

Iodine

- Ingredient for life



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About the author



As a natural health care provider for all my adult life, I have spent all the time as a mother asking questions and seeing different answers than what mainstream would wish me to. That makes me possibly more conscious, more 'out there' and more apparently opinionated than some may wish me to be. (As in not orthodox and sticking to what I know without seeming to care as to it being so different to what the medical people have said). My suggestion is that you also look out for yourself. Think things through. Ask questions. Wonder what people used to do.

They managed without all the mod cons. . . and technologies.

Amazingly the body does know how to heal if you take away what is blocking this – and add in what it needs. If you wish, you can find out more about [me here](#) and also of my maternal journey (incompletely

written, but a start – of being a parent who needs to know a lot more) [here](#). I have been on a path to discovered why so many things have happened to my children – and along the way have found answers in unsuspecting places. Hopefully some of these will unlock your own personal mysteries.

WARNING

It may be an idea to undo what you think is an 'authority' on anything as it would appear that the mainstream ways of allowing information have hidden a few really basic truths. These will be come obvious as you read about 'raw ingredients'.

I have started this series with iodine – as it is sadly missing from our diets – and recently so – through replacement with toxic products – all through our daily lives. Quietly, without our knowledge or consent.

Leading us into a myriad of problems with no seeming understanding – past 'take more medications'. Please celebrate learning and independently work things out for yourself. You may have such vested interests that you work things through differently and to your advantage. I have been trying to uncover why I managed to give all my children and the ADHD /ASD tinge - and in my daughter's case besides her profound autism, also massive brain injury. As a not-aware-enough working natural therapist – I can say that we all did not know what the world had/has in store for us.

Be it vaccinations, fetal scanning, drinking water from the tap, chemtrails, or simply accepting the amalgam in our mouths, or handed on as a legacy from our mothers in utero – as we are still now absorbing a lot of ingredients that are getting in the way of our health and wellness.

Something is causing the babies to have cancer. Some seem to be so unwell, and may even die when exposed to the SMELL of peanuts!!!!

Please look for yourself - here in this wee eBook is your beginning - further ahead than I had – travel safely and gently, if you are also a parent who is looking for answers - we all did/do the best we can with what we know then.

Disclaimer

This is not a medical text and is written in the passion of being a healer who is having a harder time increasingly being heard over the ever-louder 'she'll be right' attitude of the media that seems to 'believe' all that the medical professional says as being 'gospel'. Forgetting that what it says often changes even within one decade.

Validating what you see here

What you see in these pages may be not found elsewhere – this is my cutting edge way of observing life. I am not talking of taking iodine orally – except as ideally seaweed as the Asians may do – three times daily as seaweed. Here I am talking of painting it on the skin. I got to here through thinking independently.

As an acupuncturist I heard one master talk of what used to be the common thing to do in China - pull out the cold that was stored in the belly through using acupuncture – and when I went back to clinic and tried this - it was the magic answer to most things - and I now have been using this home remedy in clinic for over three decades – with profound results.

I noticed over the years that some were never helped - in that they would come back and we would appear to be in the same place. Eventually I hit on getting all people to take their BBT – and vaginal for women – recta for men – and it became very obvious that the low thyroid was a major issue.

Past using a lot of moxa - what to do?

Eventually I worked out the use of raw ingredients – as like all others, my attention was on my modality – as though the body was about to heal itself, once a blockage was removed as it was with the cold taken out – BUT when there was no longer what ought to be there - iodine and Vit D for starters - how could the body return to wellness?

Steps along the way:

- ☐ Take out the cold.
Add in the yang (moxa)
- ☐ Take BBT – aha!! Thyroid too low ... (ignore blood testing – is too vague and the ranges not appropriately calibrated)
- ☐ Contaminants stopping ingredients being utilised?
 - (it took a while for me to work this out – [blocking life](#)
Add in Vit D, dietary fats minerals and then see what is needed. .Oh!! Iodine as well as the magnesium to take out toxins (add in Vit C and selenium – all needed to make [Glutathione](#). .
.)

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Introduction

I have been caring for people professionally for over 35 years. I have watched a very worrying and accelerating trend towards chronic life-time ill health. It is being taken on as being a new normal. Forget obesity – why not look at the ever increasing rates of cancer, gut problems and now the usual pattern of taking anti depressants, mood lifters, antacids, anti inflammatories, and all hormonal and diabetic medications. Apparently needed for life.

Whilst we keep on ignoring what is causing problems and going for quick short term fixes – we are missing something. By now needing ‘studies’ to validate anything, studies that categorically say one thing creates one problem – we are ignoring what our grand parents would say. Instead we are exercising a form of ‘scientific’ stupidity. Will we survive it? Pretend nature is a fool and ‘enhance’ it.

Ignoring the role food plays in life, modern medicine keeps looking for one answer for all, but this is not about life - what all farmers (which was most people – as all originally were very close to growing all they ate) always knew – we are here as gifts from the seasons, the land and the apparent life spirits. At the whim of forces outside ourselves.

We are made of what we eat. Of how well we can process the food that we chose. Food is medicine. Allied to this now, is a conversation very rarely had. Missing the discussion on the presence of the toxins we are so [burdened with chemicals](#)) is a blind spot in all ‘medical’ discussions. What are you fuelling that body with? Another drug to dispense, not undoing what caused whatever is ailing you is their emphasis.

There are many likely reasons why we are in a mess - and they all add up. Here is one – lack of what we are supposed to have within to run our bodies and their ways of helping us themselves. The other is what is stopping us from absorbing what nourishes us? Past – is it even in the food we eat – can we access it? Is it bioavailable?

Without understanding this and the role of contaminants (ingredients that should not be present), there is real trouble. We all need to repair ourselves, and protect ourselves from invaders, both external and internal.

Orthodox medicine has tended to be very reactive, and stops looking at symptoms. These are silenced fast – not being seen as warnings from the body. Ignoring why the body is telling you its story, it will keep being throwing it up at you – in many different guises, and increasingly louder. There are many different body systems and bits. But medical specialists a long time ago separated the body into sections - their specialities – forgetting that the entire organism works only as a whole unit.

The western medical model is now adopted in all countries and cultures as being superior – possibly due to the drugs made as antibiotics that were lifesavers a century ago. Traditional wisdoms have been invalidated as being ‘old wives’ tales’, being ‘old fashioned and hence seen as generally backward. You, when disturbed about something happening to you, may not get health resolution, whilst ignoring the actual cause of your problems – a lack of raw ingredients.

Often it may be just a nutritional deficiency – which may be due to the presence of the chemicals that are all around us and were never meant to be part of our inner worlds. But when gardening, farming or just cooking in the kitchen, we must start with the raw ingredients. These must be of good quality, in the right form and quantity required to produce the desired product. Vibrant health and ability to survive – being resilient.

Before speaking of interventions – be they surgical or pharmacological – the first step could be to see if the recipe is being followed correctly. What is needed for life? Put bluntly - if the ‘recipe’ is not being adhered to, how can we expect all to be well?

Much currently may be spent earnestly looking for ‘genetic’ markers, all the while forgetting that our forebears were well. They were not kept alive by prescription drugs. They were not living with chronic inflammation and auto immune issues, or dying of the countless dread diseases that children now have.

I have written this short report in my major sense of outrage. It is in no way definitive. It hopefully will start you on your own journey of self discovery – answers for your own issues. You will find along your way that I am not making any of what you see below, up.

I am constantly made aware of a new epidemic. More often than not, patients find me in a state that I have not seen even ten years ago. Back 30 plus years ago, a few sessions – all were ‘all better’. Not so now. Delving further and further back into people’s time lines used to work magic – as undoing old trauma often holds the key to healing – and now we have all the consequences of having lived in a world of toxic ingredients that take the place of what nourished and feeds us.

People are seemingly not thinking for themselves. Outsource thinking to those who are ‘supposed’ to know is making a nation of hopeless, helpless and also apathetic people. All that was known by forebears is lost as ‘old wives’ tales and ‘old fashioned’ are used to discredit what was assumed knowledge – passed down through the family as it was how all had made it to here. How to look after ourselves naturally, surviving through all situations. Following ‘studies’ and ‘experts’ whilst ignoring the raw ingredients question is not life affirming.

My answer is to investigate what all used to know – the women’s mysteries. Women were always the tenderers – they looked after all who were infirm, birthing/dying – and knew how to nourish life in all phases. Perhaps we all need to discover what our grandparents told their children - our parents.

I have begun this ‘recipe book’ with the ingredients for well body – and started with the iodine that allows your metabolism – thus your gut, your immune system (not vaccinations) and your body temperature and entire body to run as designed.

My personal story

I started out as an acupuncture student mostly to learn how to help my new baby son – I began to attend lectures when he was 6 weeks old. He is now 38. His dad had really bad asthma/eczema as a baby himself. Acupuncture was the only thing that had helped him then, so it seemed the place to start for his son.

My own mother was in deep trouble with polymyalgia rheumatica; my sister was anaphylactic as a baby exposed minutely to egg white; and I was so with bees /wasps. This added up to me to be potential problems that I may have to negotiate – especially in vaccinations. Parents carry the responsibility.

I felt that I needed more tools than were available in mainstream medical thinking, and went looking. As I was always on track to be a nurse or doctor, it was not a stretch to begin learning traditional and any time honoured ways of healing.

Along the way after a few more children, I could not understand how anyone could be a parent without knowing at least when to worry and when to act. As I did. A lot of this I share freely here. Start with thinking for yourself. Always. You are the only person who has to live with consequences.

As a child I had very bad circulation, having chilblains every winter in Christchurch. Also incredibly bad hay fever/sinus and was always being very ill with nasal/lung problems – my dad smoked inside. As a baby I got whooping cough after the vaccination, and was ill all through winter with the smoking and transfer off breast milk into cows milk.

A lifetime of allergies . . . and strange non pimple like rash on the backs of my arms and thighs – that were purple tinged – all a case of gut not happy due to my thyroid not being functional I learned later. .

Iodine – had I known . . .

First child, (all sorts of behavioural/optical/developmental issues and of course back then ADHD was only given drugs – so we managed with natural means – and now looking back – maternal mercury and other halides would have been far better taking the iodine route in pregnancy to allow the real potential of all my brood to shine through . . .but then - maybe I would not be writing this – hopefully for you to glean understanding for yourself.

Second child, third child – but then a massive illness all through the third pregnancy - and not seeking help – who could have diagnosed all the nutritional deficiencies I now know would have resolved all? The various diseases that created my third child's massive brain injury would have not been there and I known about [Vit D](#) and [Vit C](#) and [Zinc](#) and my [underlying thyroid](#) disasters.

Health is the [ability to adapt to change](#). Had my immune system been working better, there is no way I would have passed all the conditions through to her in utero – and had I known about the role Vit D and magnesium play in the body – I definitely would not have had all the trials with her as a baby and from then on. The 'mitochondrial' problems some babies/people seem to have around/with vaccination and other toxic introductions into their bodies may be just a case of lack of Glutathione activity - and a need in some for more of the raw ingredients to make this – and adding these in. Plus more iodine to allow the metabolism to work as designed will not hurt anyone, and may actually save a lot of grief.

Oh that I knew then what I finally do . . . You could ask yourself a question – 'Why is orthodox medicine so intent on finding a chemical to 'help' – and then I have to take it for life?' Our forebears were still pottering in their homes and gardens into their oldest ages?

It took decades for me to unravel this. See some of the efforts you may need to go yourself if this is also your life journey. . Buy one of my Apps – the [periods](#) one is for all women at whatever stages – and the [fertility](#) and [pregnancy](#) ones all contain information links to get you back to – just 'raw ingredients' – a way into how I think when confronted with a person's apparent health challenge – a problem solving venture made for you to empower you so you can help yourself.

If you know anyone who has had a trying time with a damaged child – perhaps some of my own story

may spur them onto some of the things I found that really assisted me on my journey with Kathryn.
www.my-mothers-heart.com

On to baby four, and with all the more problems, as he grew. Along the way – I have kept researching – mostly as a concerned older woman now as what I see happening in the world, and in my little corner of it – people attending my clinic – is not as it was when I started helping people 36 years ago . . . and it seems to be accelerating as the cause of problems is not being addressed.

People are conforming more often to the retail industry (called ‘medicine’) that is patently there for other interests than healing, and helping all who consult to get back their birth right – rude good health.

Happiness then would be easier – as so many are living in fear – not knowing the basics that their forebears just knew – we are what we eat. We cannot keep putting rubbish into the nest and not have it smell . . . We are all on this one small rock hurtling through space . . . <https://www.facebook.com/Buzz-FeedBlue?fref=photo>

1. Ingredients

1 - All recipes start with a list of ingredients

So too a body

A healthy body adapts easily to all changes within a range of life-giving parameters.

Besides having a good digestive system, and being able to breathe well to live, we need to transport all ingredients around the body, get rid of wastes, and keep warm and maintain homeostasis (keeping everything within as stable as possible).

Physically these are the roles of the [thyroid gland](#). This small butterfly gland at the base of the throat tells the body what to do. How fast to run the engines – [our metabolism](#). The thyroid gland makes thyroid hormones from [iodine](#) and an amino acid (protein) called tyrosine. T4 is an inactive form of iodine is sometimes given medically when the thyroid gland is seen to be not working as well as it should.

No mention of how to get it back to its own job – or what created the problem, means that apparently you take the little white pill every morning for life. At least looking as to why the T4 is not turned into T3 so you can use it might be the next step any thinking doctor could take. You may need to work all this out, as I did, for yourself. Other minerals are need. (Zinc, Iron and Selenium especially) to activate it in the body. Not likely to happen in the presence of all the heavy metals and other pollutants that industry has been allowed to freely add in the mix of what was a garden of Eden for all.

