

Iodine: Ingredient-led Wellness

by

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Why?

- *In the past this was not on my radar either*
-  [Iodine](#) – a micronutrient – in salt – so what??
- *Even whilst I was on various thyroid replacement medications for over 25 years. I missed that the prescribed T4 is actually inactive Iodine.*
- *Finding T3/T4 helped me considerably – because I like so many, could not utilise the T4 well – presence of heavy metals –  [see here](#).*
- *Eventually I woke up and saw a strange thing – the cupping navel work was not working on many people (in that every time I saw them, I needed to repeat it – they were somewhat better – but not like so many others.*
- *I started using topical iodine on all and then it became clear – we not only have nowhere near enough iodine in what we see as being edible in the West. (Unlike Korea and Japan where sea vegetables are in all meals).*
- *We are also poisoned by halides that take iodine's place and the heavy metals that stop us from absorbing iodine – especially the selenium blocked from usage that allows us to use it – for life!*


No two of us are the same

- *We all feel and act differently.*
- *Making comparisons between any two people is 'loose' at best.*
- *No 'research' pays any attention to this.*
- *No two people even on different days can be the same.*
- *All research 'studies' thus tend to fall over, as the basic baseline can ever be the same for any two people.*
- *No one is checking that the baseline needs of a body are met before a 'therapeutic intervention' is undertaken.*
- *Let alone basic nutrients.*
- *We could see optimal living, not just survival needs.*
- *We are all still pretending that most of what happened to us NOT because we are in a state of depletion and returning ourselves to the blueprint/default setting would not fix the problem?*
- *Unlike all farmers, gardeners and veterinarians – all know the soil health determines the health or otherwise of the organism*

We are made from what we can digest and assimilate

- *Some just throw any old ingredients in and expect miracles.*
- *Our gut is our food factory*
- *When it is not working properly, nothing else can.*
- *Gradually everything will fall into disarray.*
- *How this looks will be very differently for all of us, as no one starts from exactly the same place (even identical twins)*
- *Through life, we all do different things with every minute.*
- *We all start with different gut flora.*
- *We all have a unique blend of contaminants that have corrupted our genetic potential.*
- *How this plays out will determine how we even think/feel*

Our 'soil'

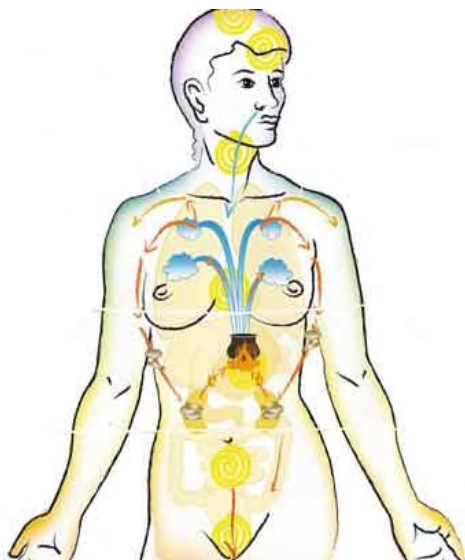
- *Without having a digestive system that works well, nothing else is possible in life – even medications and supplements must be processed.*
- *The more your belly can operate as intended, the easier your life is.*
- *The more you try to second guess it and micromanage, the less likely you are to feel well.*
- *The body has its own wisdoms.*
- *Please watch 'The Human Microbiome'*  <https://www.youtube.com/watch?v=5DTrENdWvM>
- *In this work, I rely on the instructions that the physical is given – the energy model below dictates how we are*

Our Food Factory

Shown as energy components – the chakras are as **golden twirls**.

Blue steam – the good Qi starting the process of life after the food is processed.

Red arrows – meridian flow



The 'Middle Heater'



Where the food is received, and where the digestive strength is determined by what is known as



Yang Qi

in acupuncture circles – and by the metabolism (and iodine availability) in physiology

Good nutrition is just assumed

- *Animal doctors – veterinarians – are taught continually all through their courses on soil and nutrition as the pivots life spins around.*
- *Human doctors are not.*
- *Indeed they laugh at those who consider that what fuels a body (much like what quality ingredients a chef, or a cake baker would use, determine the quality of the product made) has anything to do with health and wellbeing (aside from not smoking, and drinking alcohol in moderation).*
- *Marginalised by calling ‘alternative’ of quality input, and “complementary’ when helping the body heal itself, the medicalised derision is misplaced.*
- *In the past all just knew: we are what we eat, and how we can digest.*
- *Saying all is ‘not proven’ is in a sense arrogant.*
- *All farmers, gardeners and chefs use the best they can afford to make their products. We are no different in running a body well.*
- *Further - all elders and all mothers in all cultures kept everyone alive by following what has been seen to work - nature.*

When it all works well

Yang Qi body and soul integrity

Protection/immunity

Yang Qi whether fighting infections or invaders of all types, grants you sovereignty over your being
Yang Qi – opens and shuts the pores, regulates temperature control, as through active homeostasis we are able to adapt to change.

Warmth

Having enough inner fire
to run all of this optimally and keep the body
within balance in perfect harmony

Vital “oomph”

Bodily blueprint expresses itself well, through
the 7 (women) & 8 (men) year cycles.
Easy transition between life-stages
Spark of life providing libido, ability to orgasm



Healthy State

Transformation/digestion

Moving all energies and substances from
one state to another within your body.
Governs all digestive processing, food into
Blood, Qi and body fluids (and wastes)

Transportation/circulation


All flows flowing freely on every level.
Moving all from one place to another
Controls all fluid & lymphatic movement
Circulates blood throughout the body.
(No pain when everything flows well).

Holding all in the right place

Blood, body fluids, organs, tissues, urine, babies.

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Life moves on . . . also

- *There seems to be little (orthodox) medical recognition that our lives are getting contaminated and thus tougher.*
- *That there is more environmental toxicity and stressors for our body's blueprints to negotiate than ever before and ignoring this is not helping.*
- *We seem to mindlessly continue with the old paradigms.*
- *This may have worked for our grandparents.*
- *But they lived in a very simpler and far less toxic world.*
- *Especially reproductively - what made the eggs and sperm generating cells that were made for us were from the world two generations back.*
- *In cleaner, simpler times. When sex easily made babies – whether wanted or not.*
- *Anyone who mentions this corruption of all life ingredients is seen as somehow 'wacky'.*
- *Yet Dr Rachel Carson in 1962 predicted this would happen.*
- *View some of the background for 'Silent Spring'  [here](#)*




A senior clinician's observations; here are some of the 'why's' found.

- *In uncovering what has happened to me personally, and all I see in clinic, I have been sleuthing for decades now.*
- *We need ingredients to live (as pure as possible) **This is non-negotiable.***
- *Seems to me that few see that this option is disappearing.*
- *Having been in clinic for nearly 40 years I have a unique perspective.*

PLUS

- *Having been a mum for most of this time (children born 1977 – 94) I have watched the devolution of all that people knew into 'what do the studies show'?*
- *What alarms me is the apparent cessation of independent thought – as though 'studies' done will show up 'the truth'.*
- *Everyone used to think things through themselves.*
- *In addition - as there is no patent offered for the air we breathe*


I have noticed over the decades

- *That so many women seem to have been ‘allergic’ to being women – and the instant they go through puberty, they grow a different sized shape from the waist down.*
- *Their entire body is then in trauma as the breasts may grow far too much, they over bleed, they experience what acupuncturists call  [Inner Heat](#) and  [Hot Blood](#) (otherwise known as estrogen dominance).*
- *I found the answer – it does not impress me that none is listening as there is not a drug, or magic \$10 fix here.*
- *What is it?*
- *All needlessly suffering from endometriosis and PCOS (Poly Cystic Ovarian Syndrome) have a lack of iodine, and ability to utilise it.*
- *Of course now there is Gardasil . . . ( [see here for more](#))*
- *The injection of ever more toxic ingredients into the blood stream has consequences. Having a license to do this does not come with responsibilities as some found out sooner or later to their peril.*


So many have blinkers on

- **Cognitive dissonance.** *(Surely the doctors factor this in/know?)*
- *Maybe not.*
- *Perhaps ask yourself – “what would I need to let go in order to . . .”*
- *So many want me to ‘fix them – yet they will not look at what they need to do to undo what they unwittingly have created or have had done to themselves before they found me .*
- *Undoing what has happened to their body is usually all that is needed to do to return it to the blueprint – BUT we have to accept that the body is able to heal itself.*
- *There is usually a degree of assumptions to undo also.*
- *The world is not safe for a body to work perfectly any more.*
- *What does a well body need?*
- *Free access to ingredients needed for life is essential.*

Iodine for life

- *Bodies, and all organisms need the right ingredients in the right amounts at the right times to function.*
- *Iodine is an essential micro nutrient/element for development, growth and for reproductive tissue health*
- *Thyroid hormones are critical for maintaining many different physiological systems.*
- *In addition to regulating metabolic rate, they play a role in converting nutrients to usable energy and regulating sleep cycles.*
- *The breasts, uterus and prostate require relatively large amounts. Iodine is also needed for healthy skin and nerve function. In fact, every cell of the body needs some iodine.*
- *Triiodothyronin (T3) and thyroxin (T4) maintain body weight, temperature, blood pressure, and heart rate*
- *Both need  [selenium to become active in the body](#)*

Where does Iodine accumulate?

- *Every cell in the body contains and uses iodine.*
- *The body can store as much as 1500 mg of iodine in total*
- *WBC's (white blood cells) cannot effectively guard against infection without adequate amounts of iodine.*
- *Chronic ill health and death follow when you cannot protect yourself.*
- *(Vaccines contain heavy metals that shut Iodine absorption and many nutrient pathways down.*
- *Iodine is concentrated in the glandular (messenger) system*
- *Thyroid gland contains the largest amount of iodine, followed by breasts, salivary & lacrimal glands, pancreas, brain, stomach, prostate, ovaries, and skin*
- *See  [more here](#)*

What does the thyroid do?

The thyroid gland (in front of your neck) is a critical part of the endocrine system. Its purpose is to secrete thyroid hormones that:

- Essentially tell your body how to be
- Control the metabolic rate of almost all cells in the body
- Control the metabolism of fat and carbohydrates
- Boost protein synthesis
- Regulate heart rate and blood flow to organs
- Are important for energy production and oxygen consumption in cells
- Promote linear growth and brain development in children
- Are needed for normal reproductive function in adults
- Are important in bone and calcium metabolism
- Protect against all life disruptions: especially kills off rogue cells

Thyroid hormones

- There are four thyroid hormones:
- **T1 & T2** – not well understood what they do physiologically
- **T2** made in ovaries and is part of why menopausal fat happens and other problems – thyroid function decreases.
- **T4** – is made in the thyroid gland in high amounts if there is sufficient iodine available.
- **T3** – some made in the thyroid gland, but most is made in the cells by using selenium (blocked when in the presence of Mercury and other heavy metals) conversion of T4 into T3, which is 10 x more metabolically active than T4.

Body requires iron, selenium and zinc (last two are blocked by the presence of heavy metals such as mercury) to make this conversion

Where Iodine binds in the body

Iodine	Iodide
Breast	Thyroid, breast
Prostate	Salivary glands
Stomach	Skin

- Four thyroid hormones:
- **T1 & T2** – not well understood what they do physiologically
- **T4** – made in the thyroid gland in high amounts if there is sufficient iodine biologically and actually available.
- **T3** – some made in thyroid gland, but most is made in the cells by conversion of T4 into T3, which is 10x more metabolically active than T4.
- Your body requires biologically available iodine and Selenium to make this conversion.

