or air and enter the soil—and your lungs.

Dr. David Brownstein has authored 11 books including, *IODINE: Why You Need It. Why You Can't Live Without It*, a national best-seller, written for people like you and I who need and want to know more. David Brownstein, MD, is a board-certified family practitioner who uses the best of both convention and holistic medicine. He is the Medical Director of the Center for