As an acupuncturist I tend to look at the flow of energy through our body - [Yang Qi](#) is the name given to the energy version of the physical that we are discussing. The instructions are not just in physical bits we can see and examine (matter) but also in 'oomph' (energy/[Qi](#)).

Perhaps stop a moment to see what a very different yet very appropriate system of seeing [the body can explain for you](#). It is all about the energy of how it all works. [When the energy flow is sluggish](#) it may be because there are not enough essential ingredients to run the body.

2 - Essential ingredient - Iodine

What does iodine do?

A simplified list . .

It powers life: Digestion, immunity, fluid metabolism and cell death.

1. Thyroid, metabolism & weight

Iodine is the key to a healthy thyroid and metabolism. It is best known for being a part of thyroid hormones, which are used in every cell of our bodies to regulate metabolism and weight by controlling the burning of fat for energy and heat. Iodine deficiency is involved in autoimmune disorders such as Grave's and Hashimoto's diseases; as studies have shown iodine-deficient patients have a higher rate of anti-thyroid antibodies.

Iodine also controls metabolism in other ways. It is important for the other endocrine glands: the adrenals, pituitary, gonads (sex glands), pancreas, pineal and thymus. Iodine is also involved in digestion, and is concentrated in the salivary glands and gastric mucosa. Iodine deficiency has also been associated with such diverse issues as excess mucus production, fatigue, hemorrhoids, headaches, keloid scarring, cysts, endometriosis and cancer formation; even migraine headaches.

Iodine is crucial for metabolism and weight loss. You can't miss that there is an epidemic of obesity and overweight. Iodine stores in fat cells. [Toxic halogens](#) can also store in fat cells, blocking the release of fat and blocking weight loss. Low thyroid has long been associated with modest weight gain. But patients with low iodine levels AND accumulation of toxic halogens are showing a disturbing trend of being unable to lose weight beyond a certain plateau.

By some estimates 50% to 60% of our population is now considered obese. The best therapy in most

cases is brief high-dose iodine (12.5 mg/day) combined with L-Tyrosine (1000 mg/day) (or eat more protein containing foods) to make more thyroid hormones. Also essential are dry-heat or far infra-red saunas for detoxification of other halogens, 25% calorie reduction, and consistent exercise. These toxins easily leave when concurrently using [liquid activated zeolites](#).

2. Mental development vs retardation

The World Health Organization (WHO) has related iodine deficiency to mental retardation, cretinism, increased child and infant mortality, infertility, and socioeconomic decline - and more recently developmental delays (ADD, PDD, LD). Iodine and thyroid hormones stimulate the development of the brain and nerves. Hence it is important for intelligence and memory.

It was shown to make a difference of 13.5 points on IQ tests between iodine deficient and iodine sufficient areas. Iodine is crucial to brain development, and is concentrated in the brain, cerebrospinal fluid, and the eye, as well as the substantia nigra of the brain (an area associated with Parkinson's Disease). High amounts of iodine are excreted in breast milk to help develop a baby's growing brain and nervous system. Is iodine in the maternal body to gift for a brighter life? Please see more on [maternal deficiencies](#) and [fetal development](#).

3. Fertility

The World Health Organization has also related iodine deficiency to infertility. Iodine is most important for women, because it is most highly concentrated in the thyroid, breasts and ovaries. Women need a constant supply to run their menstrual cycle. Without adequate in their 'garden', how can a seed take root (easy fertility and pregnancy) well?

Iodine deficiency can lead to menstrual irregularities, fibroids, cysts, infertility, early menopause, and ovarian diseases, including cancers. But it is still vital for men, especially for the prostate.

These problems easily resolved – add in iodine to the diet in the form of seaweed daily, along with all foods sea based – plus paint the Iodine solution on your belly/breasts every morning as an antidote for the [halides](#) that have invaded all aspects of life.

So many people I test have a low [BBT](#) – indicative of low metabolism. Why would your body make and carry a baby when it was struggling to look after you alone well? Men with a low [BBT](#) (measured rectally first thing in the morning – it should be 36.6/7C after at least 4 hours sleep - are usually not fathers. Their sperm is not good enough. Their digestion and immune systems are not supporting their own life enough to pass on to children. Simply put. Modern life is messing with the future. [See more](#).

4. Enhanced immune function

Iodine is now known to play an essential role in immune function. It has potent anti-bacterial, anti-parasitic, anti-viral, and anti-cancer activity. For centuries it has been used topically to kill bacteria. Until recently it was the leading anti-parasitic drug (yodoxin or iododoxin). High-dose iodine has been shown to kill breast and thyroid cancer cells (induce selective apoptosis). It is also a potent antioxidant.

More recently, iodine deficiency has been related to: thyroid cancer, fibrocystic breast disease, breast cancer, ovarian cancer, endometrial cancer, and prostate cancer. In the 1960's when iodine intake was higher (and toxic halogens lower) the risk for breast cancer was 1 in 20; today it is 1 in 8 and increasing by 1% per year! Iodine deficiency has also been associated with parotid duct stones, sebaceous cysts, and vaginal infections. Very easy to administer iodine to your tissues – add it on the skin!!! Regardless of the problem – the iodine will resolve it – including minor skin cancers - as iodine causes apoptosis – programmed cell death is the cell is damaged.

Can it be that simple?

Why not?

A car run out of petrol just needs to be topped up. An electronic device without charge will roar back to life easily given what it lacks.

Apparent iodine deficiency epidemic

There is an epidemic of [iodine deficiency](#) - one that affects all of us especially vegetarians. Over the last 30 years western iodine intake has declined 50% (actually removed from the food supply!), while the ingestion of toxic competing halogens (bromine, fluorine, chlorine, perchlorate) has unbelievably been ignored whilst it is dramatically increased in food, water, medicines and the micro (all furniture and electronic gadgets are outgassing it) and macro environments.

[Iodine](#) previously added to flour has been replaced with bromine, the gas used to fumigate your house for termites. All food imported into Australia and New Zealand is treated with methylated bromide to kill all pests first. Those coming arriving into New Zealand used to be sprayed with insecticides (probably bromylated) prior to landing.

2. Thyroid health

- why we need iodine

Simultaneously to the increase in halogen dominance – especially bromide, there has been a related increase in the rates of thyroid disease, PCOS, fibrocystic breast disease, prostate and breast cancer, and obesity; plus ‘developmental delays’, and autism and mental retardation in children. Meanwhile in Japan, Iodine intake is up to 100 times higher, while all of these same diseases are significantly lower.

Without sufficient iodine, the thyroid gland is unable to make thyroid hormones in adequate amounts. Iodine deficiency can therefore lead to hypothyroidism and goiter formation (the thyroid enlarges in an attempt to make more thyroid hormone).

Iodine deficiency also increases the incidence of auto-immune thyroid disease such as Hashimoto’s disease and Graves disease. Some clinicians suspect the marked increase in the incidence of auto-immune thyroid disease is actually due to iodine deficiency. Other possible factors include subclinical infections, gluten intolerance, mercury and food allergies. All of which show up with lack of iodine.

People who are iodine deficient have an increased incidence of anti-thyroid antibodies. So easily repaired – and inexpensive. But who is asking why not replace illness and the need to supplement what should be there naturally?

This lack of raw ingredients to run the body well underlies most of what most of us visit medical specialists for. Are these raw ingredients replaced – or even tested for? Supplementing with what is missing - iodine - reduces the incidence of goiters and mental retardation, and just about all other things that will ail you without enough of it.

Iodine has been used to effectively treat auto-immune thyroid disease for over 100 years. Iodine and thyroid hormone have a synergistic action in hypothyroidism and are most effectively given together if iodine deficiency exists.

30% of people already on thyroid hormones who are subsequently shown to be iodine deficient will have to lower their dose when iodine is added.

T4 the usual thyroid medication is an inactive form of iodine – you still need to convert this to T3 to use it – and without adequate [selenium](#), iron and zinc, this is unlikely. Two of these essential minerals are depleted in the soils of NZ and Australia, meaning it is highly likely everyone eating foods grown there will be in trouble.

In my clinic – almost all I see are now low thyroid function – although this is not shown on blood tests as they are not measuring wellness – but outdated ranges of what was considered not needing drugs. If considered ‘low’ – not on the border line, or on the low side – as even though you may have all the markers of a [low functioning thyroid](#) – and look your present situation and your current symptoms - most of what people are now on medications for, are simply low thyroid issues.

There is little medical awareness of the importance of iodine in the synthesis of thyroid hormones, particularly T3 and T4. Maybe this is because in 1949 physicians stopped using tinctures of iodine, and in 1973 physicians stopped using the basal body temperature, which still remains the gold standard test for diagnosing hypothyroidism (97.6 – 98.2F/ 36.6/7C is normal).

Please look to the innumerable other voices that can help other than a medically trained person. Perhaps [start here](#) or [here](#). Those of us with these problems eventually work out how to ‘fix’ ourselves, ourselves, as medical ‘help’ is missing major points.

The usual medical low (hypo) thyroid treatment is a biologically inactive form of iodine – the T4 hormone. This then needs to be undone by the body to access the iodine. Best you add iodine, and what you need to undo the T4 that you make yourself - (Zinc, [Selenium](#) and Iodine). Of course you have to be able to unleash iodine, and accept the iodine – and this is the modern drama – what is in the way of this? (Please see the work on the [halides](#)).

[Iodine](#) is a micronutrient. We only need minute amounts of it, but it is crucial to all life. Most people

who consult with me in my natural healing centres, regardless of their condition or complaint are highly compromised in a few basic ingredients - especially [Iodine](#), [Vitamin D](#) and [Magnesium](#).

It is so easy to remedy - much like finding a wilted pot plant – add in the missing ingredient – in a plant's case, water – and all may well resolve. Please also see the [appendix](#) at the back of this work

Thyroid distress – low and high – body can oscillate.

Low iodine = low thyroid function.

Iodine deficiency, in the general population, yields 1-10% cretinism, 5-30% brain damage, and 30-70% loss of energy. In this holistic context, iodine deficiency is a major threat to global health. Iodine deficiency has increased fourfold in the last 40 years and is considered the most common and yet preventable cause of brain damage throughout the world.

When researching this almost no mention was given to the increasingly alarming invasion of our built environments with toxic halide outgassing. Let alone what the added industrial waste product – fluoride in its unhelpful forms – is doing to all in mental dullness, apathy and low thyroid function generally.

Low thyroid symptoms include puffy skin, hoarse voice, sparse and course hair, impaired mental function, dry and scaly skin, weight gain, slow physical functioning, and slow mental functioning. If a pregnant woman is deficient, the growth and development of the fetus is at risk of increased rates of mental retardation, dyslexia, ADHD, hyperactivity, short stature, decreased child survival, miscarriages, still births, and apathetic children with lowered capacity for movement and speech. Those with the highest and lowest TSH also have increased Alzheimer's disease.

Low (hypo) thyroid

Do you have any of these symptoms? Brittle nails, cold hands and feet, cold intolerance, depression, difficulty swallowing, dry skin, dry hair or hair loss, fatigue, high cholesterol, hoarseness, endometriosis, PCOS, cysts anywhere, weight gain, fluid accumulation, cellulite, infertility, lethargy, menstrual irregularities, early menopause, poor memory or concentration, brain fog, dull headache that never seems to go away, 'baby brain' slower heartbeat, throat pain, or more seriously: thyroid dysfunction, fibrocystic breast disease, breast cancer, ovarian cancer, endometrial cancer, or prostate cancer? Has your child been affected by 'developmental delays', vaccine damage, sensitivity to modern life and its toxins, mental retardation, or chromosomal damage – including Down's Syndrome? If so, iodine deficiency or your (maternal) hypothyroid could have been the cause.

In addition, hardly any physicians use the iodine-loading test to determine iodine deficiency. Furthermore, this is the area where people are concerned with the suppression of thyroid function. Thyroid hormones control metabolism, temperature, heart rate, glucose consumption, and even blood lipids. Iodine also helps to regulate cortisol. And of course cholesterol production, weight and fluids in the body, the rate and ability to digest and assimilate – and excrete – think IBS, mucous, allergies and constipation – depression, reflux – all the big ticket drugs – are used instead of addressing the root cause - the body is not able to work well itself.

Quick fix for low thyroid function

Work out what has caused the plummet in your engine's ability and just fix it.

Most who write on thyroid function and all matters medical seem to forget that the digestive system goes out of kilter when the thyroid is struggling. Thus all aspects of nutrition are then upset. Painting iodine on the skin, as I advocate here, is not only **diagnostic** - and you can see how you are going, but is also the **treatment /correction** and is **totally safe** – except for your white clothes, should you forget the stuff stains badly.

Adding more on the skin is a rapid and effective way to heal a vast array of things that nothing else has solved. It also may take time, and adding more of what helps it absorb [\(Selenium\)](#) in larger than

the recommended dosage will also speed up recovery from almost all that you thought you were stuck with for life.

Maybe eventual cancer - as if you do not have enough of the raw ingredients as per the recipe book – to counteract this, and add in all that is not supposed to be part of your inner world, things eventually break down. What may have been ‘given ‘ to you in your genes – may be a less than perfect ability to adapt to contamination – or to use or store raw ingredients – so please take action – keep reading and learn how to help yourself!!! Perhaps [start here?](#) Or [here?](#)

Maybe investigate taking [natural pig thyroid hormone](#) —at least to see what a more holistic approach can do for you whilst you address why it is needed - you still need to function as a person until you do uncover it all.