What other organ makes thyroid hormones?

- The ovaries
- Specifically, the ovaries can make “T2” which can be converted into T3 or T4 throughout the body.
- (Weight gain at the time of menopause/ovary removal/hysterectomy when the ovaries begin to fail may be caused by loss of T2 production)
- T2 is “diiodothyronine”.
- Also made in ovaries and can be converted through T4 to T3 (if there is bioavailable selenium – blocked by the presence of mercury, even in miniscule amounts)
- What is happening when there is not enough Iodine and cycles are happening?
- Potential PCOS/endo leading into cancer in later years.

How does this happen?

- Iodine and oestrogen
- Low iodine intake leads to hyperestrogenic state (too much) on top of the excess estrogenic problems we have as the world gets more contaminated with xeno and myco estrogens
- Hypothyroidism (low) is associated with up to 80 – 90% free estrogen levels (normal is 40 – 60%)
- We are all in an estrogen wash due to global hormonal disruption. Hyperthyroidism is associated with only 20% free estrogen levels
- Thyroid hormone induces sex hormone binding hormone

Spleen Yang Qi Integrity

Transformation/digestion

Moving all from one state to another within your body.

Governs all digestive processing from production of saliva, moving food finally into Blood, Qi and body fluids, and out into urine and food residue eventually into feces



Healthy State

Transportation/circulation

Moving all from one place to another
Controls all fluids or lymphatic movement
Circulates blood throughout the body

Governs ascension of Qi

The pure aspect of every stage is moved upwards via Spleen Qi

Controls Qi in the muscles and limbs

Allows for a sense of "being able to" (opposite of fatigue)

Holding all in the right place






Blood in vessels, fluids in cells, babies to full term and organs and tissues where they should be.

Governs optimal production & circulation of Qi.

Holding all in place with righteous Qi

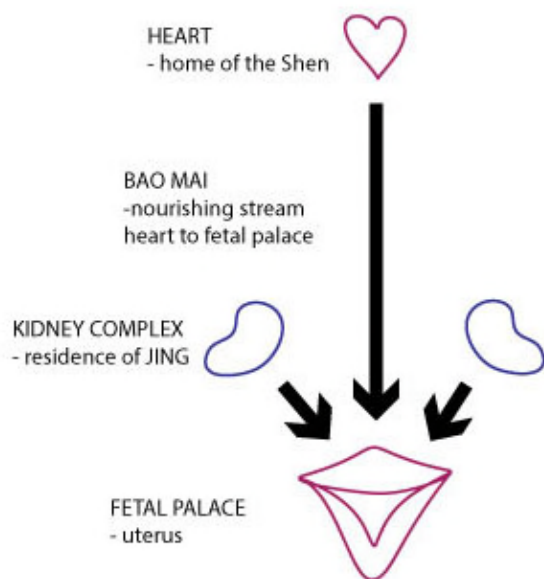
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Ingredients for a normal menstrual cycle

- When the  Blood and  Qi circulation and production are optimal, so will be the periods – as they are an indication of how life was that past month.
-  Blood energy must be strong (See more here)
-  Good Jing expression (what is this? 'genetic' inheritance)
- Three Heaters - the digestive system are all working well
- Peaceful  Shen (spirit) and a tranquil mind
- Orderly stable life
- Free from pollutants of all descriptions
- (The menstrual cycle is a report card of the events of the last month/year/her life/family inheritance on all levels)

Normal women's physiology

Home of the Shen and its connection to her womb dictate the free flowing of all life essence for the potential generations to follow

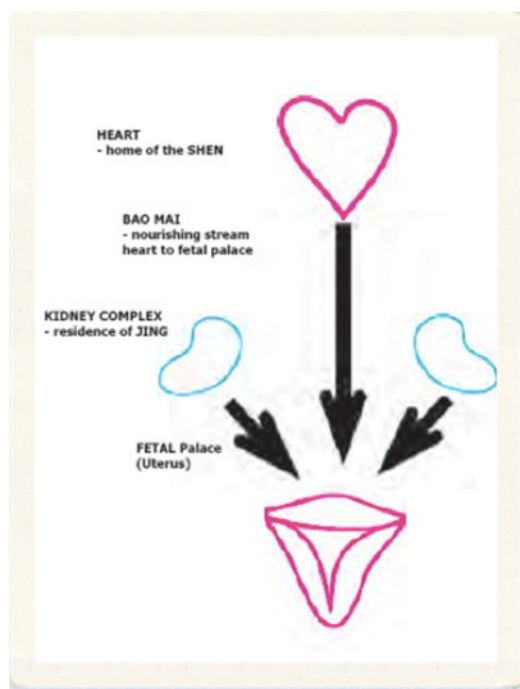


HEART – UTERUS/PROSTATE

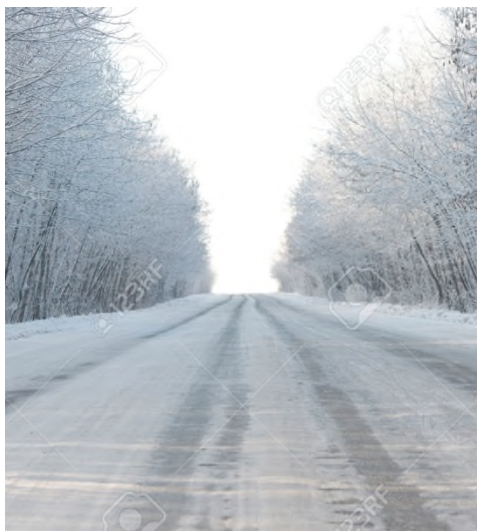
Anything that “breaks” her heart can sever the connection & thus the flow of Qi/Blood/

Thus – all nourishment on all levels to the pelvis

Is there a disconnection to self and to love?



BUT



Iodine deficiency

- *Frustration (brain fog/brain slowness AKA 'aging/'baby brain')*
- *Depression, (of all systems) abnormal weight gain, constipation and fatigue*
- *Coarse skin, hair loss and slow hair growth, mental slowness/retardation, poor perception levels*
- *Digestive, immunological and thus allergies/auto immunity rising*
- *Ringing in ears*
- *Goiter, growths, swellings/cysts/generalised fluid retention*
- ***Lack of cell death (apoptosis) more cancers***
- ***Looks like DAMP/Phlegm obstructing***
- *Sleep apnoea*
- *Carpel tunnel, plantar fasciitis*
- *Decreased fertility, chances of still birth in expectant mothers*
- *In severe cases, mental retardation associated with diseases such as cretinism, characterized by serious physical malformations, can be the result.*
- *Decreased ability to detox poisons – resulting in 'mitochondrial' malfunction and the growth of ASD with increase vaccinations – along with lack of maternally available magnesium, Vit D etc.*

According to WHO reports, iodine deficiency is one of the leading causes of mental retardation all over the world.

For women this means . . .

- **Early menarche** (possibility due to early family traumas/dislocation/plus introduction of foreign males – we are primates - hence early likelihood of possible matings)
- Horrendous hormonal, weight, metabolism and cystic, and cancerous growths/disturbances, all without reference to what would easily 'fix' them/return to body to homeostasis.
- **Aided by the presence** of estrogenic substances – mimicking natural – may be phyto, xeno and myco – estrogenic in origin
- Chemicals added to prevent various 'health' problems – heavy metals (dental amalgam) and all the adjunctives in vaccines
- Lack of choice in finding organic, whole and nutritious food, all now leaning towards high carbohydrate/high sugar resulting in less mineral/proteins and fats to provide hormones /normal cycle.
- **Self-medicating** – comfort eating, sugar, chocolate, caffeine, alcohol, recreational and prescription drugs – all of which do not restore homeostasis

Symptoms of hypothyroidism

So often ignored.

Are all over the body, and so often missed as there are conditions that are actually JUST low iodine availability – and will not be noticed in today's medical world.

- Can be related to low iodine levels or other forms of 'underactive' thyroid disease. Look to why the iodine that is in the body is not being used appropriately and here we see – halides and heavy metals – BUT the medical profession ignore this and still talk about iodised salt only!
- **Lethargy and tiredness, muscular weakness and constant fatigue** are just the beginning!
- Almost all **reproductive issues** stem from a lack of biologically available iodine. Time to rethink 'infertility'!

Hypothyroid problems

- Brittle nails
- Cold hands or feet
- Cold intolerance
- Dry skin
- Depression
- Elevated cholesterol
- High blood pressure
- Thinning hair
- Menstrual problems
- Muscle weakness
- Muscle cramps
- Hypotension (low blood pressure)
- Infertility (esp low sperm quality)
- Heat intolerance
- Constipation
- Irritability
- Eyelid swelling
- Fatigue
- Hoarseness
- Poor memory
- Puffy eyes
- Slower heartbeat





You may not have many – but the list gives you an indication of how far health is from you.

Hypothyroid problems continued

More:

- Nervousness
- Weight gain
- Less stamina
- Hard stools
- Dry hair
- Feeling cold
- Sleep apnea
- Foggy thinking
- No sex drive
- Aching bones/muscles
- Hives
- Loss of the outer 1/3 of the eyebrows
- Throat pain
- Difficulty swallowing
- Varicose veins
- Anxiety/worry
- Ringing in ears
- Carpel tunnel problems
- No appetite
- Headaches
- Allergies
- 'Can't be bothered'
- Plantar facsitis

All too often in clinic

- I just about only see  low thyroid function regardless of who comes in for what they think is their issue – underneath it – or actually ALL it is this.
- As an acupuncturist, I see all of this as  damp/phlegm.
- Also  Yang Qi depletion and  general Qi weakness.
(Qi = Life force - that which allows you to be here).
- This then shows as the entire body breaking down – and we are told it is 'aging but it is actually – we can't access the ingredients to run a body properly and the end result is we break down and then not the ingredients needed for life – but sellable drugs forever are on offer only.

Any attempt to reconnect the body with what it is missing is called 'alternative' and often 'wacky'

YANG DEFICIENCY

Life-spark diminished, lethargic & listless
No sparkle in eyes
Puffy around & under eyes, esp in morning
Pale complexion
These are a guide only. You may experience one, some or all of these to varying degrees and in different combinations.
Not thirsty and/or only want warm fluids
Possibly flabby/prolapses, may be thin due to digestion incompetence or bloated/fat as metabolism is compromised
Food sensitivities & allergies, Candida, easy bloating & poor digestion in general
Cold hands & feet, possibly numb
Loose stools
Copious amounts of clear urine, often up and down all night to release
Undigested food in stools

Then it all 'goes south'

Body Disintegration

Immune System Breakdown

Constant infections, slow to heal.
Immune system corruption
Temperature control breakdown
Auto-immune activity
Allergies, anaphylaxis

Loss of body integrity

Flesh, tissues and organs start to lose the battle with gravity, all sagging, stretching and becoming flabby with poor tone, lustre and strength.

Circulatory distress

Weakened walls of blood vessels create varicosities, leakage and bleeding.

Tissue and organ collapse

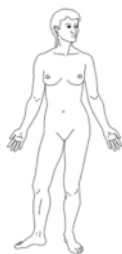
Prolapses, incontinence, ~ pelvic floor collapse, haemorrhoids.

