



IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Iodine Could Make A Big Difference

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Something as simple as iodine can make a big difference for many people especially if you are deficient. Over 80% of people tested for iodine in the Midwest are deficient. Iodine is often misunderstood and many in the medical field aren't up to date on how it works in the body.

Dr. David Brownstein, author of the book Iodine, Why You Need It, Why You Can't Live Without It believes that it is impossible to achieve optimal health unless you have adequate iodine levels. He believes that iodine, when taken in the inorganic nonradioactive form, is the safest of all essential trace elements and can be taken daily for long periods of time.

Iodine is found in each of the cells in the body; and without it, life is not possible. It is responsible for the production of all the hormones in the body.



Adequate levels of iodine are necessary for proper immune function, as well as warding off bacteria, parasites, virus' and cancer. Iodine alkalizes pH, and it is well known that an acidic chemistry is a major factor in many diseases.

Iodine has been used to treat ADD, heart disease, fibrocystic breast disease, breast cancer, excess mucous production, fatigue, hemorrhoids, headaches, hypertension, liver disease, ovarian disease, prostate

disorders and thyroid disorders.

In the body, the highest concentration of iodine is found in the thyroid. The next highest concentration is the ovaries. The greatest volume of iodine is found in breast tissue, but it is in every cell of the body and is required for healthy cellular metabolism. And everybody knows a healthy metabolism is a major factor in weight control.

Iodine deficiency can cause weight gain, infertility, goiter,

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hypothyroidism, mental retardation, and increased child and infant mortality.

Iodine is found in seawater, ocean fish and specifically seaweed. Iodine deficiency is more common in mountainous regions of the world where food is grown in iodine-poor soil.

Iodine is so deficient in the Midwest that it is considered the "goiter belt." The recommended daily allowance for iodine is 150 mcg; supposedly, the amount of iodine needed to prevent disease. However, Dr. Brownstein and his colleagues suggest these numbers are far too low as many countries such as Japan ingests 13 mg or more per day, that's 86 times more than the suggested RDA.



The United States has the highest incidence of breast cancer; Japan's breast cancer level is the lowest. For life expectancy, the United States rates 48th of the 226 countries, while Japan is 6th. The United States infant mortality rate is 7 per 1000 births; Japan's infant mortality rate is 3.5 per 1000 births, which is the lowest incidence in the world. Yet when the Japanese relocate to this country and adapt our diet, they quickly join the United States statistics for cancer, life expectancy and infant mortality.

Why are we so deficient in iodine? Primarily because we don't ingest enough iodine daily and the little iodine we do ingest gets displaced or pushed out of the essential tissues. These iodine displacers are present in many

of the processed foods we eat and the water we drink. They hinder the uptake and utilization of iodine in the thyroid gland.

Examples of iodine displacers are: chlorine in tap water and sweeteners like Spenda; fluorine, also in tap water, toothpaste and many medications; and bromine in numerous commercial baked goods. These displacers are greatly responsible for the declining iodine

levels in the United States. So, you get the picture. That's why iodine deficiency is so prevalent.

There are two common tests doctors use to measure iodine levels. One is called the iodine patch test; the other is called the iodine loading test. The

patch test is an "in-office" test. It's inexpensive and consumer friendly. The loading test is a lab test and can offer more specific conclusions. If you are deficient, it's easy and safe to correct the problem.

As I mentioned, iodine is essential for every cell in your body; and without it, life is not possible. Iodine is responsible for the production of all your hormones so it is important to know if you are deficient. You may have symptoms such as feeling sluggish or tired, difficulty losing weight, dry skin or hair loss. You can be deficient and NOT experience symptoms so ask your wellness professional about testing for iodine.

Since iodine deficiency is so prevalent, as a clinician for over thirty years, I recommend everyone should be tested.

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