High (hyper active) thyroid

Symptoms of hyper-thyroid (hormone levels that are too high) include: racing pulse, heart palpitations, anxiety, insomnia, losing weight, feeling as though you are going mad, being too hot, and being diagnosed with Graves Disease. Graves Disease is an autoimmune condition that reflects toxemia, where a [foreign substance](#) binds to TSH receptors, causing the body to make higher and higher amounts of thyroid hormones. It can become life threatening.

(Note from Heather – undo this ‘foreign substance’ – pay attention go all on [Glutathione here](#) and using [liquid activated zeolites here](#) – as the modern world is awash with residues that are maybe too high in you to wait for the magnesium oil on your skin, increased water drunk, selenium and Vit C and sulphur taken – make sure you get better quickly – invest in taking out the ‘foreign substances’).

Perhaps also invest in this amazing book as an introduction – [‘Toxic World, Toxic People’](#) by Anna Rodgers. Or [watch this presentation](#).

Quick fix

Not so likely here. It is worth finding a natural health care professional, who will also look at *why* this is happening – not be reactive and want to give you drugs to knock off your thyroid function. High thyroid function can oscillate back to low function. Your long term good health depends on undoing why the body is in ‘silly’ mode.

Many times it is a matter of going back to what happened before?

Often an intensely upsetting emotional event – that is still not undone and still affecting you at least subconsciously.

3. Digestive Health

We are to use to ourselves, without a strong system of extracting nutrients from what we eat. r ‘food factory’ is what keeps us here and well – or not.

The gut needs to be in best shape to keep all other systems working. So many people have gastro esophageal reflux disease (GERD) with symptoms such as reflux or heart-burn. But the usual symptom relief offered does not return you to health.

If there is any problem – especially in the gut – your body was giving you a colossal hint – HELP!!! You will be encouraged by the medical profession and possibly the pharmaceutical companies to shut off the warning red light on the dash though!!!

Taking antacids numbs the pain – AND destroys the body’s ability to digest food and thus run the well unit. Think of this – you are getting fewer nutrients as you started with less stomach acid (hence the ‘heartburn’).

Why is ‘heartburn’ there?

Loss of pH. How?

Loss of bioavailable essential iodine and other raw ingredients – compromised further through [reducing the very ability to digest](#) – digestive enzymes and better gut health – and appropriate bacteria. What we eat these days contains chemicals in minute amounts that are destroying our ability to use nutrients.

[Roundup](#) (glyphosate) is a great example - it is everywhere and is now classified as an ‘anti biotic’ (anti life) that may be behind most [people’s inability to nourish themselves](#) – leading to [acute and chronic inflammatory gut problems](#).

Then the antacids are added in – whereas the burning sensations experienced were trying to alert you to the lack of acid to process food well. Why does this matter? We can’t function without great products from digestion – which is why what you eat matters. But what also matters is what your gut can do with what you eat.

[The Human Microbiome](#) is what keeps you intact and well – it is the basis of your immune system. Iodine is used by the immune system - it has antibacterial, anti-parasitic, antiviral and anticancer properties.

Iodine is required to allow the natural death of cells (apoptosis), and the body’s natural surveillance for abnormal cells (cancer avoidance and repair when you have it) and for detoxification of chemical toxins and radiation.

Every cell and every fluid in our bodies contains iodine.

Fluids accumulating where they should not be is a sign of iodine deficiency.

Any metabolic or immune or digestive problem (again - think all of the GERD and reflux, heartburn, constipation and fluid retention) is likely to have iodine deficiency at its centre.

Babies with colic – maybe mum just needs to top up on all that is needed to run her better (not that her body has not been suggesting this probably all through the pregnancy (refer to the [Pregnancy App](#) here and the role of raw ingredients for more).

Long-term iodine deficiency is a risk factor for:

- hypothyroidism,
- malignant thyroid cancer,
- fibrocystic breast disease,
- breast cancer,
- prostate cancer,
- endometrial cancer and
- ovarian cancer.

The presence of iodine triggers the death of abnormal cells, or those at the end of their life cycle. ([Apoptosis](#)) Iodine and the thyroid hormone together act as a team to protect us against abnormal cell development, carcinogens and the spread of cancer cells. Read more here [Cancer and iodine](#)

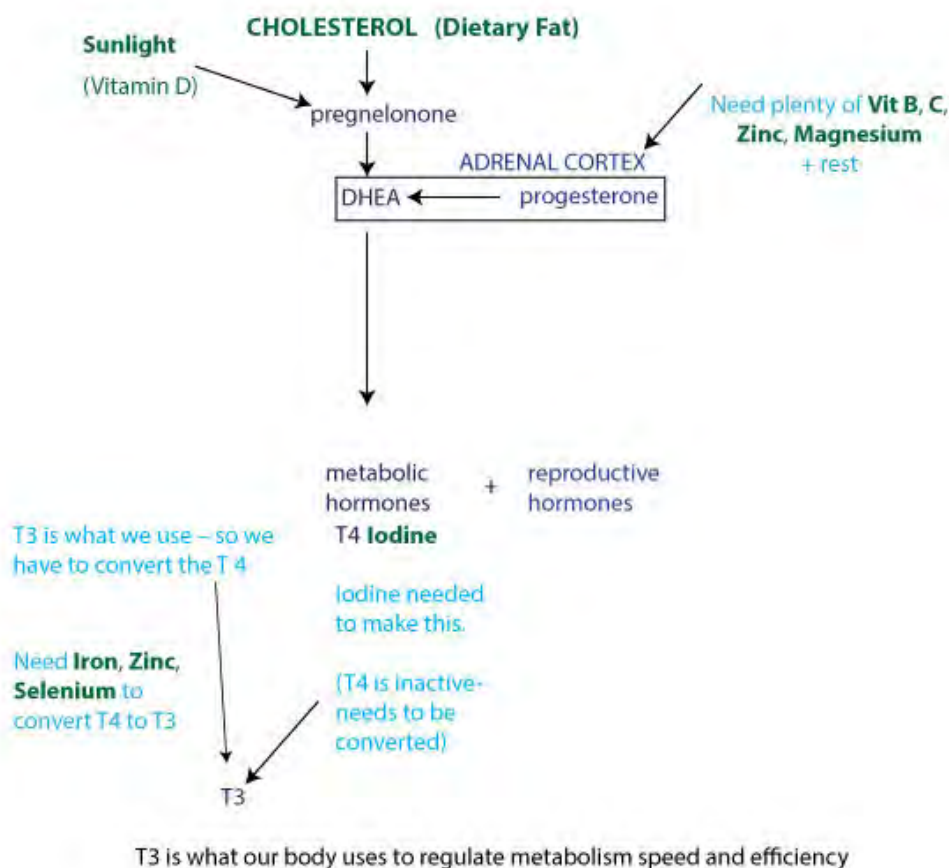
More on helping yourself heal naturally is easily available – [here is one option](#).

(So you actually outlive where you would have had you not gotten the wake up call)

4. Ingredients and the Hormonal ‘mudmap’

Here is a very rough guide to what supplements and foods are needed and why:

“Mudmap” of Optimal Hormone Production



In today’s world, we are exposed to an ever-increasing amount of substances that block the absorption of the life giving mineral and vitamins. It is often a while before the nutrient pathways break down so that it is even noticed.

Along the way the ‘conditions’ discovered and named are then seen as ‘new diseases’ and much is spent attempting to find gene markers. If the often lifework of many older doctors who were thinking clearer would be investigated – answers to oft asked questions, with their easy answers would be discovered all over again (see the history of understanding hand washing and how important that is – it took centuries as what was discovered was inconvenient to the doctors of the day.

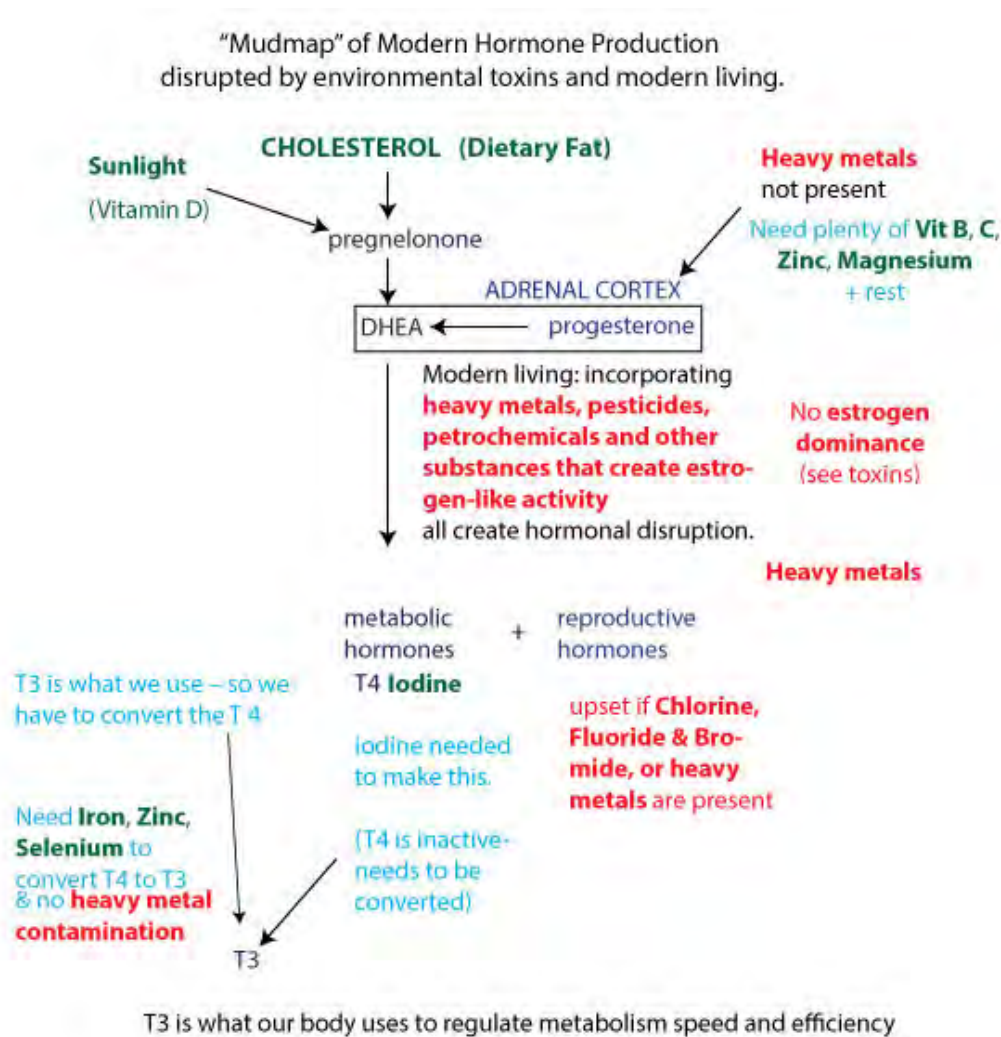
So too here.

Carcinogens.

Chemicals we were not expected to ever have to deal with.

Recently – and in ever increasing complexity.

Below is in **red** what is blocking what we need to live well.



Staying on the iodine trial here . . .

Iodine is needed far more than ever as we are more exposed to the [halides](#) that block the iodine absorption, and in fact 'rob' our bodies of its precious iodine stores.

How?

The iodine /iodide molecules are larger than the [fluoride](#) (a tooth treatment in pastes and dental applications), [bromide](#) and chloride (cleaning products and sterilising various waters – esp swimming pools) molecules that are swamping our environments.

Ever more chemicals are added into the air (out-gassed from electronic devices, fire retardants and generally added to food for various sterilisation or 'flour conditioning' reasons – mainly [bromide](#) and its compounds).

5. Halides

Around the modern world, beneficial iodine has been replaced in the food supply, water supply, medications, and environment by toxic “halogens” over the last 30 - 50 years. Toxic halogens are chemically related to Iodine, and include: [Bromide](#), [Fluoride](#), [Chloride](#) and Perchlorate. They block iodine receptors in our bodies, and lead to cancers, thyroid disease, and obesity, plus learning disabilities and mental retardation in children.

There is no known liver detoxification pathway to excrete them. They are stored in body fat, and prevent weight-loss. The only way to remove them is high iodine and vitamin C intake along with sweating. The best way to sweat out toxins is to use dry heat sauna with beneficial Far Infrared light/heat. These are available as small portable units for one person or larger wood-&-glass structures. Or you can use your local gym's sauna.

While iodine and chloride are beneficial in small amounts, the others are toxic. They can bind to iodine receptors, block the action of iodide and thyroid hormones, and cause many severe diseases.

[Bromide / bromine](#)

Bromine is a poison, and has no place in human consumption. As a gas it is used to tent your house and kill termites! Bromine can bind to iodide receptors blocking their function. Bromide has been substituted for iodide in many foods, medications and the environment – despite the fact that it is a pesticide. It has replaced iodide in all bakery products, reducing our iodide intake by 726 mcg/day. [Bromide dominance](#) can create breast and other cancers.

The ingestion of bromide (or breathing bromine gas) in an iodine-deficient state will further exacerbate thyroid illness. Bromide drugs are often given when the person has a condition worsened by their low thyroid function - eg IBS – and the anti spasmodic given is antagonistic to iodine - and thus their thyroid – hence the medication will only exacerbate what was not corrected but ‘managed’.

Allergies too – the runny nose common with allergies when the thyroid is underactive is not improved by the bromide containing medication supposedly give to ‘correct’ what is missing - yet it is iodine that would allow the healing. Bromine intoxication symptoms include: feeling dull, apathetic, depressed, irritable, and headachy, plus hypothyroidism. Severe reactions include: delirium, psychomotor retardation, schizophrenia, and hallucination.

Bromide also binds to and damages the iodide transporter (sodium-iodide symporter -- SIS). Need [extra selenium](#) to work the symporter – and of course [Glutathione](#) (the body's major antioxidant) is made also from this.