Bottom Dropping out of your world

Mental & physical collapse, feelings of emptiness, sensations of losing control, incontinence, leakage of life force, life dripping away, actual incontinence.

Sexuality

Loss of feeling and functionality
Inability to feel or desire sexual intimacy and union



Bodily Decline

Reproductive failures

Loss of adequate circulation and production in all aspects of sperm and ovarian function.

Pregnancy

Constant heartache. Threatened/actual miscarriages/fetal & placental insufficiencies/IUGR retardation, premature delivery, insufficient energy to activate or complete birthing.

Digestive capacity diminished

(Thus immune system disruptions)
Leaky gut, dysbiosis, belly noises. Poor pH, excess mucous issues
Allergies, food intolerances, Candida, undigested food in stool parasites, slow exit time

Lymphatic system

Sluggish, cellulite, fluid, swellings creating accumulations of toxic wastes, clogging defensive systems - eventually causing cancer.

Musculo-Skeletal

Pain & dysfunction as Qi & Blood usually nourishing all tissues becomes congested, weakened, dammed up & shuts down

Menstruation

Blood may leak or gush: menstrually or during pregnancy, sustained flooding at any time, especially pre-menopausal.

Mothering

Incomplete healing on all levels leading to bonding and/or lactation challenges. Not enough of self to go around.

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Not all of this happens at once.

May be only one system gets a hit – but all who have a gut not working will eventually be in a mess.

Causing - 'Low metabolism'

- 'Hypothyroidism' (slow metabolism) is when the thyroid fails to produce sufficient levels of hormones.
- This causes a chemical imbalance that slows down all processes in the body. **Sluggish everything.**
- We cannot burn off calories or convert it into fuel.
- This is why many people with this condition have an increase in body weight. Additional symptoms of this disease include **swollen legs, constipation, cramps, dry skin, fatigue, and an inability to concentrate.**
- Much like an automatic car being set too low and stopping at all low revs. Instead of adjusting why the metabolism, orthodox medicine manages (retail opportunities for rest of your life) problems

I repeat: Iodine deficiency is rife

- Goiter (enlargement or nodules in the thyroid gland)
- Mental retardation (#1 cause worldwide is maternal iodine deficiency). Cretinism (Bolivia - Andes mountain due to lack of iodine)
- Poor digestion (reduced stomach acidity occurs with aging – and all halide dominance as is happening in the modern world - due to Iodine deficiency)
- Depression, weight gain, brain fog, lethargy, infertility all allergies and gut related distress
- Cancers (especially thyroid, breast, stomach, esophageal, ovarian and endometrial)

Low metabolism/thyroid feels like

- Feeling cold (even on warm days)
- Difficulty concentrating, slowed mental processes and poor memory.
- Brain fog ('baby brain' when pregnant).
- Unusual weight gain, fluid lying about, cellulite
- Depression, can't be bothered
- Thick puffy skin or puffiness of the face
- Hair loss
- Dry Skin
- Constipation
- Weak, slow heart beat
- Enlarged thyroid or goitre
- Infertility, poor sperm development, history of miscarriage, stillbirth, poor luteal phase, insufficient progesterone
- 'Aging' - all menopausal problems (ovaries working less well not producing T2 any more)

How do we get to here?

- One major way is not having enough iodine available to us at all stages of our lives.
- This may not be not enough iodine.
- We may not be able to use it.
- This may come on at any stage (as in menopause, or when women are put on any form of ovary suppressant medication, or when their ovaries are removed, or when the body is unable to access what iodine there may be within it – the heavy metals and /or halides make it unable to be used.
- Often seen with those who cannot use T4 medication given to counter low thyroid states.
- When iodine is present, the presence of the heavy metals stuck in the body: especially the mercury that stays put, (and is bequeathed in utero as when a fetus we clean out mum's supplies of all toxins) stops us from being able to use them.
- Effectively blinding us to nourishment and thus healing.

Iodine deficiency problems

- All of the endocrine glands need iodine including adrenals, the thymus gland, the ovaries, the hypothalamus and the pituitary gland
- Iodine is the “universal” medicine although most physicians nowadays view it narrowly. Surgeons scrub with it (Betadine) and it remains the best antiseptic for preventing surgical wound infections.

Whether we have lost it as a food source, whether it is locked from being used (no selenium due to heavy metals in place or whether there is too much other halide intervention ‘bullying’ iodine needed for life out of the cells – we are all in trouble as almost all that you have going wrong is based on the lack of appropriate fuel to run your engine.

- Virtually no physicians recommend oral doses of iodine/iodide.

Forms of iodine

- Iodine is a halogen in the periodic table
- - Others include chlorine, fluorine, and bromine
- - Each element is in a diatomic state.
- (Two molecules attached in a covalent bond)
- - When separated, each iodine molecule has an electron (-1 charge) and becomes iodide (reduced form)
- - Dr. Lugol (1829) discovered using iodine in its reduced form (iodide) increases the solubility of iodine (Lugol's solution)

Ingredients are ignored by those practicing 'medicine'

- This element is stored in the thyroid gland and is necessary for the synthesis of thyroid hormones, which control the body's metabolic rate. It plays a role in helping the body use calories. It also helps remove toxins and is necessary for **the utilization of a variety of minerals, including silicon and calcium.**
- People who have a deficiency of iodine may suffer from many different physical and mental disorders. Physical symptoms of deficiency include **abnormal weight gain, goiter, rough skin, fatigue, and constipation.**
- Sometimes a deficiency causes a **dry mouth** due to the inability to produce saliva or dry skin due to a lack of sweating. Additional symptoms include **pain, fibromyalgia, fibrosis, and the development of nodules or scar tissue.**
- Mental disorders associated with deficiency include **depression, frustration, poor perception, and mental retardation.** The body cannot synthesize this element, so it must get from dietary sources.
- **As you will see later - these may be all added into the side effects of having cancer treatment – and the cancer itself is there as there was a lack of bioavailable iodine to allow cancer to even be there.**

Here we are again

Body Disintegration

Immune System Breakdown

Constant infections, slow to heal.
Immune system corruption
Temperature control breakdown
Auto-immune activity
Allergies, anaphylaxis

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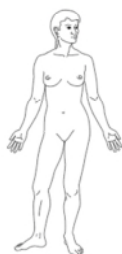
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Michigan Iodine studies

- *This is the first instance of modern medicine 'discovering' that humans need ingredients (what did they think we ate for??)*
- *In the 1900's goiter was prevalent in large numbers around the Great Lakes, USA. 40% of school aged children had goiters*
- *By 1924 in Akron Ohio, 56% of the population had goiters with a ratio of 6 women to 1 man.*
- *The relationship was 1:1 till puberty – women need much more iodine than men to run their breasts and menstrual cycles.*
- *United States then added iodine to salt and bread.*
- *But soon people were told salt was bad for them - all reduced salt consumption: less iodine. Along with taking the iodine solution out of dairy exposure (washing down the insides of milk tankers) - there is now an iodine intake deficiency.*
- *Bromide (no biological need for this) was added into bread as a flour conditioner instead of the previously used iodine.*

Iodine deficiency symptoms

- **Skin** – dry, lack of sweat (heat, exercise)
- **Eyes** – dry eyes due to lack of tearing
- **Mouth** – dry due to lack of saliva production
- **Stomach** – indigestion due to lack of stomach acid (HCl) production
- **Brain** – loss of alertness and mental acuity, lowered IQ – 'brain fog'
- **Breasts & ovaries** - cysts anywhere
- **Muscles** – nodules, pain, scar tissue, fibrosis and fibromyalgia
- **Heart** – heart failure due to lack of Iodine and Selenium creating fluid where it's not needed
- **Reproduction** – especially low sperm quality – due to the sum of all above – especially lack of good nutrients as the gut is not capable of working well. Women – endometriosis and PCOS/fibroids
- **Pregnancy** – low thyroid means low progesterone (pregnancy protection hormone) and less likely to keep a baby growing well

Displacing iodine




- A number of chemicals displace iodine or disrupt its function.
- These include all the elements belonging to a group called halogens on the periodic table of elements (Fluorine/Fluorides, Chlorine/Chlorides, Bromine/Bromides).
- Mercury also disrupts iodine in the body.
- Aspirin and other salicyclates, steroids, and unfermented soy products also do.

Light bulb moment - no menopausal women should be taking soy products!



- As people are increasingly exposed to these iodine robbers, what little dietary iodine they are getting is being displaced.
- Since iodine burns fat - inability to digest food without sufficient iodine (and salt - chloride) to make stomach acid, it is little wonder that obesity is increasing.
- This also helps to explain the high prevalence of thyroid disorders/cancers.
- Furthermore, high rates of breast, prostate and uterine cancers may be due in part to the reduced iodine levels in the body.
- Cultures where people who consume larger amounts of iodine in their diet (Japan and Korea especially) don't have these problems.

Where do we get exposed to these?




Halogens

- Fluoride, chloride and bromide exposure  can lead to a decrease of iodine transport and block the conversion of the T4 to T3, which is the active form of your thyroid hormone.
- All are  found to suppress thyroid function, and the dose needed to reduce thyroid function was low, 2 to 5 mg per day.
- You can absorb these halogens through your food, water, medications and the environment.
- Because they're similar to iodine, they can occupy your iodine receptors, making the  body's iodine levels unusable.
- When enough iodine is given, the halides must be excreted and the iodine receptors then can turn back on to help your body live well.
- This process may lead you to think that you are 'allergic' to iodine.
- (Skin rashes especially – and very likely if you are very iodine depleted).

Bromide dominance theory

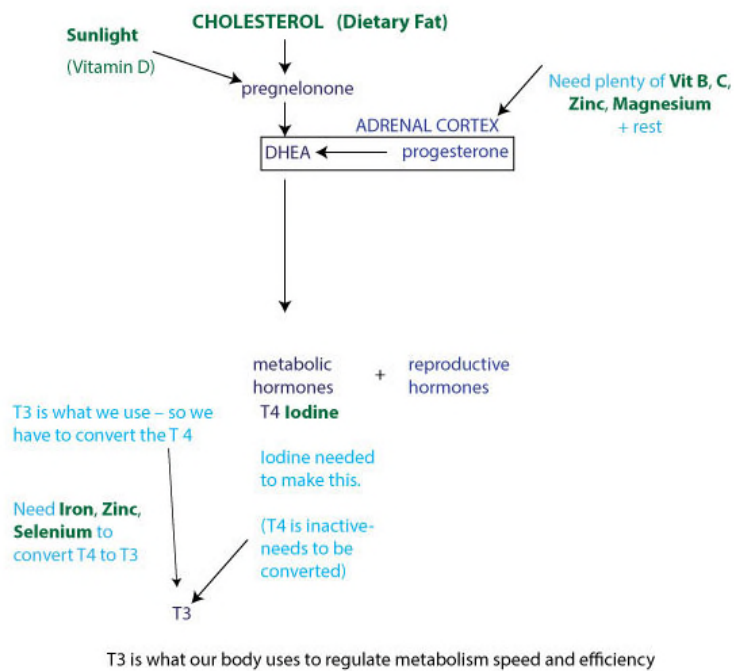
- A  bromide dominance condition may develop when bromide acquired through environmental, occupational, dietary or iatrogenic (given as medicine) exposure causes bromide levels to rise high enough to inhibit iodine enzyme metabolism
- Iodine supplementation alters the competitive bromide-iodine relationship causing bromide excretion.
- Taking Selenium as a supplement (especially in Selenium depleted countries as NZ and Australia) may not be enough.
- Taking out  the heavy metals always relieves all long term health and nutritional disasters. These block selenium absorption, so regardless of how much iodine you take – you need to access it
- So it is not about how much Iodine to ‘take’ daily.
- Bromide dominance then diminishes, and proper iodine enzyme metabolism (thus metabolism and health) may be restored

