

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## IODINE DEFICIENCY AND CANCER



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### STORE HOURS:

Tuesday – Saturday  
9 am-5 pm

CLOSED SUNDAYS  
& MONDAYS

### SPA HOURS:

By Appointment

There are certain fundamental nutrients that the human body needs—but is unable to produce on its own—in order to stay alive. One of these nutrients is iodine, an essential element found primarily in the oceans of the world. Without iodine, our bodies would pretty much be doomed to failure since most (if not all) critical bodily functions rely on this nutrient. Everything from hormone production to brain development to energy metabolism is contingent upon the presence of iodine, and a deficiency can lead to serious health problems. Worldwide, we are experiencing epidemic proportions of iodine deficiency, in part due to deforestation, soil erosion, and poor farming practices that deplete minerals from the soil and yield iodine-deficient crops. Exposure to toxins hinders the uptake of iodine in the body as the toxins compete for iodine receptor sites and inhibit the body's ability to absorb this valuable mineral. Exposure to chlorine, as well as fluoride found in toothpaste, the water supply and many pharmaceutical drugs, further compound the deficiency as these toxins compete with iodine for absorption by bodily tissues. Sufficient iodine saturation in bodily tissues prevents the binding of toxins known as *halides* and allows for their elimination from the body. Adequate iodine levels are crucial for all aspects of health and well-being. If you suffer from symptoms like unexplainable emotional ups and downs, constant fatigue, slow metabolism, and weight gain, you could have an iodine deficiency. "Brain fog," or an inability to think clearly, is another common symptom of too little iodine, as are symptoms like cold hands and feet, dry skin, insomnia, hair loss, poor immunity, forgetfulness, and drastic mood swings. If you start to develop nodules around the thyroid, or any number of cystic conditions such as polycystic ovary syndrome, fibrocystic breast disease, uterine fibroids, ovarian cysts, or fibromyalgia, you are almost certain to be suffering from an iodine deficiency. The good news is that, in adults, such symptoms can often be reversed simply by taking in more iodine. But in young children, the consequences can be more drastic and permanent, as iodine is an important developmental nutrient that helps to prevent intellectual disability and low IQ. This is why women are often advised to eat more iodine-rich foods or take iodine supplements during pregnancy. Detoxification is just one of many health benefits to be gained from taking iodine. When the body has an adequate storage of iodine, the body will gradually displace the toxic *halides* from tissues throughout the body, especially the thyroid. Iodine's detoxifying effect also strengthens the immune system and helps balance hormones. Adequate iodine supplementation treats many health conditions, including ADD, breast, ovarian and prostate diseases (including cancer), thyroid disorders, vaginal infections, infertility, sebaceous cysts, migraine headaches, constipation, depression and many others. Iodine also helps balance insulin and blood sugar levels. Dr. Jorge Flechas, one of the nation's top specialists in iodine therapy observed that diabetic patients who took between 50 and 100 mg of iodine per day were able to dramatically reduce the amount and frequency of their insulin injections and other corresponding medications. Even better, over half of them were able to stop their medications entirely as a result of taking iodine. For all-natural skin care, there is nothing simpler and better than mixing iodine with vegetable glycerin. This safe concoction can be applied under the eyes, over "crow's feet," or anywhere else on your skin or body to help promote healthy rejuvenation and structural cell repair. It can also be applied to cuts, burns, and other more serious skin conditions to help promote more rapid healing while reducing scarring. Iodine can temporarily stain the skin, so don't apply just before you are planning to head out to an important event.