Sources of bromide: Medications: Atrovent inhaler, Atrovent nasal spray, Ipratropium nasal spray, Spiriva handhaler, Pro-Panthine, Pyridostigmine bromide, anesthetics. Foods: All bakery products with bromated wheat flour, Mountain Dew, AMP energy drink, Gatorade - citrus. Anything imported in Australia and New Zealand.

Other (bromine gas): Some pools & hot tubs, fumigants for termites, and other pesticides.

[Fluoride / fluorine](#)

Fluoride is a known toxin, and can be lethal. Fluoride has been added to the USA drinking water for over 50 years. There is much debate yet when you yourself see what can be easily found online, you will also start to wonder the teeth were not directed more nutritionally leaving our metabolisms in peace. Many European countries have stopped fluoridating. Fluoridation has been linked to dental fluorosis (tooth discoloration), hip fractures, bone cancer, lowered intelligence, and kidney toxicity. Fluoride is more toxic when there is an iodide deficiency.

Sources of fluoride: [medications](#) It may be a source of disbelief and outrage to watch any of the footage here – and yet this is normal and [we are all exposed to this](#).

Are you sure you would not be best served by investing in your health by taking responsibility rather

than accepting whatever a medical person tells you in a very short consultation?

Other: Fluoridated tooth paste, dental tablets, dental services, please actually research yourself - how to improve teeth/tooth remineralisation – you will be amazed at how food can restore your enamel) public drinking water, fluorine gas as propellants in spray cans, and in the ozone layer.

Chloride / chlorine

Chloride is an important element in the extracellular fluid and in stomach acid. But in large amounts it is toxic, and (with its by products) has been linked to: birth defects, cancer, reproductive disorders, stillbirth, and immune system breakdown. Excess sodium-chloride (table/refined salt) competes with iodide.

Sources of chloride: foods: Salt, public drinking water, Sucralose or Splenda ® (chlorinated table sugar). Other: Chlorine gas in dish washer steam, hot tubs, swimming pools, propellants in spray cans, and the ozone layer.

Perchlorate

Perchlorate is one atom of chlorine surrounded by 4 atoms of oxygen. It is a toxin. It can displace iodide in the body and damage iodide transporters. It can cause: hypothyroidism, thyroid cancer, goiter, breast disease, disruption of the menstrual cycle, immune system dysfunction, poor fetal development, and mental retardation of newborns.

Perchlorate is found naturally in the environment and can be manmade. It has become a major contaminant of ground water in 43 states in USA. The entire lower Colorado River is contaminated with perchlorate, affecting 20 million people.

Sources of perchlorate: foods: Public drinking water, cow milk, human milk, lettuce(fall & winter in the SW USA). Other: Car air bags, leather tanning, fireworks, and rocket fuel.

**Truly – I have no idea why the reality of
our toxic environment is not more discussed.**

Where is our sense of urgency?

If we just look at the *ever increasing:*

- Cancer rates**
- PCOS and endometriosis rates**
- Depression and anxiety**
- Chronic constipation and all gut issues – including all allergies**
- Fertility and babies born too soon**
- All developmental and ADH, ASD children – that is a start of what we could be avoided - just by taking out what is interrupting normal body function. That which is our blueprint. With enough raw ingredients and none of what messes with life.**

•

Think we have to have a 'study' done?

Not actually – just look at when, and here and who does not get these problems.

Go back to nature – all had to either live near the sea, or trade in salt (from the sea) as it was so valuable to life.

- Where do we source iodine?

Seaweed is able to highly concentrate iodine from ocean water and was the planet's first source of high iodine levels. Apparently as multicellular organisms developed, they were able to utilize the iodine from seaweed. These multicellular organisms were then easily able to manufacture thyroxine, the first

evolutionary hormone, from an amino acid (tyrosine) and iodine.

This new hormone was able to protect the DNA of the organisms and ensure their successful development. The iodine also protected the new organisms against single cell bacterial organisms and viruses. Iodine is found in every cell in our bodies.

How much iodine do we need?

No one knows. Enough to have our bodies work with no problems would be the short answer.

The Japanese ingest at least 100 TIMES more than most westerners – so it is an academic only issue – we are all so exposed to what is not supposed to be in our environments.

How much we need depends at any time is entirely on what is happening for us and what our previous exposure has been. Much like asking how much rain needed to fill a dam – depends on how full it currently is. There are two forms: iodine and iodide, each used by certain tissues in the body. The thyroid mainly uses iodide. Dr. Lugol employed 5% iodine and 10% potassium iodide in water to increase solubility. Just two drops of Lugol's solution orally supplied 12.5 mg of iodine/iodide daily. This was widely available at apothecaries, and was used to treat goiter, infections, and many other symptoms.

The Japanese have had a high iodine intake for millennia, primarily due to seaweed and seafood. They also add iodine to their eggs through the chicken feed. Their average daily iodine intake is 13.8 mg (about 100 times the U.S. RDA). They have remarkably lower rates of breast, endometrial and ovarian cancer, and significantly lower rates of fibrocystic breast disease and prostate cancer. They also have low rates of obesity, and are noted for their academic achievements.

In the USA from the early 1800's to the mid 1900's there was a much higher iodine intake than today, especially near the coasts. The National Institutes of Health reported that the average iodine intake in the 1960's from bakery products alone was 726 mcg/day. Today it is zero.

Today the RDA for iodine in the USA is only 150 mcg/day, 220 mcg during pregnancy, and 290 mcg during lactation. This is the bare minimum needed to prevent goiter, extreme stupidity, and hypothyroidism; but it is not enough to supply the body's total needs – or to prevent cancers. A recent article in the New England Journal of Medicine (June 29, 2006) claims that iodine deficiency is still widespread, and argues for an increase to at least 300-400 mcg/day.

So how much iodine do people really need? A lot more than the U.S. RDA. But how much? The maximum amount is simple to calculate based on Dr. Abraham's extensive research. This shows that with an iodine-loading test of 50 mg in 24 hours, healthy iodine-sufficient subjects excrete 90% and retain 10%. 10% of 50 mg = 5 mg; this is the maximum amount the body can use each day for saturation of iodine receptors. However, in clinical practice, once iodine stores are re-pleted the body needs less, about half this amount (1-3 mg/day as a maintenance dose).

Women need more than men. Other recommendations of 12.5 mg/day are based on French and Japanese traditions, but only demonstrate dose tolerance.

Foods rich in iodine

The foods richest in iodine are: seaweed, seafood (shrimp, cod, sea bass, haddock, and perch) and iodized salt. In the USA and other countries iodine has been added to salt since the 1920's to prevent goiter; but research shows that iodine in salt is only about 10% bioavailable. Iodized salt prevents most goiter, but is not sufficient to supply the rest of the body's needs. A better approach is to add iodine to bread, as was done in the past, because studies show it is 10 times more bioavailable than salt. A single slice of bread once supplied 150 mcg – one day's RDA. Please remember that was before all the toxic halides were also completing for the iodine receptors in your body. And before the radiation levels got so we needed more to protect ourselves from damage.

Can you have too much?

Of course - it is a MICRO nutrient for the body.

BUT – look to what iodine depletion causes – and then see if you think you need it – urine and blood tests may not give true readings – best to add it to your skin and see if you absorb it – and if after doing so for few days you feel better - usually if needed you will see that it is crucial to life - not a drug – but one of the raw ingredients you need to live.

Easy solution - paint Lugol's solution on your skin.

Preferably in the morning as it may give you a clearer head and the 'brain fog', once lifted may mean you will be wanting to get things done at bedtime, if you add it in then. See also what I have written on [painting it on the skin](#). Taking supplements without supervision (and by someone who has studied this - not a GP who wonders if you are doing the right thing. You need assistance - either through educating yourself for by finding someone whose speciality is natural hormone work – not medical.

New potent iodine supplement

"Iodoral" is a high-potency tablet of 12.5 mg (5 mg Iodine + 7.5 mg Potassium Iodide). This is about the current average daily intake of Iodine from food in Japan, and the same as Lugol's Solution. This is also available in a 6.25 mg dose from ProThera. Commercially available Iodine supplements are typically only 225 mcg, which supplement a USA daily iodine intake from food of only 100-150 mcg/day. Initial therapeutic dosage for Iodine deficiency for the first month is 12.5 mg/day. This is followed by a lower maintenance dose of 1 -2 mg / day.

Can excess iodine be harmful?

Natural iodine is essential to life. True allergies are extremely rare, but can occur, and can cause a life-threatening IgE immune response with hives and anaphylactic shock. Toxic amounts of iodine usually cause an IgD immune response along with toxic symptoms, including: acne, rashes, diarrhea, fever, headache, increased salivation, metallic taste in mouth, nausea, and sneezing.

But some reactions to high iodine intake are likely due to the forced excretion of toxic halides, such as bromide, fluoride and perchlorate. Higher iodine doses tend to elevate TSH scores (Thyroid Stimulating Hormone) and cholesterol, and lower T3 and T4 scores (Tri-iodothyronine and thyroxine). But as the iodine dose is reduced T3 and T4 normalize at the mid-range, cholesterol declines, while TSH may remain slightly elevated. [Or do current American TSH ranges actually reflect an iodine deficient state?]

Harmful sources of iodine

Radioactive iodine is used in medical testing and therapy procedures, and can be especially dangerous if natural iodine stores are low. It is also released by nuclear power plant contamination. These can lead to thyroid cancers and other rare cancers. Other organic iodine compounds are used in certain drugs and radiographic contrast media.

[Lack of iodine](#) is a very common undiagnosed problem, as the body warning systems are ignored. Various pharmacological products may be used instead. Think of the obvious simplicity and appropriateness of adding water for a wilting pot plant.

Iodine absorption can be blocked, or can taken out in the body. Often this is ignored – as we see in the addition of [fluoride](#) to the tap water, or chlorine to the swimming water and bromides to all that surrounds us in the modern context. Adding iodine to salt used to work – when there were no competitors for it. Unfortunately this is not enough now.

You may wonder if it is not safe to have all these halides released into the world – why has it been allowed to happen. I am sorry to say at this point – just follow the money trail.

In the past, using iodised salt was and still will be a great start. As would eating seaweed as the Japanese and Koreans do, daily. Iodine only in salt used to work – when we had no iodine competition. When also all milk tankers were cleaned out with iodine solution – so tiny minute amount was thus in all dairy products. When it was added (now bromide is) in flour.

Also this was before all were scared off salt (we need it to live) – and this is another raw ingredient missing. Possibly best taken as Himalayan rock salt (original sea - a very long time ago – apparently 650 million years ago - the Himalayans used to be under the sea). Some form of sea salt not refined down to just sodium and chloride is best.

Massive iodine depletion is now our legacy. All medicos seem to be ignoring this. The resulting side effects (various systems breaking down slowly) are medicated against – think the laundry list of dysfunction, and aches and pains.

Major problem

When low in iodine, the thyroid gland (metabolism overseer) goes out of balance. Usually low or hypo functioning.

Welcome to the world we now live in!!!!

You may wonder what happened?

Good question – and when you research – as I have done so – there is little reference to what is really the problem – modern industrial chemicals and ‘bright ideas’ - we are awash with what takes the iodine out of our bodies!!!

Even research ‘Bromides and prescription medications’.

‘Fluorides and prescription medications’

Very worrying – as often what is given as an ‘answer’ to the effects of low iodine – hence thyroid not working well – contains that which will create the problem so much more – as the halides in the drug – often 92% of the drug – will make the over all long term situation that much worse – all the while NOT addressing the key issue – lack of iodine and other raw ingredients – why are we allowing this to happen?

Perhaps we need to remember why Hitler added fluoride into the drinking water in the places he conquered – to create compliance!!

Why was Bromide added to the supplies of those in armies and in prisons?

To squash their testosterone – hence their drive, ambitions as well as their sexual activities. . apathy anyone?

6. When do we need more Iodine?

1) – When we are growing new tissue

As a fetus

Iodine is essential for the normal growth and development of children. Severe deficiency results in intellectual impairment and deafness. Iodine is central to fetal brain development. Lack of iodine during pregnancy is the leading cause of intellectual impairment in the world.

Just correcting iodine deficiency alone has been shown to dramatically reduce neonatal mortality.

a) All through life

Because iodine is crucial for thyroid hormone manufacture, iodine deficiency causes thyroid gland enlargement in order to maintain thyroid function (the enlarged thyroid gland is called a goiter). Eventually the available thyroid cannot maintain adequate thyroid hormone production and hypothyroidism ensues.

b) Puberty:

Cindy, 12, was very overweight, exhausted from heavy bleeding (periods started at 9½ years of age. Losing her hair, ill all the time, and still putting on weight.

Some iodine painted on her arm all disappeared within a minute – literally!!

Often puberty wreaks havoc on a girl if she is not taking enough iodine – and her past diet of soft drinks, allied to her obsession with swimming (very heavy exposure to swimming pool chlorine) and eating basically fast foods with few nutrients, mean the that low thyroid function due to insufficient iodine kicked in during early puberty at great cost.

No medical people were aware of the role of diet and adding in what is needed to make a woman – and this was her result – once she was eating nutritious food and using iodine, all resolved well.

Larry, 13, was brought into my clinic, as he was depressed. Mum wanted to know what to do to support him. I looked at his tongue – major diagnostic tool – and it was too pale.

I left him with some iodine painted on his belly – no other therapeutic interventions - and when we returned about an hour later - it was only faintly there visible - and his tongue was a lot pinker (towards normal) and the coating was very much improved. As an acupuncturist, I could see that it was an easy solution for mum to apply.

Diagnosis and treatment all in one!!