Heavy Metals

-  Mercury, and  aluminium and many other heavy metals can all trigger antibodies, which in turn lead to autoimmune thyroid conditions such as the Grave’s and Hashimoto’s disease.
- Where from? Intentional – vaccines and dental work.
- This is not acute poisoning. It is long term and from before birth exposure to what our mums have unknowingly passing onto us as we were formed. This needs to be released, as it is not ‘genetic’ but passed on and dangerous and getting worse as the generations come through.
- Only when these are removed can our bodies return to working well. Nutrients  previously blocked will be used

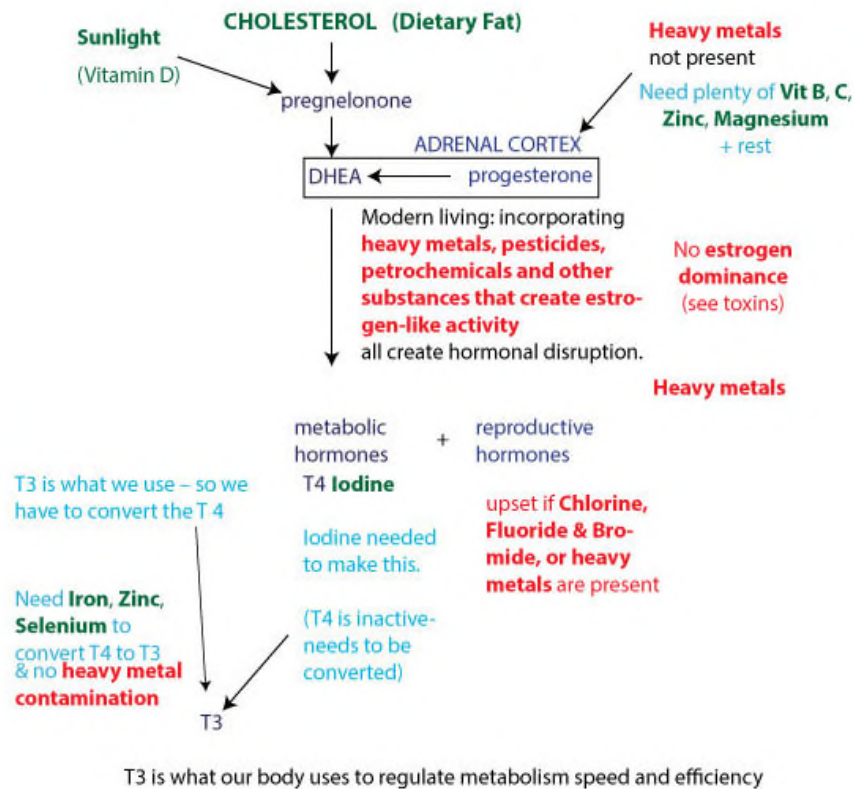
The 'clean' version

"Mudmap" of Optimal Hormone Production



What tends to block nutrient assimilation/life – all in red.

"Mudmap" of Modern Hormone Production disrupted by environmental toxins and modern living.



Please - be gentle on yourself



Warning about being overwhelmed


- Remember, every person is uniquely complex. Everyone has his own genetic tolerance for toxins like these. Think of your genetic tolerance as an empty bucket, and these toxins are filling up the bucket. Some people's buckets are smaller than those of others, and therefore fill up faster. Some people can be exposed to all of these toxins and show no noticeable effects from them. This is not a simple "one size fits all" solution.
- I don't want you to feel defeated when reading this work. It's easy to say, "I'm doomed," but be encouraged, because knowledge is power. You can make informed decisions to decrease the level of stress your thyroid is up against. You can also investigate these underlying issues and address them head on. And lastly, remember, your body is amazingly resilient. It wants to heal. Restore their health when we address these underlying components.

Iodine and modern life

- First ingredient that orthodox medicine 'discovered' in 1811 The use of iodine for treating goiter was the first time that a single nutrient (iodine) was used to treat a specific illness (goiter).
- Today, many doctors seem to think that giving iodine is a cause of goiter!
- Or that taking/using iodine will worsen your thyroid state.
- Especially worrying is their not knowing that every cell in the body needs iodine to function and that all gut problems will stem ultimately from a lack of it. Here is part of the pregnancy nausea solution.
- You need much more iodine to rescue yourself from where you are.
- **Iodine is an ingredient – you can't run a body without it.**
- Thyroid gland is the central computer and runs your body – but it needs iodine to do so. Add in what is missing and you may not need all the 'help' that is being offered – just fix the problem!!!
- All farmers/gardeners/mothers know this. . start where life deviated and work back to perfect – as all knew without 'studies'



Iodine from our beginnings

- *Iodine helps in the normal growth and maturity of reproductive organs.*
- A sufficient quantity of  *iodine in pregnant women is essential* to prevent stillbirths or neurocognitive conditions as ASD in the newborn babies.
- *Iodine deficiency can also lead to gestational hypertension, which can result in a number of complications during infancy. Iodine also ensures proper movement and growth, along with speech and hearing abilities.*
- *Furthermore, besides affecting the health of the baby once it is conceived, a deficiency in iodine can actually make a woman infertile!*
- *One problem that many pregnant women face is not realizing that they must consume iodine for herself and her child, because iodine passes into breast milk and a great deal is lost just by her breathing/being every day.*
- *Studies show that a pregnant or nursing woman can actually lose more than her entire required dose of iodine every day, which can result in serious iodine deficiency for her, even after pregnancy and breastfeeding is over, due to the changes in activity of her hormonal glands.*
- *Hair falling out? Can't lose weight? Swelling still? Depressed? Can't think?*

Bodies stunning thirst for Iodine: 6 ½ months pregnant

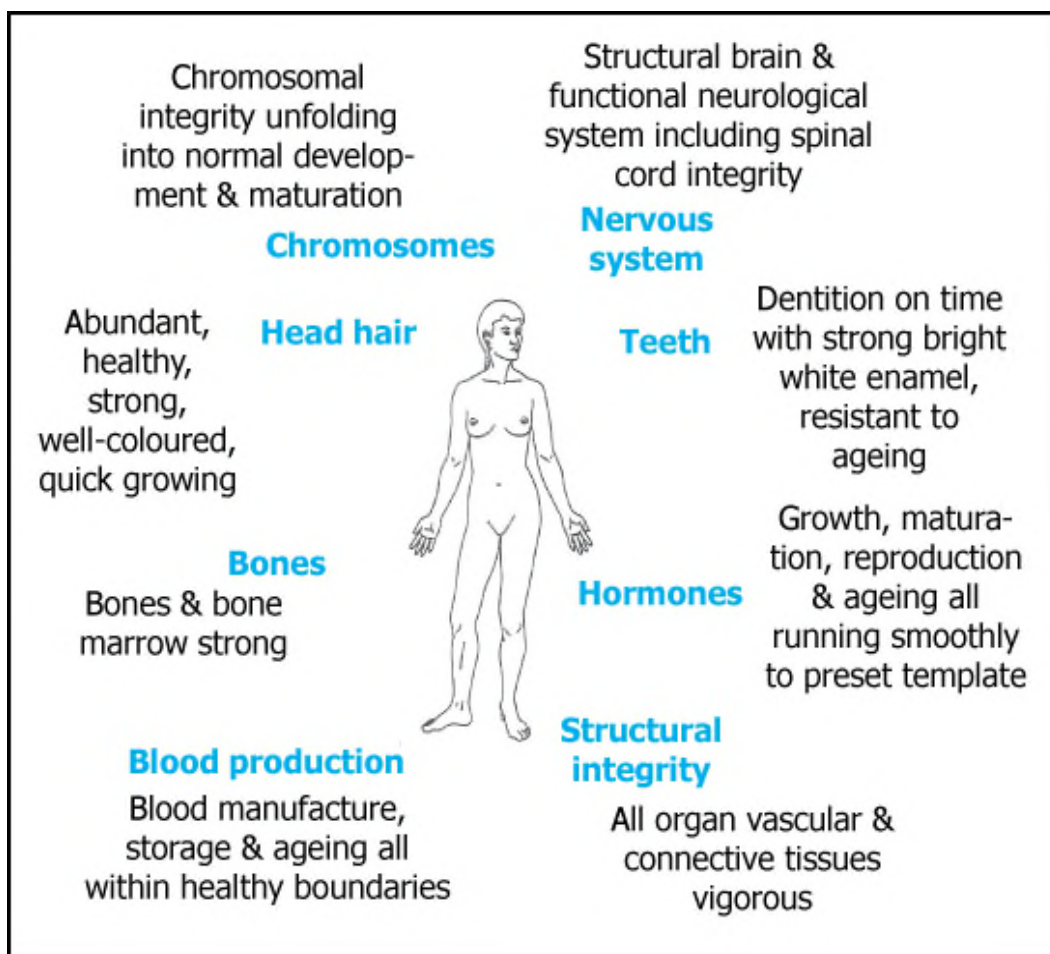
A telling **three minutes**. Top two: see brown spot in middle - Iodine gone in the time it took to take another (focused) photo. Last – colour it started from



The forming child needs

- Giving iodine to a pregnant woman will cause the fetus to start moving around more.
- Iodine stimulates the brain, and is essential for normal growth and development, particularly the first 3 years.
- Pregnant women who supplement with sufficient iodine will have babies with higher IQ's than their parents!
- If mum has 'baby brain' baby has not so good brain development and this is the warning – heed this and take more better ingredients!

How Jing (the life necessity/'DNA') manifests in us all



Much like house foundations - once baby is grown/formed – it is what you have.

In utero this can be adjusted - but mum MUST have access to what is needed to build baby better.

Hair growth

- *Iodine is the element necessary for the development of healthy hair, teeth and skin. It strengthens follicles and speeds up hair growth.*
- *Any iodine deficiency can lead to hair loss. This often happens when very stressed, when on times of great change, and when a new mum is not getting enough support on all levels.*
- *Also when a new baby is born and has not enough digestive strength to support its own hair (often born with heaps and all falls out and grows back super wispy white). Fairy hair*
- *So very often a blond baby emerges eventually with dark parents. What has happened?*
- *The 'flower of the kidney' (head hair) is struggling as the organism is under stress – and head hair is not essential.*
- *Usually also there are dentition/tooth problems.*

Hair – flower of the Kidneys

Pre pregnancy - coloured and losing for years. She saw me for preconceptual health and regained her hair and fertility



After birth – so excited when discovering pregnancy – more of her hair than the conception – even though 3 years trying



What alerted me to 'genetic' vs epigenetic

- *My son's hair.*
After birth it all fell out (was dark, plentiful on his arrival)
Eventually it grew back a mess . .
- *Blond, wispy, fine and hardly there (fairy wisps).*
- *What sits on top of the genes?*
- *Epigenetics – life models us*
- *We see how the heavy metals and halides and all other toxins shape us: and how we can undo some of this.*
- *Not wallow in being helpless and feeling hopeless. .*
- *We do need to get smarter than allowing others direct our attention, scare us and think for us and divert us from real life.*

Trees been messed with

Ingredients are part of the deal. Then there is environment

Windswept

Bonsai



We just expect it to be. . .