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Iodine deficiency is arguably the most serious health epidemic of the modern age that's flying under the radar of most conventional health professionals—and public health is suffering as a result. Iodine first gained recognition in the realm of human health for its ability to target goiter and cysts. For women, iodine is especially important for the prevention and treatment of breast abnormalities, many of which are implicated in more serious conditions like breast cancer. Several clinical studies confirmed that iodine is a highly effective remedy for fibrocystic breast disease. Women's breasts need a tremendous amount of iodine to stay healthy, as does the uterus as well as the prostate—demonstrating further that iodine is a vital component of both women's and men's health. The immune system loves iodine as well, as it's been shown to utilize iodine in its own production of disease-fighting white blood cells, which are critical for attacking perhaps the most dreaded disease of all: *cancer*. Iodine is one of cancer's most feared arch enemies. It has proven itself to be a powerful weapon against breast cancer but is also able to support the cellular integrity of the ovaries, uterus, thyroid, pancreas, and prostate—all of which are increasingly prone to cancer in our iodine-deficient age. According to iodine expert Dr. David Brownstein, M.D., nearly all cancers start out as iodine deficiency. It typically starts with cystic formations, he says, which eventually harden and become nodular. If left to run their course, these cellular abnormalities then turn into hyperplastic tissue, which represents a precursor to cancer. Not only does iodine help destroy these cystic growths before they are able to initiate the cancer life cycle, but it also causes any lingering cancer cells to be destroyed. If you have cancer, iodine is in no way any type of standalone treatment. Rather, it is a critical nutrient that when taken in the correct amounts can have a positive effect on your overall health. Since there is always some risk of experiencing an iodine "allergy", it is important to always take iodine with its necessary cofactors, which include selenium. It is recommended to take 200 mcg of selenium to help mitigate any potential side effects of iodine, which are not even caused by iodine, but rather by the toxins that it is removing from the body. Magnesium and chlorophyll supplementation is also beneficial, as both of these nutrient compounds help to support the effective use of iodine throughout the body. This is especially true with chlorophyll, which functions as a "sponge" inside the intestinal tract to absorb *halides* and other toxins for rapid elimination. If you suffer from autoimmune conditions like Hashimoto's, they can actually worsen if you take too much iodine. Studies have shown that taking too much iodine can exacerbate autoimmune disease by causing the thyroid gland to produce less of an enzyme known as thyroid peroxidase, or TPO, which the body needs to produce adequate levels of thyroid hormone. The very best course of action is to work with a health practitioner who can provide you with the testing and guidance you need to make the best decision for your healing journey. Give me a call at: 218-365-2288

**SYMPTOMS OF IODINE DEFICIENCY** include: depression, difficulty losing weight, dry skin, headaches, lethargy or fatigue, memory problems, menstrual problems, recurrent infections, sensitivity to cold, cold hands and feet, brain fog, thinning hair, constipation, shortness of breath, impaired kidney function, muscle weakness and joint stiffness, infertility, trouble producing saliva and properly digesting food, swollen salivary glands and dry mouth, skin problems, increased risk for thyroid disease, fibrosis and fibromyalgia, poor concentration and difficulty retaining information.

**IODINE-RICH FOOD SOURCES:** sea vegetables (kelp, nori, kombu, wakame), seafood (especially wild-caught cod and tuna), raw dairy products, organic eggs, lima beans, prunes, raw cheeses, yogurt, green peas, organic corn, bananas, pineapple, mango, rhubarb, dates, apricots and asparagus.

**Recommended daily amounts of iodine:** birth to 6 months—100 mcg, 7—10 months—130 mcg, 1-8 years—90 mcg, 9-13 years—120 mcg, 14 years and older—150 mcg, pregnant women—220 mcg, breastfeeding women—290 mcg.

## **IODINE PATCH TEST INSTRUCTIONS**

Since iodine is one of the body's most essential minerals, testing for its levels should not be overlooked by anyone trying to achieve or maintain optimal health. The iodine patch test measures how quickly your body absorbs iodine. This test is not a proper substitute for a clinically-performed test that will actually measure your iodine levels accurately. You will need a solution or tincture of iodine (the orange solution, not the clear one). Paint a 3-inch by 3-inch square on your abdomen, inner thigh or inner forearm. Allow it to dry before touching anything, as it will stain. Monitor the patch over the next 24 hours for color changes. Pay attention to how long it takes for the iodine patch to disappear. If the patch still exists 24 hours later, the results are normal. If the patch disappears or mostly disappears in less than 24 hours, it indicates a deficiency. In fact, significant lightening or disappearance in less than 18 hours is said to indicate moderate to severe iodine deficiency and suggests a need for supplemental iodine.



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### **BUSINESS HOURS:**

TUESDAY through SATURDAY 9 AM—5 PM  
Closed Sunday & Monday