At the time he was developing his testicles and changing into being a man. His foundation was not strong from his mum and now as he shifts gear hormonally – he may well be saved from following where his mum has been (low thyroid function).

The depression – which is part of the low thyroid raft of problems, was a great clue.

He has all of the ingredients (food and supplements below) – but of course they may be blocked due to all the things in red you can see in the following ‘mudmap’ of hormonal needs.

c) - (So of course) When pregnant

The baby has needs massive amounts as apoptosis (cell death – fbgrs happen as the flesh in between when hands are being made is programmed to die – who knew??) , and mum growing new or revamping old breast tissue and the hormonal changes mean she needs a lot more than usual. More on this soon.

This mum at 6 ½ months pregnant had been diligently taking an enhanced with iodine pregnancy pill every day, though obviously with nothing like enough, as here we have a progression of patches painted on her belly - all within three minutes.



The very dark patch has just been painted on her skin. The lighter patch above was added on about 2 minutes before – and the one to the left – about three minutes before. This is severe iodine depletion – and would have meant a healthier baby and pregnancy – not as 'high risk if we add in what our 'recipe' would demand.

Obviously her body is crying out for more – and she gave it to it – to the increased health of herself immediately. Why was she not getting enough from the pregnancy 'enhanced' vitamin?

She may not have been absorbing it, as her gut was compromised through modern life; she may have needed a lot more what with living where there is fluoridated water and where she is exposed as we all are now – to the chemicals that rob our bodies of what it needs to keep us safe. (Cancer – see later).

2) – When wanting to return to health

- and knock out all the toxins below.

'Just' because you can only access tap water with added chlorine and fluoride would be a safe enough bet you need to use Iodine on your skin.

This would counterbalance the toxins you cannot avoid – and also all the 'background noise' of toxins in our environment. This especially includes all women's health, and all men's prostate woes. Almost all health problems do better with improving the detoxification pathways.

With the increased exposure to accidental radiation now – we could all benefit from checking our iodine status – just by using the Lugols' or Aqueous iodine solution.

Please do not ask your pharmacist or doctor, unless they are well into their 60's as life has turned into a retail experiment with all 'health' matters and only those older ones will remember how to undo problems - untangle the mess – not cover it over.

Looking at what we have to deal with again – and increasingly - newborns are now born with [over 300 chemicals gained from mum](#) that were never supposed to be part of them. Tiny minute amounts are all needed to wreck havoc – especially with all the other combined ones that are present.

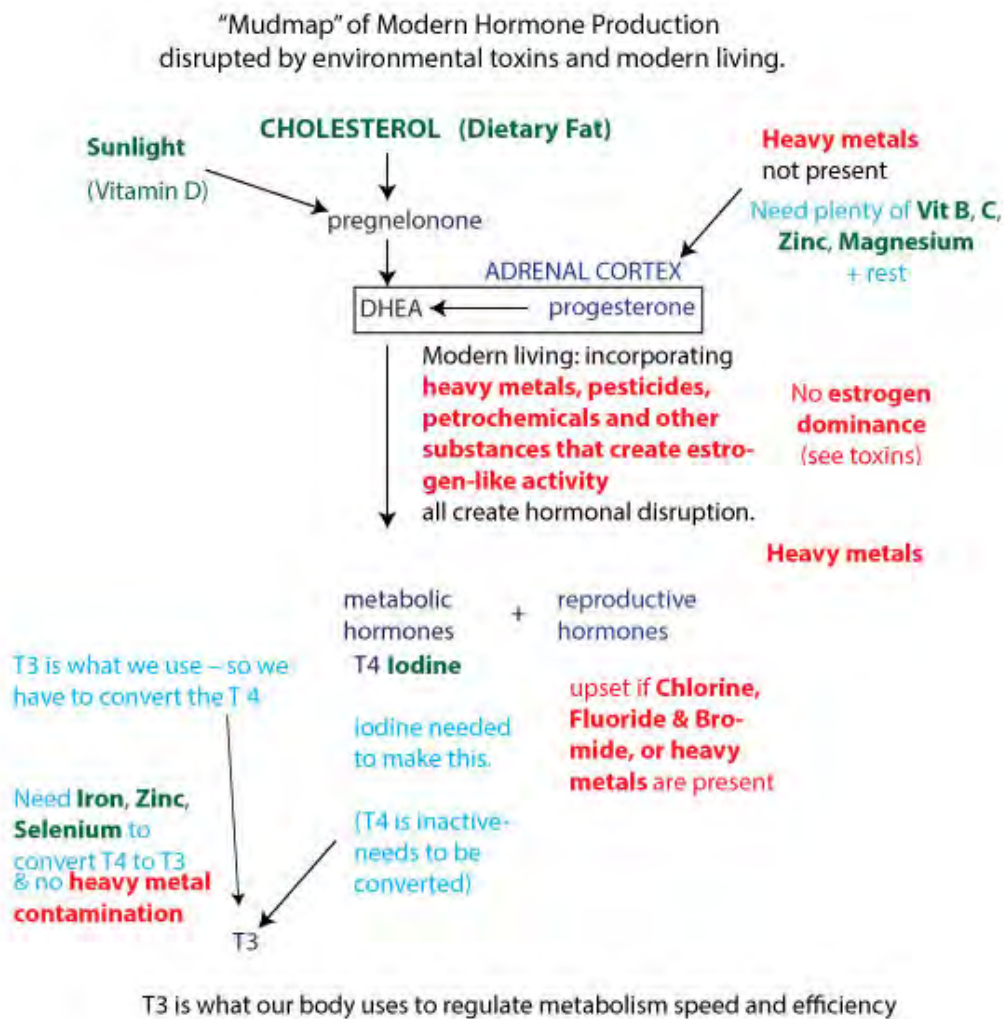
Please look at why we are all struggling to be well – especially as we age.

3) – Recovering/avoiding whilst dealing with any form of cancer.

You do want programmed cell death to work perfectly.

(See page on cancer further on)

What gets in the way of our healthy bodies. . . modern life and its chemical soup we breathe/drink /eat and are gaining through our skin.



Being scared of the sun (Vit D) and dietary fat is at the core of a lot of the current health problems - as is not eating animal products.

As a reformed vegan I understand the issues – also that they are all mental/ emotionally based. Bodies – especially womanly ones that are constantly making a baby nest ‘just in case’ - and then making small people’s life foundations – need a lot more than what a yogi in a cave might.

Undoing what is gifted via mum and her mum through their body not knowing what to do with chemicals, and thus releasing it into the fat in breast milk is not discussed - and could be as it is real. [Worse off the higher in birth order](#) you are. [More here.](#)

What to do? Take [liquid activated zeolites](#) to pull it all out harmlessly – whatever stage of pregnancy/ nursing you are at.

7. Iodine and Fetal Development

What may get in the way of good fetal development?

1) - Mum being too exhausted and depleted from too many child bearing efforts such as:

- IVF attempts on a depleted unhealthy diet/lifestyle, or
- too many children born too close, or
- miscarriages or other mishaps close together
- without time to replenish and rebuild her supplies of the ingredients needed to make great pregnancies and babies.

2) - Not enough iodine rich foods

The medical model is ignoring the environmental changes from all the modern technology and chemistry taking over the natural ways we have been designed to live within.

Iodine added in the salt is not enough now that we have all the competing components (see [other halides information](#) – we need to know about, regardless of how hard it seems to be).

3) – Insufficient other raw ingredients

– especially [magnesium](#) and [Vitamin D](#) Both are needed for DNA to express well and both are needed to allow hormones and detoxification pathways to be present – to allow the removal of the toxins as mentioned above.

As most people (at least 90% of those arriving in my clinic) are lacking in iodine and are being medicated for all the problems this causes, we all need to back up a bit and look to the ingredients side of life.

People are coming in for ‘health’ problems that are not being adequately addressed through the orthodox reactive symptom-management system.

All vets and farmers assess soil and nutrient loads prior to spending money on counter measures for any health problem in their stock. Why do we not do the same for ourselves?

Of course this goes hand in hand with toxicity – as often there are substances that are blocking absorption – even though the diet or supplementation is delivering products into the body.

This then becomes an interesting mix - as taking out what is not supposed to be there should take precedence over adding more of what is apparently missing, in. Unfortunately this is not where orthodox medical thinkers are headed as we as a culture continue to ignore the effects of the increasing load of chemicals in the biosphere that were [never intended to be part of our bodies](#).

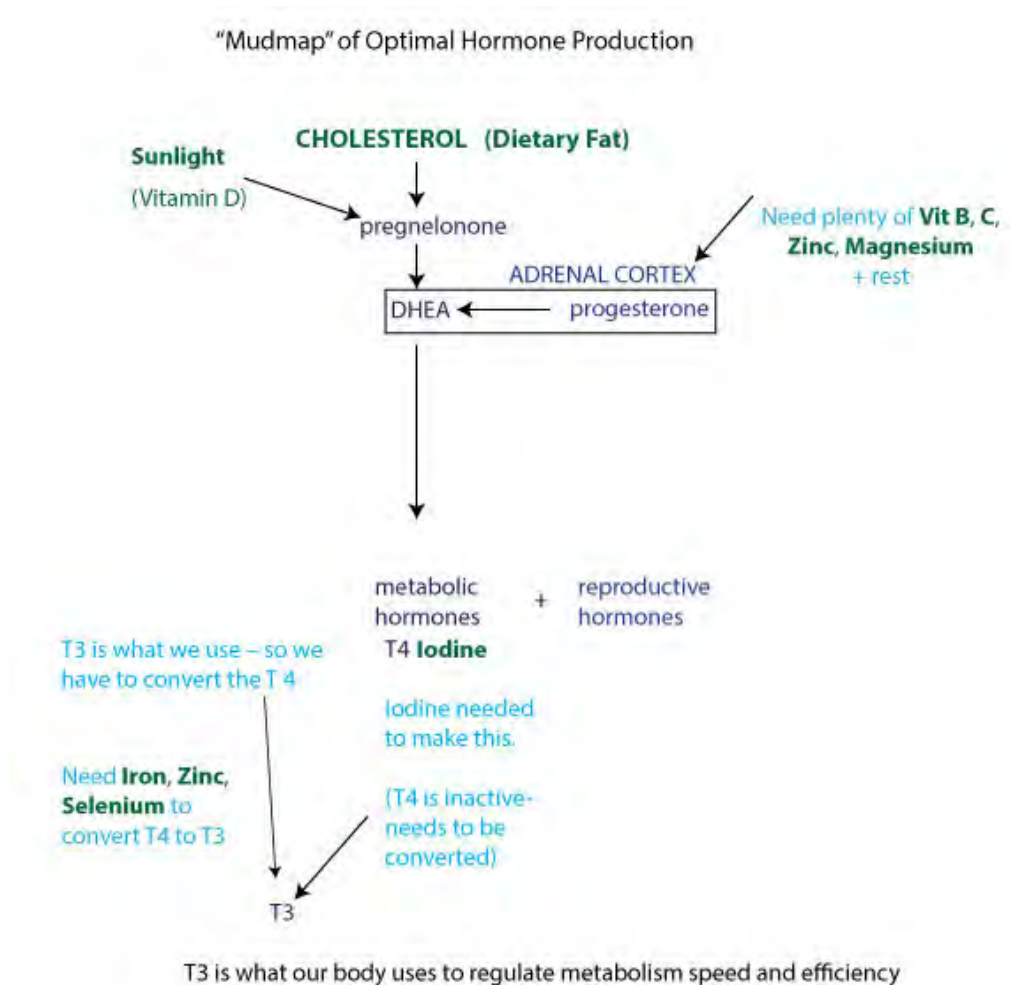
Emotive reporting from apparently scientific sources adds to the confusion.

Who to ‘believe’ if not Nature?

“Is this supposed to be inside us? “ is as good a question as any.

Thyroid problems have increased since fluoride was added to the water in Brisbane, some years ago. Iodine disappearing when painted on the skin shows almost everyone is deficient in it.

What is needed again



Please be aware that so much of what is about today is messing with this nutrient 'mud map' – and you need it to work to be in good shape – not just 'hormonally'.

SOLUTIONS

1) - First step is to drink more water. This will help flush out what is not supposed to be there – and often as you are presently not drinking water so much as all substances wet with water as a base – think of all the 'soft drinks' – the carbonated, the sweetened, the caffeinated- just getting rid of these - especially the ones with 'diet' in their advertising - and all that are chemically based – will make a great difference to your state of life immediately.

2) - Of more concern though is the fluoride and the chloride and whatever else is added at the water's source – as clean pure without chemicals) is what you need to flush out what is already within you. Use the **Aqueous Iodine Solution (or Lugol's Solution)** to reassert normal

3) - Here you may reach for the **liquid activated zeolites** to assist in the cleanse - and drink at least 3 litres of pure water non chilled - and at least a litre prior to breakfast – see and feel the difference!!!

8. Iodine - is it safe to add in?

What then is a reasonable and safe dose in a holistic context?

In 1911, 900 milligrams (900,000 micrograms!) daily were considered usual and safe doses. In 1950 the Japanese had 100 times more iodine in their diet than Americans. In 2001 they had 202 times more iodine than Americans and were using up to 13.8 milligrams daily as opposed to the average U.S. intake of 425 micrograms daily.

The Japanese are even adding Iodine into the feed given to the hens who lay the eggs – so more iodine - in addition to the seaweed and a diet replete in iodine has – why would they? It is that important to life.

Unfortunately there has been no real study, ever, about what is the optimal safe dosage of iodine. But, again, no one has ever died from iodine overdose or allergic reactions. It is safe to suggest that at least the guidelines given by Drs. Abraham and Brownstein for the use of 12-50 milligrams of iodine daily, for overall iodine sufficiency and wellbeing, and up to 100 milligrams/day for diabetics is reasonable.