- **EXPERIMENT** - *If you got a box of seedlings that had been exposed to the same conditions and then planted them in very different places you would not expect the same tree to emerge.*
It would all depend.
In extreme examples – windswept and bonsai. .
- *Why would it be any different to animals and to people, and how their genes express?*
- *Especially if whilst growing and developing, we ensure all is plentiful and in the best quality?*

Not like either side of his family

My son's dad was bald by 28.

His mother's father started balding at 15 years old.

Mother's maternal side (even the women went bald)

His head of hair (39): as his mum, I made sure he grew optimally



Iodine, brains and ADHD

Maternal iodine deficiency leads to totally preventable lifelong mental retardation worldwide.

- *Mild iodine deficiency during early pregnancy leads to “**attention deficit disorder**” in the child*
- *(Iodine used to be in bread and milk. Removed by government officials due to a fear of this essential micronutrient – yet we have all the antagonists – halides - in our environment blocking its absorption).*
- *Salt is the remaining source of dietary iodine.*
- *Pregnant women who develop **pregnancy induced hypertension** are told to decrease their salt intake.*
- *May also develop **swellings, weight gain, and gestational diabetes** - but not told to add in the missing ingredients.*
- *Unlikely to ever hear - supplement with iodine!*
- *Safest and most effective - topical application with a cotton bud is best and often I see it soak in before my eyes – it is so needed – see below*

Where IS the iodine?


5 children: 8 months – 8 years. Baby's iodine put on last (where is it??)



Mum had been very ill for months with sinus /mastitis (no iodine spare to run her body – let alone baby's)

Breast milk source insufficient as she is so iodine depleted/now ill

Pregnancy/needs

- In clinic I have noticed that the sore breasts in early pregnancy disappear on the spot – when painted with Lugol's Solution.
- So does morning sickness – often instantly - on the upper belly to assist the acid formation to actually digest proteins.
- It will either instantly soak in, sit there, or slowly go.
All do not mean one thing.
- Without  [access to selenium](#), (excess of heavy metals on board) you will not be able to access the iodine and take out what is there in your cells instead (other halides – see also below).

You have no idea what needs shifting in your body as the flow of halides (see later) is pernicious and not measured. You can tell somewhat by what happens when you add the Lugols' onto your skin.

In pregnancy (1)

Mum's needs for iodine sky rocket.

- If she is on thyroid medication (T4 is inactive iodine) this is usually doubled by her doctor.
- If she is border line or unmedicated, she becomes a victim of **all the 'high risk' problems** that are seen as being 'normal in pregnancy.
- Checking the vaginal basal temperature will also alert you to potential **early miscarriage or premature labour.**

HOW? Take your BBT (basal body temperature) vaginally first thing in the morning after at least 4 hours sleep prior to arising.

- When pregnant it is to be 37.2/3 C.
- Your medical 'helpers' will not know this or its importance as they are not using a wellness/life medicine



What to do if not where it should be? Paint iodine on your body.

What low thyroid function feels like in pregnancy

(Brain fog/low energy/gaining weight/fluid/poor digestion, nausea, allergies, catching things, cysts, constipation, breast issues, hair loss, gestational diabetes, anxiety and depression, cancers appearing just when pregnant (less available iodine for mum). The argument – 'more estrogen' makes sense as it lessens iodine activity. Plus tap water is often fluoridated further blocking the iodine.


- Maybe the Doctor thinks you will be better with iron tablets – and you may - it helps get the T4 to T3 if that is all your problem.
- We all need iron to live – but also good gut function to assimilate it. This can circle back to low thyroid function – can't transform T4 to T3!
- Iodine helps your body eliminate the energy/life stealing fluoride, bromine, lead, cadmium, arsenic, aluminum and mercury.

Take charge of your pregnancy (2)

- Work though why your body is not working perfectly – not take tests to see how bad it can get.
- Worrying and doing the same things will not help either.
- Ideally pregnancy is the time you can remake yourself as you make baby.
- Or make life so much worse for yourself.
- Start as you have – find someone who knows.
- Check out  www.thenaturalpregnancycoach.com
- Take out the cold from your body and follow all suggestions here.
- Get rid of the toxic wastes you have – the  [liquid activated zeolites](#) is a start – and totally safe in pregnancy/breastfeeding (relative to keeping all within to leach into baby through placentas and milk).



'The World Until Yesterday'

- *The world that we live in currently, and may believe to have always been – has not*
-  [*The World Until Yesterday: What Can We Learn from Traditional Societies?*](#)
- *Latest book by Jared Diamond - He uses the acronym W.E.I.R.D.*
 - *Westernised*
 - *Educated*
 - *Industrialised*
 - *Rich*
 - *Democracy*
- ***Not how we are designed to be – or have ever been – and the planet (and our very sanity) cannot sustain this***

Likely 'normal' now

- *Periods likely start at 11/12 in W.E.I.R.D. countries*
- *Food and fluids not as they were 30 years ago – nutritionally suspect/loaded with sugars to taste and no fat and chemicals galore . . plus caffeinated sugar*
- *Plus additional vaccines HPV and MMR and other contaminants through excessive vaccination especially at adolescence, with no rational look at what a growing girl needs to transform optimally into a well woman.*
- *Parents less likely to be together for the child's life – hence many live in trauma, with domestic upheavals.*
- *All may be expecting more of themselves than is biologically possible, or personally or globally sustainable*

A small lesson in biochemistry is needed – Halides

- **Halides**
- *The minerals that make up the halide class include those in which the halogen elements of chlorine, bromine, fluorine, and iodine are combined with one or more metals.*
- *Minerals of the halide class all:*
- *have relatively low hardness.*
- *can be transparent.*
- *have low specific gravities.*
- *have good cleavage.*
- *are poor conductors of heat and electricity.*
- *Can kill us as they are life inhibiting (Mustard gas from the WW1 is a great example)*

Halogens – what gets in the way of life

- *The addition of fluoride and chlorine to municipal water supplies and bromine (a known goitrogen) to processed foods as well as perchlorate and thiocyanate in the environment and water/food chain - all interfere with normal thyroid gland iodine uptake.....leads to iodine deficiency diseases*



- <http://www.mindbodygreen.com/0-12346/11-everyday-toxins-that-are-harming-your-thyroid.html>
- **Hypothyroidism, Graves disease, Hashimoto's thyroiditis, thyroid cancer, systemic cancers, arrhythmias, poor immune function with increased incidence of colds, influenza, infections, pneumonias all result as do most other cancers and immune system breakdowns.**
- *This is not hidden.*
- *All medical personnel are potentially bright enough to work this out themselves.*
- *Cognitive dissonance again (what would it mean if they were thinking through their basic chemistry?)*

Iodine vs bromine



- <http://www.drlwilson.com/articles/IODINE.htm>




- <http://modernherbalmedicine.com/articles/iodine-robbers-2.html>

Bromides

- **Bromides (substances containing bromine) are toxic substances with no nutritional or therapeutic value in human health.**
- *Animal studies show that bromine intake can adversely affect the accumulation of iodine in the thyroid and the skin, and ingestion of bromine has been shown to cause hypothyroidism in animals. When iodine deficiency is present, the toxicity of bromine is accelerated in the body.*
- **Bromides are being increasingly used in our society.** They are used as antibacterial agents for pools and hot tubs, as fumigants for agriculture, and for killing termites and other pests. Between 1981 and 1991 the amount of bromides sprayed in California for pest control increased nearly three-fold.
- **Bromides are also being added to foods.**
- *Bromides found in certain carbonated and sports beverages in the form of BVO (brominated vegetable oil) and are also used in bread flour as a dough conditioner. Iodine was added to flour, but was replaced with bromides.*
- *Since this took place, obesity has increased dramatically. Instead of getting iodine in bread (which would help burn fat), people are getting bromides, which in turn disrupt iodine, increasing fat deposition.*

Bromide replaced iodine in bread

- **Bromide** is a dough conditioner found in most flours as potassium bromate. It replaced potassium iodate starting in the 1960's because bakers claim it yields dependable results, and it makes the dough more elastic, which can stand up to bread hooks and other commercial baking tools.
- Bromate is an endocrine disruptor that competes for the same receptors in the thyroid gland as iodine. Constant ingestion of bromate in your daily bread may eventually create a thyroid hormone imbalance because iodine is needed for thyroid hormone production.  [It is also implicated in many cancers.](#)
- The UK banned bromate in bread in 1990. Canada banned bromate in bread in 1994.
- In 1999, the Center for Science in the Public Interest petitioned the FDA to prohibit the use of potassium bromate, charging that the FDA had known for years that bromate causes cancer in lab animals. It is still in use today, although some artisan bakeries will use unbromated flour.

Dangerous to life


- Bromides are also found in certain drugs, such as Atrovent inhaler, Atrovent nasal spray, Ipratropium nasal spray, Pro-Panthine and Pyridostigmine bromide.
- This increased use of bromides has caused the amount of bromine in human breast milk to increase 10-fold over the last decade.
- Take out the bromides with iodine – painted on
- (see later)
- Bromide has no nutritional benefits
- Bromide takes the place of iodine, making all bodily functions considerably less likely.

Iodine detoxification

- *The optimal intake of iodine is the best solution to detoxify the body of bromine, fluorine, chlorine which are everywhere in our environment.*
- *Topical use may be the least invasive and the most effective way to do this as too much oral iodine is also poisonous.*
- *The topical route allows the body to decide for itself.*
- *All these toxic halides are correlated with **cancer**, specifically **breast and prostate cancer**, as these tissues in health normally process and store higher amounts of iodine, as does the thyroid gland.*

Iodine helps the body eliminate fluoride, bromine, lead, cadmium, arsenic, aluminum and mercury – BUT is blocked from absorption in the very presence of these.

Fluoride and bromide toxicity

- *Fluoride and bromide inhibit the ability of the thyroid gland to concentrate iodine.*
- *Fluoride is more toxic when there is iodine deficiency.*
- *Bromide tablets were given to all army personnel and prisoners to quench libido.*
- *Fluorides (as all halogens are) act as an iodine disruptor. All fluorides are toxic and increase the risk of bone cancer and hip fractures.*
- *Adding fluoride to the public water supplies is causing great harm to millions of people by interfering with normal iodide uptake in the thyroid gland.*
- *Fluoride does not help tooth health.*  [Easily researched](#)

Fluorides

- *Fluorides also lower intelligence, increase depression, and lower testosterone levels in men. High levels of fluorides cause mottling, pitting and dulling of the teeth.*
- *Fluorides can produce goiter and low thyroid by inhibiting the ability of the thyroid gland to concentrate iodine.*
- *Selective serotonin reuptake inhibitors (SSRIs) like Prozac and Paxil contain fluoride. Since low thyroid causes depression, this may be one reason why these drugs can cause depression in some people, and can definitely result in depression when discontinued abruptly.*
- *Other drugs that contain fluoride include: Baycol, Propulsid, Posicor, Astemizole, Flonase, Flovent and Fen-Phen.*

Chloride vs Chlorine

- Chloride is a highly important, vital mineral required for both human and animal life. Without chloride, the human body would be unable to maintain fluids in blood vessels, conduct nerve transmissions, move muscles, or maintain proper kidney function.
- The oxidized form of chloride forms chlorines, and these are toxic.
- Dr. Joseph Price, who wrote the book *Coronaries, Cholesterol and Chlorine*, documented that the rise in coronary heart disease parallels the rise in the chlorination of water supplies.
- He found that chlorine makes cholesterol “sticky” so it adheres to surfaces. Since iodine is needed to cause fats to be released from surfaces (emulsified), and chlorine displaces iodine, this may be part of the reason chlorine contributes to heart disease.
- Excess chlorine is also linked to **birth defects, cancer, reproductive disorders (including still birth), and immune system breakdown.**

More on Chlorine

- Again, all of these health problems can be due to iodine deficiency. Furthermore, when **chlorine** mixes with organic matter in the water it forms carcinogenic compounds like trihalomethanes.
- That brings us to the issue of Sucralose®, which is nothing more than chlorinated sugar.
- Sugar is bombarded with chlorine, and although most of the chlorine is allowed to dissipate, there is still a lot of chlorine left in the finished product.
- A reverse osmosis water filtering unit is a great way to reduce chlorine intake in your home or office. Why is it in the water? To kill organisms. (BUT what about your gut bacteria???)

Removal?

- You can also remove chlorine with carbon filters or by letting water stand for several hours in an open container to allow chlorine to evaporate.
- You can also purchase water filters for baths and showers or even whole house models.

Answers may be found in non-standard places – not through orthodox ways



Warning about being overwhelmed

- Remember, every person is uniquely complex. Everyone has his own genetic tolerance for toxins like these. Think of your genetic tolerance as an empty bucket, and these toxins are filling up the bucket. Some people's buckets are smaller than those of others, and therefore fill up faster. Some people can be exposed to all of these toxins and show no noticeable effects from them. This is not a simple "one size fits all" solution.
- I don't want you to feel defeated when reading this work. It's easy to say, "I'm doomed," but be encouraged, because knowledge is power. You can make informed decisions to decrease the level of stress your thyroid is up against. You can also investigate these underlying issues and address them head on. And lastly, remember, your body is amazingly resilient. It wants to heal. Restore their health when we address these underlying components.

Water

- Drinking more pure unhalided water is essential for life – flushing out what is not supposed to be there.
- This probably means – not from the municipal supply coming through your taps.



Bromide

- *Added to our food!*
All that you think is 'organic' has been treated with it to come into Australia and NZ!
- *Bromide (as a halide) inhibits the activity of iodine in the thyroid gland, causing **impaired thinking and memory, drowsiness, dizziness and irritability (junk food anyone??)***
- *The substitution of bromide for iodine in bread/flour has caused near universal iodine deficiency in all.*
- *(in addition to the fluoride in the water)*
- *30+ years ago the government decided to replace iodine with bromide (potassium bromate), which appears similar to the thyroid gland and easily binds to the thyroid gland's iodine receptor sites.*

Brominism – poisoning caused by excess exposure to bromide

- *Bromide is used as a pesticide, an agricultural fumigant, antibacterial agent in pools, in and on food and in some drugs*
- *Because of the sheer amount of bromide supplemented products, exposure to this man-made additive has caused massive depletion of iodine, thus undiagnosed health problems*
- ***Bromides in the environment compete with iodine for the same receptors in the body causing potential iodine deficiency***
- *Bromide fire retardant's PDBE (polybrominated diphenyl ester) fire retardants have been added to mattresses, carpeting, furniture, electronics and other products since the 1970's.*
- *These products disperse toxic bromide dust.*

Products containing bromide

- *Pesticides (methyl bromide), fungicides (strawberry production)*
- *Many bread products (potassium bromate).*
- *All commercial flour*
- *Bromide in food was banned in the UK in 1990 and Canada in 1994 due lab rat studies showing bromate causes cancer (no iodine to stop it)*
- *Citrus flavored drinks like 'Mountain Dew' and certain gatorades (brominated vegetable oil)*
- *Some asthma inhalers (Atrovent) and prescription drugs (Celexa)*
- *Plastic products, some personal care products and some fabric dyes*
- *Fire retardants – 'new car' /furniture smell*
- *Electronic gadgets outgas bromides*

Fluoride toxicity

- *Fluoride containing drugs that have been pulled off the market due to excess morbidity or mortality include*
- *- Baycol (statin)*
- *- Posicor (anti-arrhythmic)*
- *- Astemizole (allergies)*
- *- Propulsid (stomach ulcer)*
- *- Omniflox (antibiotic)*
- *- Fen-phen (weight loss)*
- *Many other medications still on the market containing fluoride including Flonase, Flovent, Prozac and Levoquin.*
- *Some anti-depressants are 92% fluoride – causing weight gain and depression and loss of self as they squash thyroid function.*

Mercury

- *Mercury depletes iodine levels and interferes with thyroid function.*
- *Mercury presence ensures the magnesium and selenium needed to make Glutathione to detox the heavy metals and pesticides is not made.*
- *Aluminium presence blocks the mercury from leaving also. Aluminium replaces mercury in most vaccines.*
- *Mercury finds its way into the body through 'silver' amalgam fillings, contaminated sea foods, environmental pollution, new light bulbs, from fetal mining – we cleanse our mums whilst fetuses as the heavy metals are all released into her blood stream to 'feed' and make us.*
- *Vaccines (even those supposedly 'mercury free' are allow to have a certain amount in then before disclosure).*

Toxic legacy from the past



Worst hormonal disruptors

- *(in red are halides)*
- *Orange stops iodine – selenium absorption*
- *Bisphenol A (BPA)*
- *Dioxin*
- *Atrazine*
- *Perchlorate*
- *Phthalates*
- *Fire retardants*
- *Lead*
- *Perfluorinated chemicals (PFCs)*
- *Arsenic*
- *Mercury*
- *Organophosphate pesticides*
- *Glycol ethers*

According to the Environmental Working Group





We are constantly exposed as it has such a colossal half life. .




Radioactive iodine

- Radioactive iodine enters the environment from nuclear power plants and nuclear accidents.
- Radioactive iodine enters the body and destroys thyroid tissue and other tissues that uptake iodine.
- Increasing iodine intake is the best protection against radioactive iodine - yet - Iodine tablets are part of civil defense plans because taking large quantities of iodine prevents the body's uptake of radioactive iodine.
- However when a person has a hyperactive thyroid, they are told they should not use iodine because it will make the problem worse.
- Instead, they are given radioactive iodine, which kills the thyroid.
- Why not fix why the thyroid is presently overactive instead?

Polychlorinated biphenyls – PCBs

- Polychlorinated biphenyls (PCBs) are industrial chemicals that were banned in the 1970s but are still detected in our environment (also breast milk as they release from fat cells), and in urine and hair samples today.
- PCBs have  been shown increase thyroid dysfunction, and, by  increasing the level of thyroid-stimulating hormone, can make your body resistant to the thyroid hormone, similar to the insulin resistance seen in type II diabetes.
- They also can  affect the liver enzymes that regulate the conversion of your thyroid hormone so it can be available to use in your body.
- PCB's are in all carbonless copy paper (all EFTPOS receipts).
Cancer causing – possibly as they suppress the iodine
-  <http://www.clearwater.org/news/pcbhealth.html>

Remember the hole in the ozone layer?

- Refrigerants and coolants were using halides.
- Few consider long term and global consequences, resulting in preventable worldwide catastrophes
-  <http://www.abc.net.au/news/2016-07-01/hole-in-the-ozone-layer-is-finally-healing/7556416>
- As with all things - left to its own devices long enough, life will settle back – without more contamination body through consciously choosing to be as organic (natural) as you can be as to do anything else is to be exposed to more that is slowly killing you – so too will your body.
- Aim to be as clean as you can be – and then drink more water and take more care of your body/life/future.

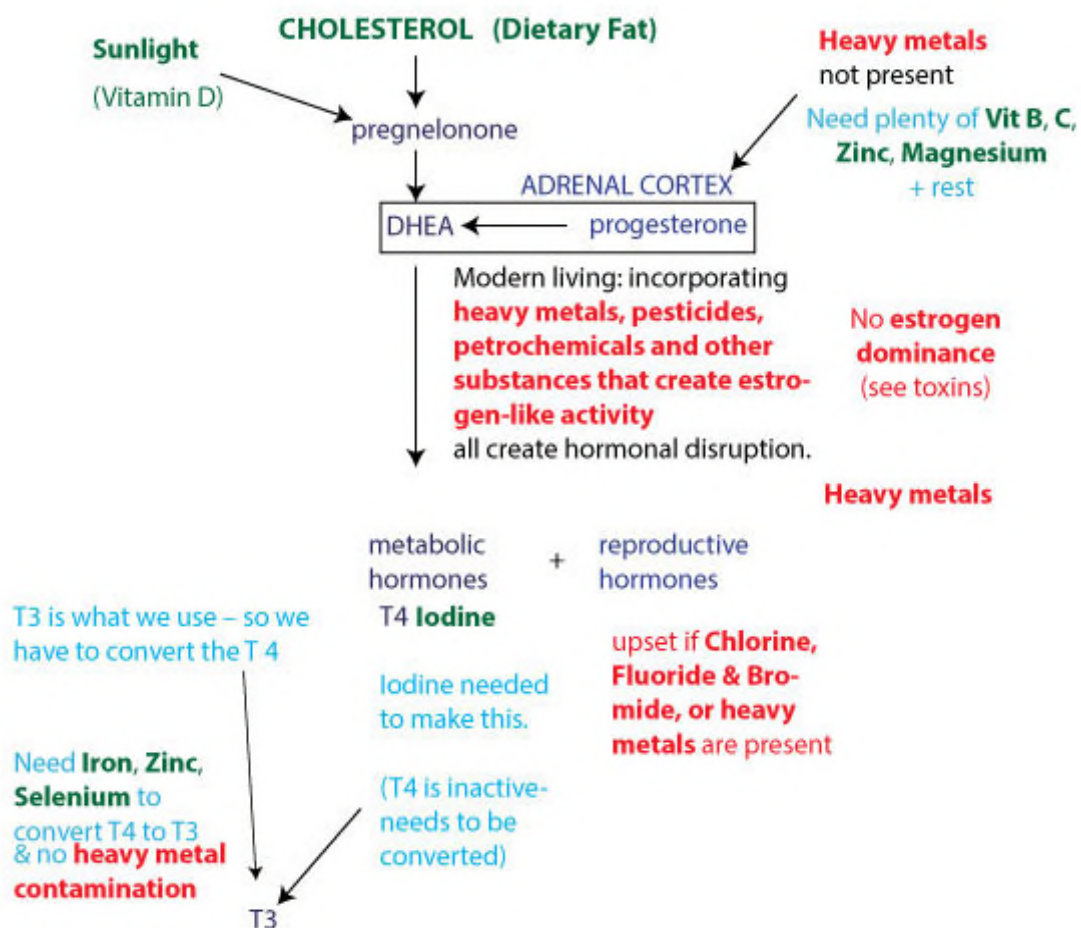
How much Iodine is needed?

Depends on what has taken the Iodine's place already in your body – and thus how much replacement is needed before you speak of what is needed to run a body – pregnant? Having menstrual cycles? Got breasts? Fighting off cancer? Radioactivity from whatever sources??

- The US “RV” (recommended value) for iodine is 150 mcgs/day.
- That is a very low value considering the Japanese eat approximately 100x that amount daily!
- Vegan diets provide even lower levels of iodine particularly if sea vegetables are not included
- Other dietary sources of iodine are leafy greens and sunflower seeds.
- However the quantities of iodine in them is insufficient to achieve optimal iodine health status.