A prudent suggestion is that as we follow these ideas, it is important to move forward carefully as we treat this pandemic level of 72% iodine deficiency in the world and a shocking 96% deficiency in Americans, affecting the minds of billions of people.

Re evaluating the amounts of iodine people consume, children under 6 years of age could easily take half the adult dose, children 0-2 years take ¼ the adult dose, pregnant women take 47% more than the adult dose (current FDA ratio), and lactating women take 93% more than the adult dose (current FDA ratio), as iodine is so very important for brain development, from a holistic perspective.

In the larger humanitarian context the risk to benefit ratio of these recommended doses is extremely safe for healing the planetary population and ourselves.

The Iodine Project

In a most significant study called the Iodine Project, done from 1997 through 2005, Dr. Guy Abraham, Dr. David Brownstein, and Dr. Jorge Flechas followed 4,000 patients and administered 12.5 to 100 milligrams daily, with 100 milligrams administered to diabetics primarily, because low thyroid function is also associated with Type 2 diabetes.

They had positive results with only three adverse reactions out of 4,000 people (possibly allergic reactions to the binding agents, excipients, fillers, preservatives and/or synthetics commonly found in tablets, capsules and even liquids as opposed to the bioavailable form of iodine itself).

This research group theorized that because in Japan the average intake was 13.8 milligrams, and Japan had significantly less breast and prostate cancer and better health and longevity than in the US, that higher doses of iodine could be safely used. In this 7-year study, they observed reversed fibrocystic breast disease, decreased insulin requirements in diabetics, significantly less need for medication for hypothyroidism, resolution for fibromyalgia, and also resolution of migraine headaches. In the study by Dr. Abraham, et al, the iodine ranges were somewhere between 12.5 and 100 milligrams (100,000 micrograms) daily and were considered safe dosages.

Maybe ask yourself

Is it safe to NOT have boundless iodine at your body's disposal?

What about all the cancer alone – as Iodine allows the natural cell death to happen – is it not best we have enough to allow the immunological processes to just work?

Then there is the problem of all the halide contamination that we had no idea about – why not – as when there is radiation poisoning - we do not make sure and have extra available?

If it were dangerous – by now all my patients would have had some idea.

Instead – they are thinner, when needing be, (often losing all 'baby' weight and not going mad, or los-

ing their hair – all seen as normal these days – why not go back to where our recent ancestors – were – non colicky babies who slept - with happy mums.

Depression eased, gut health ensuring good immune systems. Means no need for adding more halides n via various drugs.

I am not suggesting you put it in your mouth. Your body will absorb what is needed. People are finding themselves pregnant when they wanted to be, they are off medications of all different descriptions, their young children are happier (as they have a supply of iodine via mum's breast milk) – and all in all – there are no losers – except those selling prescription drugs and 'cures'.

It cannot have escaped your attention that wellness makes money for no one. Illness pays. Moods better, menstrual cycles normalised, endometriosis and PCOS gone – why would we not try this harmless trick?

Do you need someone to hold your hand as you get back on track?

Possibly then you may have trouble finding a practitioner who can assist without lots of expensive testing – and monitoring – why would you need to – does anyone monitoring your coffee consumption? Or sugar or alcohol – that is where the troubles lurking .. iodine on skin – maybe if you are not sure, eat seaweed three times daily as all Koreans and most Japanese people do . . and they are well – and arguably more so than the average iodine depleted person.

For brain power alone ...

9. Iodine deficiency diagnosis and supplementation

Iodine depletion – why are levels so low now?

According to the NHANES data iodine levels in the USA have fallen by about 50% over the last 30 years. Why? There are many reasons. According to the World Health Organization, about one-third of the world's population live in Iodine deficient areas, which affects 129 countries.

As most of the iodine resides in the sea and seashores, most inland areas are iodine deficient. Other contributing factors include: diets low in fish, shellfish or seaweed, vegan or vegetarian diets, poor availability of iodine in salt, poor farming techniques, avoidance of salt due to fear of high blood pressure, the ingestion of toxic halogens, and the use of radioactive iodine in many medical procedures (which competes with natural iodine). In addition, past sources of iodine in food have been removed. For example: Iodide was used as a dough conditioner in baked goods from the 1960's to the 1980's, but has since been replaced with bromide (a toxic halogen). Cow's udders and milking buckets were swabbed with iodide to kill bacteria, milk tankers were washed out with iodine solution - no longer now.

The reason is "[the Wolff-Chaikoff effect](#)", which has been a disaster for iodine. This experiment led to a fear of iodine, and iodine being removed from the American food supply for over 30 years. This paper has been quoted by many, but was misinterpreted and used to describe a case of hypothyroidism caused by excessive iodine intake. In fact: toxic radioactive iodine was injected intravenously into rats. It had nothing to do with food or supplement iodine intake. And it cannot explain why high intake of natural iodine does not cause the same effect.

Here I am referring to painting the solution on the body – not Betadine – but either Lugols' or some form of Aqueous Iodine solution. Compounding chemists may sell it. Very safe, very easily seen – the iodine was painted on 20 minutes apart. Watch it disappear in front of your eyes.

As in the woman below - It ideally would stay as a dark stain for at least 24 hours – it is not getting rubbed off or evaporating – it is soaking in.



First time ever painted on – a difference of 15/20 minutes and then repainted.

It is still 3 months later, iodine still disappearing well by lunch time, when painted on in the morning.

You may need to keep adding in Iodine on the skin forever - if you do not want to start taking Iodine tablets - again – where to find the obvious? We need it at least to protect us in case of radiation poisoning – so why is it not given with all radiographic encounters?

10. Orally Taking Iodine

Taking Iodine

Please remember that it should be coming in to your body in food. Initially you may need to raise the levels to kick out all the other [halides](#). To do this – painting on the belly/breast and sometimes throat skin is best. You *may* also need to take it orally – as a tablet. There are no recommended real ‘safe’ levels. The current issue is - what else does the iodine in your modern body now need to do? It takes about 6 mg of iodine per day to saturate the thyroid hunger for iodine and therefore allow iodine to be delivered to other tissues, if there were no other halides to attend to – or past radioactivity damage (think all testing, scanning and radio ‘therapy’).

The breasts require a further 5mg daily. If you are a big breasted woman, expect to need to use even much more - and painting the solution on will instantly (especially in the case of new pregnancy) undo the tenderness of increased estrogen activity there. Japanese consume at least 12 – 14 mg per day of iodine from seaweed.

Intake in other countries is probably about 1/10th or 1/100th of the Japanese amount. Remember the RDA (recommended daily allowance) of iodine for most countries is the level required to prevent goiter formation; not the level required for good health through adequate for all life situations. Recent removal of all [halides](#) and cancer prevention also now needs factoring in.

WARNING

When working in Melbourne I watched a very serious problem develop with many people I painted this on – and often just a little. It was as though they were ‘allergic’ to iodine – which cannot happen, as like with water - it is a key ingredient for all life.

What was happening was a very serious reaction as, I presume, to the [other halides](#) that were flushed out. Why Melbourne? Possibly the exposure to all the contaminants in the bush fire smoke that they cannot escape from – of all the asbestos and other air borne pollutants as a result of all the house/ bush fires regularly drifting down.

The heavy industries and their by-products also being about may possibly be contributors. Something in the water? I have no idea - but often it was a major disaster when I put even small amounts on the skin for people – sometimes they had a huge skin (all over their body) reaction – itchy/prickly – which just goes to show that things are not OK and need changing. Perhaps start with [pulling out all the toxins first safely, easily](#). I have not seen this in I do this on my patients either in NZ, or in Brisbane.

If this happens to you - add in massive amounts of [selenium](#) –

At least x 4 the recommended dose - as the RDA is way too low- as with the iodine – and you want results. In this amount it is not toxic – and will only add n your survival through the next decades – we all are falling apart due to lack of iodine availability!!!

Do this for 6 weeks – and then retest by using the iodine again – or continue eating seaweed three times daily – as all ingredients ideally would be coming from food).

[Remember that the Japanese](#) and Koreans eat seaweed at least three times daily and they are well. Although we could mention Fukushima – and again – extra iodine is given to counteract the effects of radiation . . .).

Adequate iodine therapy may reverse early cancer cells and carcinoma-in-situ of the breast as well as fibrocystic breast disease.

11. Iodine and Pregnancy

Just being realised in orthodox medicine – there may be a place for nutrients. Especially - [the iodine deficient woman runs severe risks for herself and her baby](#). Iodine deficiency is the major cause of mental retardation in the world. Less known seems to be that the increase in all halides competing with iodine, not the lack of iodised salt taken in – leads to high-risk issues in health - and also magnified in pregnancy and of course for the baby growing within. Iodine usage is [increased in pregnancy](#).

There [is the orthodox line](#)

[See here](#). [Or here](#).

What is never mentioned - what is stopping the iodine we are exposed to being used. ([Fluoride](#) in the water - never ever allow the tap water to be used in formula if you are not nursing). [Bromides](#) all through the food, and the air, and the out-gassing from almost all products we buy – fire retardants are only the beginning.

My clinical observations

From looking into the cold that is stored within a body upsetting [Yang Qi](#) and thus all aspects of life – from circulation (thus pain where it is not supposed to hurt) to allergies and gut problems (digestive capacity is the staff of life – we need to make ingredients from the outside world to run us), and relating body temperature/keeping warm and defending ourselves (immune system) - all our life really runs on [Yang Qi](#).

When it is lessened – [and cold wastes this](#) – we have problems that get ‘managed’ by the reactive form of medicine that does not investigate why. Just how to mask discomfort and keep all in a state of dependence it would seem – not return them to rude good health.

Hence I write this – help yourself - think for yourself – research – do not take my words for it.

CASE

This 6 ½ months pregnant woman was taking a pregnancy 'vitamin' with added iodine but it did not help undo all the other halides in the way.

Here is her belly



All pictures are taken within three minutes

Camera was unfocussed - in the time it took to take another picture the brownish area on the left of the shot below was gone – see right above. ?? 2 seconds difference?



She felt profoundly healthier within days once the iodine and magnesium were both used topically.

(And [Vitamin D](#) to allow the expression of DNA/RNA and mineral absorption.

Please check your [BBT](#):

Basal (first thing in morning – as soon as you awaken, after at least 4 hours sleep)

Body (within a cavity – women vaginal – men: rectal)

Temperature

Serious – it is easy, cheap and a good guide.

It will instantly warn you of potential problems as when pregnant it should be 37.2/3C (at least over 37C).

All women I have seen who are considered to be 'high risk' have low BBT readings.

Vibrant good health is not the same as an absence of disease.

12. Iodine and the Breasts

Iodine concentrates in the breasts.

It is necessary for the development and maintenance of normal breast architecture. Perhaps [read here first](#).

It appears that iodine deficiency is a risk factor for both breast cancer and fibrocystic breast disease. Animals that are maintained in an iodine deficient state develop breast cancer, especially if they are given oestrogen.

Any woman who is taking oestrogen should make sure she is not iodine deficient.

[Fibrocystic breast disease](#) may eventually be a risk factor for breast cancer, as it shows iodine deficiency – it is a warning sign. Do not believe what you read medically – there is so much more that old fashioned (life reality) common sense would tell you – start with ingredients – the best possible, the right amounts in combination with a great digestive and transportation systems and in conjunction with a health conscious attitude to all things.

Fibrocystic disease often reverses with sufficient iodine replacement. This is sometimes instantly, especially if there is sufficient Vitamin D levels and plenty of access to dietary fat.

Teenage girls need iodine for normal breast development. They also need it more when first pregnant for the same reason. Any painful breasts in pregnancy – just paint iodine onto them – often instant relief.

All women with large breasts need a lot more iodine than normal – and all women need at least 6 times more iodine than men to run their menstrual cycles /hormonal changes.

Have you ever wondered why women are so much more flabby/fluid filled and have such trouble losing weight on the same regime their men are on? Their metabolism is depleted in iodine – and adding this can be the magic cure for not just peeing and poohing more, but clearer thinking, better digestion and overall magic health improvement.

This is anecdotal yet a measure of how we can help ourselves - simple, natural solutions:

Case1

26 years old and pregnant.

Never developed breast tissue – although she is overweight - there are visual breasts there, but no actual mammary tissue.

She has had massive PCOS – it took some time for her to conceive - her breasts and nipples did not change in early pregnancy. Her mum is very concerned that she will not be able to breastfeed.

I know this is anecdotal. Sense of urgency people – who knows what effect the addition to all the background toxins are having in our lives? Can we ever have a zero base line again? As a curious healer – I seek to assist when I find things not working as they should/used to – and here is my evidence – add in what is missing and the body works properly again.

All we are doing is adding water to the wilted pot plant . . .raw ingredients, as opposed to potentially patented drugs for someone else's profit are not why we aim to improve our quality of life. As raw ingredients needed for life – there is no way this is dangerous (not ingesting iodine, which is supposed to be there only in minute amounts - but in all cells. What I am proposing here is that we redress the balance that orthodox medicine is ignoring is even undone.

Sitting back and watching the instant results – and as expected when we know what Iodine is to do – and what we see happening in front of us when we do add back in what is missing.

As the template is there (she is a woman and all her sisters have not got this problem (think [epi-genetics](#)) and

- as iodine is needed for breast development and
- she is pregnant and remaking her body as she grows baby and
- as her mum was, and is so iodine depleted and now so hypothyroid

I suggested she paint the iodine solution on daily. Large amounts.

After 6 weeks, iodine was still soaking straight in.

She was far more energetic, could think clearer, and was a lot happier - all through the changes wrought as the thyroid started working more normally.

The nipples changed colour, the veins on her breasts were more obvious, and the nipples were less hard and sore, and the breasts themselves were growing. What had not happened at the beginning of pregnancy was catching up in time for usage.

At a month to go till birth, she found that she may yet be able to feed her child herself. Her midwife asked her if she could express colostrum yesterday - and she did!! She was thrilled as it is a step closer to being a breastfeeding mum.

Update - Baby born easily and feeding well. . .

What does this say to all women who think that breastfeeding is not possible?

Possibly with all the fluoride in the water, we need to drink only that which is pure. Never make formula with it.

Take note of what is now in all our products and live the change back to what nature always intended - radiant good health.

Some girls only develop one breast. Not usual but I know of a few cases.

All women with cysts and dense/fibrocystic breasts are not going to hurt themselves by adding iodine onto their skin. They do not need to seek permission - just to do it – as a raw ingredient and one so important to breast health – and one whose inclusion will mean so much less visits to the illness industry – where WOULD there be evidence – past anecdotal – who is to get more money from her breast returning to totally normal??

Often the change is nothing short of miraculous – and the excess weight and depression and constipation and heavy periods and almost every other thing (esp apparent infertility/[endo/PCOS](#)) she thought was ‘her lot’ especially if she thinks that it is ‘genetic’ may just disappear.

Case 2

A newly pregnant woman could not believe how sore her breasts were - they were growing. I painted them with iodine - and when she got up off the couch (she had come in for an acupuncture session) they were not sore at all. The iodine soaked into the skin instantly. She kept using it - to great advantage for baby and her health.

From decades of using needles on pregnant women - that it was not due to this but the application of what was missing - so her body could get on with what it needed to do in peace. More raw ingredients.

Case 3

Sometimes in life, women have massive breasts – *Gigantomastia* – usually one even larger breast ([see a case](#) here). Often there are also cysts. Both issues would be a result of not sufficient iodine – regardless of the amount ingested - what was the halide load? This is always the issue.

This does make reasonable why some women are so apparently allergic to puberty – it is the lack of raw ingredients to run their menstrual cycles - and so easily remedied – any breast problem – start with the magic three – Vit D, magnesium (topically) and paint on the iodine – and add in lots of seaweed in the diet to make sure.

Liz was a larger woman to start with – and her second pregnancy resulted in Gigantomastia. Once this was settled down – and unfortunately for her – I had no idea then of the relationship – and neither did any of her midwives or lactation consultants – (this seems to be cutting edge) – yet obvious when pointed out!!

Years went by – and still she had a hard painful cyst in one breast – on palpation the day after she slathered it in magnesium gel – it was gone!! The biopsy could not be done as it was magicked away!!

There are ingredients needed and iodine would have helped with all other aspects of her health problems – and will now – forewarned I hope all are by reading this – breast problems – iodine and VTC and magnesium to the rescue!! (Through skin - transdermal absorption/ if not from sun – Vit D – a lot of it daily.

13. Iodine and cysts

Cysts form when the body has no other way of dealing with what it can't easily itself rid of. Any way of helping to undo cysts – a major one – undoing the detoxification pathways – starting with drinking or clean water. Adding in iodine so the body can direct it to where it is needed – and reducing the fluids where they are not needed is one of these.

Cysts may be fuel filled with toxins at the core). Cysts releasing their toxic wastes may need the ingredients for the [Glutathione](#), or at least more water drunk to flush them way – and of course les other chemicals added in flavoured waters of various descriptions.

Iodine is also very effective at [eliminating ovarian cysts](#).

This is not just **PCOS** but also [endometriosis](#).

Try it yourself - get some Lugol's solution (or aqueous Iodine solution) and paint it on your belly/ breasts every morning.

One woman reported slathering it all over her lower abdomen and within a month had her first ever normal period.

Others applying liberally to the skin over their ovaries note that all in their lives normalises – no ovulation pains, and cysts disappear.

Please note that if surgery is done to remove cysts and there is still no added in iodine they will return – as the reason for their being (lack of iodine) has not been corrected.

Why are we not doing the obvious first??

Iodine clears out all fluids where they should not be.

Here's the magic: Iodine helps metabolise oestrone (an oestrogen which promotes breast cancer cell growth) and its dangerous metabolite 16-alpha-hydroxyoestrone to oestriol, which is an anti-carcinogenic oestrogen.

Please note . . .

[Low thyroid function](#) (hypothyroidism) is much more common in women with breast cancer. This is all interrelated – [please see here](#)

The Japanese (and Koreans) who consume large amounts of iodine have very low levels of fibrocystic breast disease, breast cancer, endometrial cancer, ovarian cancer and prostate cancer.

14. Iodine and Cancer

Cancer?

Iodine deficiency is a risk factor for all cancers, but especially of the breast, thyroid, prostate, endometrium, ovary and uterus. Iodine allows [apoptosis](#) to occur as it should – [programmed cell death](#) – not unlimited proliferation, as cancer is.

Undo yourself????

[Of course](#) - when well a body may have cancer visit and get rid of naturally – comes back to ingredients and can you access them? Also – take out what is causing the body to go into cancer mode.

Many options – all are around what you have done to/with yourself to date and eating – we all have to – regardless of what else you choose to do with the body that actually needs healing - not attacking.

Easily done - the immune and the detoxification systems break down – prior to this, the digestive, and thus the hormones fade away from normal.

Perhaps start with [simple](#) – take out the extras that should not be there. Also organise to do a [consult with me](#) about what best ways to improve your body and soul to heal. Cancer-causing chemicals have been present in the environment since the beginning of time. E have ways of dealing – and when these are not working as they should – we are actually not well for a while before we ‘go down’ – so we can build ourselves back up – BUT we have to be the driver, not the victim.

Iodine and thyroid hormone both have a protective role against these chemicals. Iodine in tissues provides an inhospitable environment for cancer cells to grow. It neutralises carcinogens, removes abnormal cells, kills viruses and neutralises toxins from microorganisms.

Unfortunately because of epidemic iodine deficiency, the thyroid gland traps all of our dietary iodine and there isn't any left for important functions in other tissues.

Paint aqueous iodine solution on your skin – abdominal or breast is best – keep changing where you do this daily. Especially if you have had your thyroid gland removed – possibly due to low iodine in your tissues - you need more than ever as all these vital functions and all tissues in your body need iodine.

Once cancer has developed, it invades connective tissue and then spreads to other tissues ([metastases](#)).

The thyroid hormone seems to be the earliest system designed to cope with these threats.

Thyroid hormone gives strength and cohesion to connective tissue. All systems rely on a strong digestive capacity to ensure the best of all ingredients to be supplied to all the body. If thyroid hormone levels are low, the immune system and connective tissue is weak and cancer spreads more easily.

Japanese women consume much more iodine daily than American/Australian women. Interestingly, people in Japan, with its high daily intake of iodine (through seaweed consumption), have the smallest thyroid glands and the lowest rates of cancer in the world in every organ except the stomach.

The high incidence of stomach cancer in the Japanese despite a high iodine intake is because of the high intake of nitrates in the Japanese diet from food preservatives.

Nitrates block the transport of iodine into the stomach lining and other tissues. Nitrates also get converted into carcinogenic compounds called nitrosamines.

Iodine supplementation significantly improves the prognosis of thyroid cancer by changing the type of cancer to a more easily treated form.

(The Japanese with their high intake of nitrates have high levels of carcinoma in situ (cancer that hasn't grown or spread outside it's basement membrane) but very low levels of overall cancer). This is because the Japanese have highly functioning thyroid glands in spite of the nitrates.

It appears that the cancers start to develop because of the relative iodine deficiency in stomach tissues

but are then prevented from growing or spreading because of high levels of thyroid hormone.

NEWS FLASH!!!

Prostate cancer may be reversed, simply by replacing what is missing in the body (as with all cancers) - get the detox pathways running again – and iodine will be at the top of this list. [Start here](#) [maybe to find out](#).

Then go straight to [how to undo this trial yourself](#).

Step by step

- Add in [home help](#)
- [Prostatic drainage](#)
Includes using [moxa on sacrum](#)
- And if you can find someone using [Mayan massage](#) –

All put together in the [one place here](#).

15. Iodine and Toxins

[Iodine](#) is one of a group of similar elements known as halogens also including bromine, chlorine and fluorine.

Because they are all of a similar shape, they compete with [iodine for binding in the body](#), particularly the thyroid gland.

Unfortunately the other elements are toxic to the body and worsen an iodine deficient problem. They can all therefore cause [hypothyroidism](#). (Low thyroid function).

[Bromine](#) is used as an antibacterial agent for pools, as a fumigant in agriculture, as a pesticide, in some pharmaceuticals (atrovent), in some bakery products, and in some carbonated drinks (check to see if they contain “brominated vegetable oils”).

[Fluoride](#) is added to many water supplies, toothpaste and some common medications (the antidepressants Paxil and Prozac – the ones that women get so large on (hence more depressed on – again – low thyroid function induced by the medication that is supposed to fix this – as if by magic!!) – mess more with the thyroid and of course she will get fat/stay depressed) and causes more harm than good. Need [more iodine](#).

The purported benefit of fluoride to teeth needs questioning. Placing intentionally industrial waste products in drinking water seems the stuff of bad novels. Fluoride is linked to behavioural disorders, hypothyroidism, hip fractures, bone cancer and kidney damage – and not better teeth. Please start your own research - I have collected many of the better works [here](#).

[Chlorine](#) is added to drinking water and has been linked to heart disease and cancer. Whilst we need Chlorides to make the stomach acid and run our lives - we do not need it to overtake the iodine balance. (Most of us are deficient in iodine and in a constant state of toxicity from the other halogens).

The good news is that if iodine is present in sufficient amounts, the other halogens cannot affect the thyroid and are excreted from the body.

Please also consider investing in your future by removing all toxins easily, simply and effectively with [liquid activated zeolites](#).

Taking Iodine

Please remember that it should be coming in to your body in food.

Initially you may need to raise the levels to kick out all the other halides.

To do this – painting on the belly/breast and sometimes throat skin is best. You *may* also need to take it orally – as a tablet.

There are no recommended real ‘safe’ levels. The current issue is - what else does the iodine in your modern body now need to do?

It takes about 6mg of iodine per day to saturate the thyroid hunger for iodine and therefore allow iodine to be delivered to other tissues, if there were no other halides to attend to – or past radioactivity damage (think all testing, scanning and radio ‘therapy’).

The breasts require a further 5mg daily.

If you are a big breasted woman, expect to need to use even much more - and painting the solution on will instantly (especially in the case of new pregnancy) undo the tenderness of increased estrogen activity there.

Japanese consume about 12 – 14 mg per day of iodine from seaweed.

Intake in other countries is probably about 1/10th or 1/100th of the Japanese amount.

Remember the RDA (recommended daily allowance) of iodine for most countries is the level required to prevent goiter formation; not the level required for good health through adequate for all life situations. As evidenced by the unchecked rise in cancers we add continually more chemicals in to the

biosphere and ignore the safe guards (eg aptoptosis) that the body with all ingredients on board and no extras - would easily achieve for us.

Removal of all halides for cancer prevention now needs factoring in.

Adequate iodine therapy may reverse early cancer cells and carcinoma-in-situ of the breast as well as fibrocystic breast disease.

16. Recap

In pregnancy – baby is growing from the ingredients mum has herself.

Mum is remaking herself at the same time - it is the time she can completely undergo a transformation. Does she have enough of all that is needed? If not - there will be maternal health issues. These are now seen as 'normal' – but baby is not getting the best start possible.

Maternal 'baby brain' – and post natal depression, hair loss and weight gain – never to leave – all a case of not enough iodine when needed. Oral tablets - will be of little use – look back at the pregnant belly 2 pages up – with her 'pregnancy' iodine supplement all through – this is what was not available to her or baby.

Baby - Insufficient iodine starts off not just the potential for ADHD and all the developmental delays that seem to be rife in today's children, but also all the 'epidemics' – the asthma, allergies and of course the general unwellness – why not make sure this is not your children? Start with enough iodine so it stays on your skin when you paint it there – and this way all will be slender, happy, bright and resilient – one easy step – more iodine on all the family.

This eventually when there is a problem found - translates medically as apparently 'mitochondrial' and 'genetic' damage - all the while all forgetting that the epigenetics – (what the genes sit upon – how they are expressed - what raw ingredients were available when they were growing /developing) – is the most important aspect.

Cancer (and other new paediatric developments that never were part of life) will not visit your family - and neither will all the aging problems and 'normal' high risk issues that pregnancy is supposed to have with it.

17. Selenium

Need it for thyroid and also glutathione production

http://www.wellnessresources.com/health/articles/seleniums_vital_role_in_thyroid_hormone_function/

Great start <http://www.stophethyroidmadness.com/selenium/>

<http://chriskresser.com/selenium-the-missing-link-for-treating-hypothyroidism>

Map of USA and scarcity

<http://support.dietpower.com/diet/selenium.htm>

Please watch Dr Sherri Tenpenny [give a fascinating look](#) into how we use these ingredients and who our health is dependent upon a good source of all – especially –when women.

The need for instantly better Glutathione support may be hastened through taking [this supplement](#). I have been for years now, and really – it is the only thing that I will never be without – it makes that much difference to me. Dr Keller’s original has the original [composition patented material](#) and is likely to make a difference within a few hours when you start it - if you need it – and will continue to deliver a healthier body getting back into shape.

This is as well as all other suggestions I make.

Especially painting iodine on your belly/soft skin as the halides are really out to get us!!!

18. HISTORY - Early iodine uses

Initially those calling themselves doctors carried around few tools - and iodine was one of the most important ones as it was and still is anti-microbial, anti-fungal and anti-cancer.

So what should we do?