Remember this?


“Mudmap” of Modern Hormone Production disrupted by environmental toxins and modern living.



T3 is what our body uses to regulate metabolism speed and efficiency

What tends to block nutrient assimilation/life – are all in red. This explains why nothing seems to be ‘working’

Supplemental sources of iodine

- Lugol's solution – developed by French physician Dr. Lugol in 1829.
-  Lugol's Iodine is widely used to treat contaminated water during emergencies making it safe for human use.
- Contains
 - both forms of iodine
 - contents: 5% iodine
 - 10% potassium iodide
- internally two drops contains 5 mg of iodine and 7.5 mg of iodide (12.5 mg total)
-
- This was standard “medicine” in all doctors handbags in the 1800's and was extremely successful treating infections of all types.
- A powerful disinfectant and antiseptic - is used as Betadine in all surgeries.

Tablets

- Iodoral
- Dried version of Lugol's solution in tablet form
- Manufactured by Optimox in Torrance, USA
- Available online for about \$25/bottle for 90 tablets, or \$40 for 180 tablets
- Each tablet contains 5 mg of iodine and 7.5 mg of iodide (12.5 mg total)
- Advantages: exact dosing, no gastric irritation as it is inside a colloidal silica excipient
Can you get it/use it though?
- Use Lugol's on your skin is a great safe second choice.

Revision - Iodine deficiency problems

- Iodine deficiency leads to an underactive thyroid – classic hypothyroidism
- When iodine no longer binds to thyroid cell membranes, enzymes called peroxidases damage these membranes that leads to autoimmune diseases such as **Hashimoto's thyroiditis** and **Grave's disease**.
- For more than 100 years, high doses of iodine have corrected under activity and over activity of the thyroid gland
- Q - What has this happen?
- A - Exposure to many chemicals we are exposed to

'Iodine allergy'

- Not possible
- Iodine is an essential mineral that no one can survive without, therefore it is impossible to have an allergy to iodine
- Can have a reaction to one of the halides being released as the iodine replaces them.
- Iodine attached to certain compounds (radio-opaque dyes), topical Betadine and certain drugs (Amiodarone) causes the allergic reaction, not the iodine.



Dosage is the answer

- Iodine treatment - massive infection (pre antibiotics)
- The most famous case involved Colonel John B. Gordon, a confederate soldier in General Lee's army.
- On Sept 29, 1862 while fighting the union army at Antietam, he was shot in the right leg, his left thigh, his left arm, and his shoulder leaving a swath of clothing embedded in its tracks.
- While lingering in the firing line, a 5th ball struck him squarely in the forehead.
- Dr. Weatherly in charge of medical arrangements had him evacuated to a base hospital where his wife nursed him.

Dosage: can't overdo it

- She was instructed to paint tincture of iodine on the wounds 3 – 4 x/day.
- His prognosis was not good as both eyes were swollen shut, his jaw clenched and he had a Staphylococcus infection in the left arm wound Mrs. Gordon, aged 25 took a liberal interpretation of the instructions painting iodine on his wounds "300 – 400 x/day."
- Her diligence was rewarded and her husband survived, outlived the civil war, became governor of Georgia, a general and commander-in-chief of the confederate veterans.
- He died in 1904

Where do I paint this?

- I managed my own **menopause** through topical iodine use.
- I had worked out that I had seen not one woman who had hot flushes etc. and was not low thyroid function (taking your  [BBT](#) works – it should be at least 36.6 preferably 36.7C first thing in the morning vaginally after at least 4 hours sleep and as soon as awakening (basal).
- A palm sized piece on the ovary area – lower abdomen – every day for several years.
- THEN – I started getting rid of the heavy metals and the iodine soaked in as though it had never been there before – and I peed out 7 kg in 7 weeks – true story!!  [See more here](#)
- It is all about getting the iodine levels, thus metabolism, back together again. In menopause the ovaries can shut down (and they make T2 and when they don't – fat and fluid accumulate).

Depression and loss of self/ libido result – iodine to the rescue!

Progression . . .

- *Initially I started out slowly painting iodine on the forearm.*
- *Painting with a cotton bud – and increasingly larger swaths.*
- *A few times when it disappeared in front of me - saw it visually go within a minute!*
- *Both women were in a huge mess – one a 12 year old teenager with all her hair falling due to vast iodine depletion (competitive swimmer over exposed to chlorine in the water) and the other a menopausal woman whose incontinence will have been loss of estrogen – she had no available iodine either!*
- *Matters not what ‘problem’ – it is all about the nutritional deficiency!*
- *Not just the speed of it – but sometimes it is not that quick where the need is not – the torso seems to soak up faster usually.*
- *Having said this when I was in the quick weight loss process, regardless where it went - it was all gone in an hour or so – so my legs were the easiest whilst working and I looked various shades of yellow for a few weeks.*

Often start with a coin sized bit to see if you will react and always move the area you paint so there is not a skin reaction to the solution generally

Some get a bit ‘gung ho’

- *One woman used a cotton ball, swathed her lower abdomen in iodine daily and had her first b=non painful normal period ever after this – as a huge endometriosis sufferer!*
- *Another did the same to her fibrocystic breasts – and lost the lumpiness and had soft, easy breasts from then on - as she kept putting some on daily – again – less than a month was all it took*

- **What are you waiting for?**

-

No one needs to give you permission. No one gave all permission to mess up the world and you in it. – it is not in anyone else’s vested interests for you to be well. Retail opportunities only when you stay ill and looking for answers which you have found here.

Having looked through what has happened to all of us (and this was just a few examples of how we are all being poisoned) why wait for someone to tell you it is safe?

Living with all the toxins on board is not safe.

You may ask – “Why not straight onto the neck – nearest the thyroid gland?”

Although it would seem sensible to paint where the iodine is most needed – around the thyroid on the neck, I would not as it is likely to stir up all the halides that are not to be there – but have taken the place of the iodine.

A rash may happen that may take a while to go – hence they will need to explain themselves all the time.

What will happen is the goiter will fade fast – wherever you put the iodine.



Rashes and unusual happenings

- *When I was in Melbourne and working as a locum, I found that a good third of those I painted some (eventually I put hardly any on, as what was happening was perverse) I would get a sometime whole body reaction as a red rash.*
- *Some thought this was really dangerous – it is – to have all those halides sitting in their bodies taking the place of life-giving iodine!*
- *This must be released and normal reintegrated into their lives – hence they were long term patients!*
- *Nowhere else (Brisbane and Christchurch and the West Coast of the South Island in NZ) have I seen this – so be careful if you live where there is a lot of bush/house fire smoke and heavy industry as I suspect that has poisoned the population around Melbourne – meaning their need for iodine is even more pronounced!*

More usual colours seen



Colour changes



*Usually you can go through many colour changes in the one session – these are within an hour.
Note it is an odd fading colour – we are all different*

It can be very dark



The darker I see it initially when touching the skin; the more it is needed /soaked in. Sometimes it is almost black.

This seems to mean that there is enough selenium to activate it and the person will be a lot better almost immediately.

Iodine deficiency and Parkinson's

- *Iodine is found in high concentrations in the brain and ciliary body of the eye.*
- *Lack of iodine may be involved in the development of **Parkinson's** and **glaucoma**.*
- *Lipoprotein (a) is a highly atherogenic compound that causes many **heart attacks, strokes and sudden death**.*
- *High levels of lp (a) can be reversed by iodine therapy.*
- *As usual - no drug needed - just give the body back its access to ingredients needed to live well.*

Iodine treatment and malaria

- *Sunkar Bisey, a Hindu scientist was suffering from malaria in the early 1900's, and quinine did not cure him.*
- *A Hindu doctor sent him a few doses of a Burmese preparation made from seaweed, that had proved useful in treating chronic malaria there.*
- *The effect was electric and in one month he was a well man.*
- *He researched the compound and found iodide was the curative agent.*

Iodine deficiency and cardiac arrhythmias

- Iodine is critically involved in maintaining cardiac rhythm stability
- **Atrial fibrillation** is a condition where the atria do not contract uniformly. All the atrial muscle fibers contract independent of each other...or fibrillate.
- This leads to **possible clot formation** inside the atria, which can break off and go to the brain causing a **stroke**.
- Leads to a lifetime of treatment with the rat poison known as warfarin (Coumadin)



ALSO – the heavy metals that block the [magnesium](#) that allows muscles, nervous tissue and the electrical circuitry to work in a body stop also the selenium that allows the iodine to be used.

- **Atrial fibrillation** and **atrial flutter** can be converted to normal sinus rhythm with iodine along with 100 mg/day of vitamin B2 (riboflavin) and 500 /day of vitamin B3 (niacin) and magnesium

Iodine and sudden cardiac arrest

- Ventricular arrhythmias may also be eliminated with the use of iodine (PVC's, ventricular tachcardia, ventricular fibrillation) therefore, iodine may be a critical element in reducing the most common cause of death in the USA'.
- Along with the magnesium and selenium being blocked by the presence of the heavy metals (mercury and aluminium being only two of these)
- Removal of these allows the iodine to be utilised when present in the body).
- Most are not able to convert T4 to T3 (most people given replacement thyroid medication).
- Low thyroid leads to heart conditions – especially **heart failure, cardiac odema** and **mitral valve prolapse**.

Iodine and diabetes

- Dr Fleches relates that many of his diabetic patients need lowering of insulin dosages and diabetic drugs after correction of iodine deficiency.
- "A good friend suggested painting the inside of my wrist with iodine when I developed a severe sore throat. I thought she was crazy, but it worked and the pain was completely gone the next morning.
- Shortly thereafter my 3 y/o son became sick with a cold and I used it on him and the next day he was 100% better."
- Ingredients – a thirsty plant just needs water
Metabolism, fat conversion and all digestion depends on having the central computer (thyroid) working
- Give the body what it needs.
- Stop doing what created the problem.

Iodine and skin overgrowths/keloid scars

- *Iodine treatment and iodine put onto scabs helps to organize total repair of the tissue.*
- *All **pre-malignant lesions** and other **oddities of the skin** respond to this regeneration process triggered by topical iodine*
- *This also applies to **surgical scars** and **keloids***
- *All forms of skin cancer can be cured with a topical 7% iodine solution, and that includes basal and squamous cell carcinoma as well as melanoma.*
- *Dr. Tullio Simoncini recommends brushing any skin tumor with 7% tincture of iodine 10 – 20x/day. A crust will form and eventually it will fall off leaving healthy normal skin underneath.*

Treatment of fibrocystic breast disease/fibromyalgia

- *In 1920, the incidence of fibrocystic breast disease in America was 3%. Today a minimum of 30% of women have this disorder, characterized by **epithelial hyperplasia, fluid filled sacs and fibrosis (scar tissue)***
- *It causes moderate to severe breast pain and tenderness that lasts more than 6 days of the menstrual cycle*
- *Russian researchers in 1966 showed that iodine effectively relieves signs and symptoms of fibrocystic breasts in 71% of 167 women with this disease given 50 mg of iodine daily*
- *Takes 3 years of iodine treatment to **remove all scar tissue***
- ***Fibromyalgia results from a muscle iodine deficiency (30% of the body iodine stores are in the muscles!)***

Iodine and cancer

- ***“In the absence of iodine, cancer grows”***
- *Jorge Flechas MD – director of the FFP laboratory in North Carolina*
- *Testing for iodine deficiency involves taking 50 mg of Iodoral (4 tablets) and collecting the next 24 hours of urine.*
- *If 90% is excreted, your tissues are fully saturated with iodine. The lower the % excreted, the more deficient you are*

Also – just add it onto your skin and observe.