The first thing to do is to make sure you are not iodine deficient - easy enough – painting some on and see if it disappears too fast is best.

[Selenium](#) may be too depleted in your body to use what iodine is there.

[This talk](#) is fascinating and may well answer more questions that your medical people could not.

Women with fibrocystic breast disease, carcinoma in-situ of the breast and breast cancer should paint iodine on their skin – daily.

Hypothyroid is quite likely – at last take your [BBT](#) as it is a much better gauge of thyroid function than any expensive blood testing.

See a natural health care professional who has a special interest in thyroid wellness, to see what else you may be able to do to help yourself.

Iodine can also be used topically too (just remember it stains):

Reduce keloid scars – castor oil is amazing at undoing adhesive tissue and as a skin normaliser – as is comfrey ointment - a little massaged in many times a day. Can also mix iodine with DMSO cream and rub it in twice daily.

Treat hemorrhoids (mix it with a little [organic castor oil](#) to stop in stinging and apply at night)

Treat pimples and cold sores - rub on gently every hour.

Soften Dupuytren's contractures and dissolve sebaceous cysts - apply a combination of SSKI (potassium iodide, available on prescription), DMSO and vitamin E twice a day.

Painting also with [magnesium topically](#) and with [castor oil packs](#) at night will assist healing and return to normal easily.

Treat bacterial infections along the *edges of toenails and fungal toenail infections* - use a combination of SSKI and DMSO cream.

Go well!!!

Appendix 1

Other places to investigate what you could do to help yourself with topical iodine

There is no RDA (recommended daily allowance – and even were there to be – the amount of deadly other contaminants –including radiation – that you are being exposed to – is increasing your healthy need for iodine always.

When with cancer – you have it as a lack of thyroid (hence immune) function.

Iodine allows the cells to die off when they need to.

So with the radiotherapy – even more of what you do not have is needed - and no one lets you into this apparently life saving secret – bodies need iodine to undo all radiation damage. And to stop cancer naturally (again who gains but you??).

Much will need to be waded through. Perhaps start with the link on Appendix 2

<http://treeoflifecenterus.com/blog-posts-by-gabriel-cousens-m-d-iodine-96-the-universal-holistic-super-mineral-2/#sthash.74KKl5W4.dpuf>

Here is some more relevant info.

You need iodine for life.

No one is allergic to iodine as it is as water, essential for living.

If you have a reaction it will be to the other halides that are being discharged and are unsafe left within you.

If you use topically – you can watch the progression of it staying on eventually, after often totally going into your skin within an hour or less to start with. You will feel the changes within you as your body regulates itself. Please remember – no one (but you) wins, as you heal. No money to be made in using something simple, natural and part of your blueprint – all that you lose is illness.

You will hear that iodine painted on evaporates – it actually goes in when needed – and all that happens is the problems you were having that drugs/herbs that should have been working – now might. As the iodine disappears less – you feel better. We all need the raw ingredients (as in a recipe) to be there FIRST.

What I am suggesting is just what you restore a normal that you may have never had.

Listening to those who do not try to get your body to work all by itself - who ignore that all need the basics to be there – and nothing in the way to block absorption – are not working for you but either toeing a line that they paid a lot to hear (university degrees etc) or they get more visits from you if you stay unwell. Think about it – what did your great grand parents do?

Perhaps investigate all on the [Weston Price site](#) and look to [downloading the book](#) to see just where we went so horribly wrong with health - and what you can do to retrieve this for yourself and your loved ones.

People ‘in the olden times’ eating and living in their land were actually healthy and in their own homes not taking myriads of pills when very old. Maybe crippled with arthritis – we do have answers for all things and getting the basic ingredients in and used was the gut works well is a starting point.

Most useful link I found (amongst so many wonderful sources of information)

Very useful paper to start your reading

<http://www.jpands.org/vol11no4/millerd.pdf>

<http://treeoflifecenterus.com/blog-posts-by-gabriel-cousens-m-d-iodine-96-the-universal-holistic-super-mineral-2/>

<http://www.laurapower.com/page26.html>

<http://hypothyroidmom.com/busting-the-iodine-myths/>

<http://curezone.com/forums/am.asp?i=908757>

<http://urbanhomesteadx.com/wordpress/?p=1707>

Medical panics – none of which I have seen in the years I have been getting people to paint themselves.

<http://www.drugs.com/cons/iodine-topical.html>

<http://www.newswithviews.com/Howenstine/james37.htm>

<http://www.drdach.com/Iodine.html>

(esp indoral)

citing as 'quacks' <http://healthwyze.org/index.php/component/content/article/54-iodine-supplementation.html> but no mention of using topically . .

antibiotic http://www.naturalnews.com/022800_antibiotic_antibiotics_infection.html

topical forum . .

http://topicalinfo.org/forum/topic.asp?TOPIC_ID=523

naysayers . . <http://thyroid.about.com/library/derry/bl2a.htm>

it apparently evaporates - <http://naturalmedicinejournal.com/journal/2011-04/nutrient-profile-iodine>

Yet do it yourself – don't rely on others to think for you – nothing else has worked so far - on different people in same people – esp men – may stay on there for over a day. . others - can see it disappear where is needed) immediately – and they then feel do so much better - esp recovering from all signs of endometriosis and PCOS and fibrocystic breast diseases – if this is 'psychosomatic' great!!

(Tongue in cheek) - it is non toxic and cheap!!

If you are on prescription drugs –

(Especially thyroid ones) there will be warnings when you consult Dr Google.

You may well get yourself off all that instead of fixing you, doctors have put you on – can't fix something when you do not isolate why it has happened, and then do not understand how to undo it!!!

<http://averaorg.adam.com/content.aspx?productId=107&pid=33&gid=000308>

There may be a need to stop or reduce then as getting better is likely to happen – and the local GP or specialist will have little or no experience with this process.

Listen to your body – as you change what has happened and your responses to this – your body will heal and not need anything other than an ingredients and what life your great grand parents would tell you to do!!!

Useful links - with more research and reading for you

<http://chriskresser.com/selenium-the-missing-link-for-treating-hypothyroidism>

<http://drhedberg.com/2013/02/13/selenium-and-the-thyroid/>

<http://tiredthyroid.com/cofactors.html>

The answer to ill health is change what you did to create it!!

And when well – keep aiming higher.

Appendix 2

<http://treeoflifecenterus.com/blog-posts-by-gabriel-cousens-m-d-iodine-96-the-universal-holistic-super-mineral-2/#sthash.74KKl5W4.dpuf>

These important iodine functions include:

1) Iodine helps synthesize thyroid hormones and prevents both hypo- and hyperthyroidism.

2) Iodine sufficiency reverses hypo- and hyperthyroidism.

Obesity or emaciation (hypothyroidism and hyperthyroidism, respectively) both may be caused by thyroid issues, which iodine may treat, prevent and even reverse.

3) Iodine supports apoptosis. From a broader perspective, one of iodine's major functions, in conjunction with oxygen, is to support the process of apoptosis (programmed cell death of unhealthy cells), to protect against cancer and facilitate youthing. This is particularly relevant in preventing cancer and aging. Iodine is essential for apoptosis.

4) Iodine activates hormone receptors and helps prevent certain forms of cancer. For the activation of hormone receptors (as are present in all the body's cells), the optimum intake of iodine is two orders of magnitude greater than that necessary to prevent goiter.

5) Iodine protects ATP function and enhances ATP production. ([Qi deficiency](#) anyone???) Another important aspect of iodine is its ability to protect ATP (the biological units of energy). Sufficient iodine in all tissues and cells helps to produce a healthy 36 ATP's through the Krebs cycle, which has profound implications for all levels of function including brain function. When we are low in iodine, we tend to move into glycolysis, which only produces 2 ATP's, bypassing the normal Krebs cycle, and so bypassing the mitochondria altogether. This significantly lower ATP production (18 times less!) greatly contributes to low vital life force and disease.

6) Iodine prevents fibrocystic breast disease. In both women and laboratory animal studies, there is a relationship between low iodine and increased fibrocystic breast disease. Fibrocystic breast disease has shown significant improvement with the intake of 3-6 milligrams of iodine daily, with 65% having improvement.

7) Iodine decreases insulin needs in diabetics. Dr. Brownstein's work found that iodine helps decrease insulin needs in diabetics when they use 50-100 milligrams (50,000 to 100,000 micrograms!) daily.

8) Iodine helps support protein synthesis. Iodine is essential in thyroid hormone synthesis. If deficient, protein synthesis is disturbed. Thyroid hormone has two effects: increased protein synthesis and increased oxygen consumption. Thyroid hormones are essential for life as they activate key biochemical reactions including protein synthesis, enzymatic activities, and function of target organs such as development of brain, heart, muscles, pituitary, and kidneys. Therefore iodine is important in the development of the fetus.

9) Iodine destroys pathogens, molds, fungi, parasites, and malaria.

Another major iodine role to consider - as we necessarily near the end of antibiotic use with the evolution of resistant microorganisms, hospital superbugs, and powerful new strains of tuberculosis and malaria—is iodine's power as a negatively charged substance to destroy all pathogens, molds, fungi, and parasites, including malaria.

10) Iodine supports immune function.

Iodine plays a role in the physiology of inflammatory responses. This is important in the immune system. Iodine increases the movement of granulocytes into areas of inflammation and improves the phagocytosis of bacteria by granulocytes and the ability of granulocytes to kill bacteria. Since all disease is associated with inflammatory response, iodine becomes key for youthing the body.

12) Iodine eliminates toxic halogens from the body (including radioactive I-131).

13) Iodine regulates estrogen production in the ovaries. Healthy iodine levels also seem to be important in regulating estrogen balance

14) Iodine is anti-mucolytic (meaning it reduces mucus catarrh). ([Damp](#) anyone?) Iodine helps decrease mucus catarrh in both the intestines and the sinus. Iodine effectively cleanses and detoxifies lymph, as lymph is a carrier of iodine. Most Americans are laden with parasites, bacteria, viruses, and toxins in their lymph because they are iodine deficient

15) Iodine neutralizes hydroxyl ions and hydrates the cells.

Iodine helps to eliminate oxidative stress because it neutralizes hydroxyl ions (one of the most potent free radicals); so it has a particular antioxidant effect. When iodine is used as a supplement, antioxidant activity increases and immune system function increases.

16) Iodine makes us smarter. ([Insubstantial phlegm](#) anyone??)

Low iodine is associated with low IQ's with a difference of up to 13.5 points as cited in the Bleichrodt study of 1994 in children. However, iodine deficiency is also associated with mental functioning in adults, because iodine not only chelates lead, but, according to Dr. Jorge Flechas, iodine prevents lead from lodging in the body in the first place. This occurs if enough iodine is supplemented, as discussed above, in order to push out fluoride, a culprit responsible for lead accumulation in the body. Low thyroid function decreases brain circulation, which slows intellectual function.

17) Iodine prevents heart disease. The thyroid regulates heart rate. Dr. Broda Barnes, the father of the pro-thyroid awareness movement, demonstrated in research with 1,000 people that the use of thyroid glandular (high in iodine) showed there was an extremely significant reversal and prevention of heart disease outperforming on so many levels results of the Framingham Study that cardiologists tend to reference today. Hypothyroidism leads to heart disease. The treatment of using thyroid glandular (again, high in iodine) actually prevents heart disease and points to the importance of iodine itself in preventing heart disease

18) Iodine is needed with the use of cordless phones, cell phones and now smart meters to prevent hypothyroidism. A recent study published in the International Journal of Radiation Biology, Vol. 86, No. 12, December 2010, pp.1106-1116, shows that pulsed 900MHz radiation, a frequency range emitted by cordless phones, cell phones, and now the new "smart" meters being quickly deployed throughout the world by utility companies, induces hypothyroidism. Hypothyroid is also considered a precursor to, and a common condition also associated with, cancer, diabetes, and heart disease, which are all major killers today.

19) Iodine supports pregnancy (as the fetus undergoes more apoptosis than any other developmental stage). As mentioned, iodine supports apoptosis; hence, pregnant women need more iodine because the fetus goes through more apoptosis than any other life phase. Even the FDA suggests 47% more iodine for pregnant women and 93% more for lactating women.

20) High doses of iodine may be used to reverse certain diseases. At 6 grams daily (which is 6 million micrograms/day or 6,000 milligrams/day!), a much higher dose, iodine has been used to cure syphilis, skin lesions, and chronic lung disease. In perspective, microgram levels prevent and cure cretinism and goiter, milligram levels help prevent and cure many things as already stated such as cancer, fibrocystic breast disease, and Alzheimer's, and gram levels have been used to treat syphilis, skin lesions, and chronic lung disease.

21) High doses of iodine may be used for wounds, bedsores, inflammatory and traumatic pain, and restoration of hair growth when applied topically. Iodine has also been used in gram amounts for wound care, bedsores and pain. Iodine has many other uses, including relieving headaches and even restoring hair growth. The science of trichology has known for decades the importance of applying iodine to the scalp to restore proper follicle function and hair growth. Iodine is also used to eliminate toenail fungus.

22) Iodine helps in the diminishing of tissue scarring, cheloid formations, and Dupuytren's and Peyronie's contractures, which are hyper-scarring conditions.

23) Iodine supports spiritual development.

See more in relation to the calcification of the pineal gland and what it means here.

<http://fluoridealert.org/issues/health/pineal-gland/>

<http://nstarzone.com/FLUORIDEDETOX.html>

Calcification - <http://www.med-health.net/Pineal-Gland-Calcification.html>

Please take charge of yourself and your health. Take nothing for granted! You get to live with all the consequences. Being seen as a nuisance is easier than having body that just can't support your life well. Start in on your new life of responsibility, not dependence on medical 'knowledge today!! Re-search more.