If it does not soak in it may mean your body is unable to see it – selenium blocked.

(Need to take out the heavy metal loading).

- *Iodine induces **apoptosis of cancer cells** (programmed cell death - Iodine takes away the immortality of cancer cells).*
- *Iodine can be used topically, orally, intravenously, by aerosol, in both douches and colonics*

Can iodine cure breast cancer

- Case history from [Dr. Sircus](#):
Read more here -
- “Joan a 60 y/O English teacher was diagnosed with breast cancer in 1989. She refused conventional therapy. A holistic physician recommended she take 2 mg/day of iodine in addition to a regime of vitamins and minerals. Over the next 10 years she continued to work and felt well. In 2005 the tumor metastasized, her tumor markers increased and she felt very fatigued. She lost 25 pounds.
- After finding more information about iodine, she took a much higher dose, and after 6 weeks her P.E.T. scan showed that all of the existing tumors were disintegrating, particularly in their central area.
- “I am so grateful for this information as it is surely saving my life” Joan remarked.

Iodine and mammograms

Mammogram radiation increases the risk of breast cancer by **1 – 3% each time**.

Why are you doing this to yourself - fear again . .

Radiation antidote?

Iodine.

Why are cancer cells there?

Lack of iodine.


What do well breasts need to be/stay well? Iodine.

- A woman’s breasts are her most sensitive areas when it comes to cancers caused by radiation.
- By age 50 a full 45% of women will have cancer cells in her breasts. That doesn’t mean she will develop breast cancer, but it does mean they are at higher risk of spurring these cancer cells to full activity.
- **Iodine is insurance against that possibility.**

How does iodine prevent/cure cancer?

- Iodine is a scavenger of free hydroxyl radicals, and that, like vitamin-C, it also stimulates and **increases the activity of antioxidants** throughout the body to provide a strong defensive measure against various diseases, including heart disease and cancer.
- Iodine taken at 100x the RDA (>15 mg) binds to lipids and proteins. Iodine binding to the fat molecule lactone creates gamma Iodolactone, which is a key regulator of apoptosis, which is programmed cell death.
- Hence iodine stimulates apoptosis of cancer cells that normally continue to divide and grow without limits.
- Iodine can be used topically, orally, intravenously, by aerosol, in both douches and colonics

How much iodine do I need?

- *(Remember we are all different?)*
- *As much as is needed to get you back to perfect health.*
- *There is no RDA and the Japanese women have a dietary intake 100x more than USA women.*
- *How much you need is totally dependent on how much displaced iodine needs to be corrected in addition to what you need to run your body.*
- *More if you are a menstruating woman, or pregnant or breastfeeding.*
- *Or recovering from, or overcoming cancer – or any other condition that you have as a result of insufficient biologically available iodine.*
- *In addition to a lot of sea vegetables and other foods sources daily, adding it on topically is the easiest solution.*
- *If taking oral supplementation – nascent (liquid) may be easy for you.*
- *Also add few drops of the Lugols' solution in water.*
- *Personally I just add it onto the skin.*
- *Often and always on a different location.*
- *It is recommended one take 50 mg/day of either Iodoral (4 tablets), or Lugol's solution daily for detoxification purposes for 1 – 3 months*
- Perhaps  [gain direction here](#)
- *Few physicians realize that iodine can be taken internally in high quantities and that it will have the same effect internally as it does on external surfaces.*

20 minutes difference - breasts need a lot of iodine to stay healthy



Men often are in a mess, and blood tests say 'all fine' when it is not



Men also need this - about 20 minutes time difference



Different applications – when needed it quickly changes colour



It just keeps on soaking up!



When you need it



Showing a 3 minute change in colour



30 seconds difference: this is how fast it absorbed!

Little boy with a brain/developmental order – and the extra fluid in his brain is no doubt there as a consequence of the extreme lack of maternally available iodine as he was being made.



A Polynesian lad with vitiligo (hence the white patches on the bottom of the leg).

The iodine was about one minute between in application – almost all conditions are happening as there is not enough of vital ingredients – and the treatments are NOT given as correcting this – but various drugs – and in this case - no folicinic acid which is one of the essentials - as well as obviously the iodine.



Oral tablets

- *What is being handed out by midwives to pregnant women in NZ is totally insufficient.*
- *As is the addition of a little to 'pregnancy' multivitamins.*
- *Tablets . . . Please note topical is easier, safer and works*
- *Start with 6.25 = 12.5 mg daily and gradually increase to 50 mg over a 2 – 3 week period*
- *After three months take 12.5 – 25 mg/day as a maintenance daily dose. This is 100 – 200 times the government recognized "recommended value"*
- *This daily dose would be distributed as 6 mg to the thyroid, 5 mg for the breasts and 1.5 mg for the rest of the body.*
- *Men need slightly less due to lower estrogen levels*

Warnings

- *Take supplemental iodine in the morning and no later than 4 pm, as some experience an "energy surge" that may interfere with sleep.*
- *Dividing the doses throughout the day may work more effectively. Need to have bioavailable Selenium to use the iodine.*
- *Iodine will work best in conjunction with a multiple v/m product, vitamin c and omega 3 fatty acids.*
- *"Too much iodine can suppress thyroid function" unlikely to happen at dosages of 12.5 –25 mg/day*
- *Drs. Flechas, Abrahms and Brownstein take 50 – 100 mg/day of both forms of iodine*

Iodine side effects

- *Topical – go for it*
- *May stain your clothes*
- *GI or thyroid detox symptoms – start with low dose and increase gradually*
- *Iodine douches can eliminate cervical and uterine cancer*
- *If accessing too much you may discover a faster metabolism – where you are peeing heaps, poohing a great deal more, have a warmer temperature, burn up food faster and need less sleep.*
- *You may get a lot more life lived.*

Revision – Iodine

- *Girls at puberty need massive amounts to run the breast growth and the cycle changes. Boys need it to NOT grow breasts, and to masculinise, with normal testicular functions..*
- *Women need x6 more than men do (and much more when pregnant/lactating)*

Without it – shows up as digestive weaknesses of all descriptions, thus life is harder. Additional fat, fluid, sluggishness and life obstruction.

- *When grossly less iodine than needed: may get a goitre.*
- *All respond differently as the toxin load affects us all differently – as does family heavy metal and halide and radiation exposure*
- *Translating this to modern life – to increase the intelligence of slow people/metabolism/gut – just add iodine topically. Seaweed daily*
- *Brain fog (including ‘baby brain’)/being in a muddle is then easily resolved*

Deficiency of raw ingredients – How?


Iodine – needed for correct hormonal expression.

When depleted a raft of issues cascade down throughout the life.










In acupuncture we can see this as Yang deficiency:

1. *Fluid accumulating,*
2. *Gut irregularities*
3. *Immune system misadventures (including cancer)*
4. *Hormonally – esp PCOS and endometriosis/male & female sub fertility/poor luteal phase/prostate swelling*
5. *ASD/ADHD/vaccine injuries in youngsters*


Mum’s iodine lack means she does not have all the ingredients. PLUS – she needs more, not less iodine to drive detoxing pathways than capable of – little spare iodine and magnesium to run the blueprint properly.

(Hence told she /they have ‘mitochondrial’ issues. Use  [Glutathione accelerator](#))


What I have learnt past 10 years

- The women whose **bellies seem continually cold** have  [low thyroid function](#).
-  [Yang Qi](#) is compromised.
- More fat, protein and magnesium was my mantra
- Now also would be inundating all with  [Vit D](#), selenium and  [Iodine](#) and ensuring there is absolutely no fruit, sugar and cereals . .
- **Water** . . .  [Yin Qi](#) is compromised
- Much clean and non-chilled to be drunk – to the exclusion of all else
-  <http://www.watercure.com/>
- Sugar/all fruit – avoid. Also all grains/cereals
- Taking  [BBT](#) will show (vaginal only and the instant they awake) that there is a problem – and often I now find this in pregnancies at the 20+ week mark
- Blood tests are too wide a range. Body will tell you.
- Adding  [Iodine](#) - painted on – and eating much more fat,  [Vit D](#) and magnesium has helped change the outcome of the previously 'high risk pregnancies I was seeing.

Iodine treatment and cancer prevention

- Japanese men have much less prostate cancer and a much lower mortality from it. Japanese women have much less breast cancer than American women.
- Japanese men and women consume an average of 13.8 mg of iodine daily while the average American has a daily iodine intake of 50 – 150 mcg.
- Most multiple vitamin/mineral products have 75 – 150 mcg's, enough to prevent a goiter, if you can access it - but that is about all! **The government "RV" is ONLY 150 mcg/day.**
- This has to be about life enhancement
- Unfortunately, medical experts may have no idea. 
<http://www.couriermail.com.au/news/queensland/sharp-rise-in-thyroid-cancer-cases-has-docs-puzzled/news-story/100fd87235750b669bf4adb30b90b8dc>

Hurting the future



- Prime examples of the chemicals and pollutants that are contributing to children's learning, intellectual and behavioral impairment include:
- Organophosphate (OP) pesticides
- Polybrominated diphenyl ether (PBDE) flame retardants
- Combustion-related air pollutants, which generally include polycyclic aromatic hydrocarbons (PAHs), nitrogen dioxide and particulate matter
- Lead
-  [Mercury](#)
- Polychlorinated Biphenyls (PCBs)

ANSWERS – Iodine availability helps remove all of these (and magnesium, Vitamin D and dietary fat to utilise these – and no heavy metals to block the iodine and selenium/magnesium detox pathways.

Neurodevelopmental disorders include intellectual disability, autism spectrum disorder, attention deficits, hyperactivity, and other maladaptive behaviors, and learning disabilities. Project TENDR's consensus

statement can be  [found here](#).

My suggestions

- Take charge - it is YOUR life.
- Avoid all further exposure to any chemicals
- Drink only  [pure unadulterated water](#) – and a lot of it – at least 3 litres daily and a litre before eating in the morning
- Take the  [liquid activated zeolites](#) as these are the way I have found (after decades of searching for myself) to reduce the heavy metal loading in my previously needing 200mc T3/T4 thyroid medication – now using less than half of this and still reducing.
- We need to be able to access nutrients to process others.
- In iodine's case – selenium. And Zinc and magnesium –
- All blocked by mercury. Its excretion is blocked by aluminium. Not much Glutathione made

How to get your thyroid working?

- *By taking out what was stopping it working properly itself. No more believing – “once on thyroid medication (or anything else): on it for life” – take out what is hampering your body healing normally!!*
- *I lost 7kg in 7 weeks (whilst not trying to lose weight) I just got my metabolism on track finally. Anyone can – and my future is now a lot healthier.*
- *Stop your ‘medical’ annual ‘checkups’ – that is about death avoidance – not your life quality. Take charge yourself.*



[See here.](#) Find a local natural health care professional

- *(Who really understands metabolism as so many, as they are trained medically now – may not). Clue – if they say ‘fertility’ specialist they are not paying attention – to be well we are!*
- *That simple – not about taking things in, but taking things out.*
- *Paint daily topical Lugol’s solution over many sites on your body.*

Love life

Your life is in your hands



Thank you

