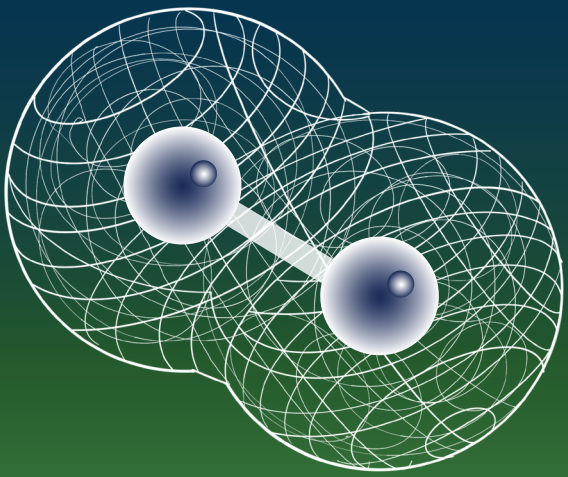
THE IODINE ADVANTAGE:

Leveraging Lugol's Solutions for Optimum Human Functioning



Dr. Mihael Munda, DVM, ScD in Medicine

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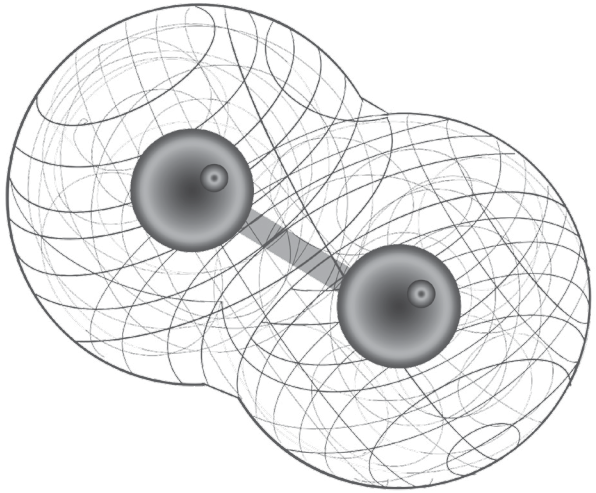

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1. Disclaimer

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2. Introduction

The alarming rise in cancer rates across the globe, coupled with shocking infant mortality percentages, widespread chronic diseases, and surging autoimmune disorders, is increasingly undermining faith in the power of conventional medicine. As people grapple with chronic physical and emotional devastation, the mounting use of ineffective drugs compels them to search for alternative solutions.

One such promising alternative is iodine, a natural mineral essential in times of exposure to harmful substances.

Simple, natural, and affordable, this age-old remedy has been used for centuries and works »wonders« when administered in liquid form. The numerous beneficial effects of iodine on both humans and animals have the potential to bridge the gap between conventional and alternative medicine, fostering a long-lasting and robust connection between the two fields.
As we continue to witness the shortcomings of conventional medicine in addressing the growing prevalence of chronic and autoimmune diseases, the importance of exploring alternative remedies like iodine becomes even more critical. By integrating such natural, time-tested solutions with modern medicine, we can hope to develop a more holistic and effective approach to healthcare that addresses not only the physical but also the emotional and spiritual aspects of well-being. This synergy between conventional and alternative medicine could lead to better treatment outcomes and improved quality of life for patients worldwide.

Iodine helps us to properly use protein.
All patients who lack iodine are suffering
also for deficiency of protein.
Dr. Bryce Vickery

Iodine is the best antibiotic, antiviral and antiseptic
means of all time.
Dr. David Derry

Women with nudity (visibly non -bankal
thyroid enlargement) have due to lack
iodine three times more likely to get breast cancer.
Dr. Donald Miller Jr.

Iodine takes advantage of every hormonal receptor in the body.
Iodine deficiency causes hormonal
dysfunction that can be seen in almost all
hormones in the body.
Dr. George Flechas

3. The Peculiarities of Iodine

Iodine, an essential element, is known to "nourish" every single cell of the trillion cells in our bodies. As such, it is clear that life without adequate iodine levels is not sustainable. For over a century, it has been well-documented that iodine is crucial for the production of thyroid hormones, but the myriad of other benefits that iodine provides for the body has often gone under-reported or unnoticed.

For instance, iodine possesses antibacterial, antiparasitic, antiviral, and anti-cancer properties, making it a highly versatile and potent element in promoting health. Furthermore, iodine is considered one of the most effective disinfectants known to us. By raising awareness of these lesser-known benefits, we can help inform people about the importance of iodine in maintaining optimal health and well-being.

As we continue to understand the full range of iodine's capabilities, it

becomes increasingly essential to educate the public on the necessity of maintaining appropriate iodine levels. With its numerous health-promoting properties, iodine can play a vital role in preventing and treating a variety of ailments. By integrating iodine into our healthcare practices and leveraging its benefits alongside conventional medicine, we may be able to improve overall health outcomes and address the growing challenges faced in modern healthcare.

4. The History of Iodine

The discovery and initial use of iodine are often linked to the birth of Western medicine. French chemist Bernard Courtois first discovered iodine in 1811 while preparing gunpowder. During the process of creating a mixture of potassium and sodium from seaweed, he accidentally added an excess of sulfuric acid. This led to the release of purple fumes, revealing the presence of a new element. The element was named iodine, derived from the Greek word meaning "violet".

Soon after the discovery, Swiss physician and researcher Jean François Coindet (1774–1843) demonstrated that iodine could be used to treat goiter, a condition characterized by the enlargement of the thyroid gland. In 1824, French physician Jean-Baptiste Boussingault (1802–1887) verified Coindet's findings and discovered that goiter was less prevalent in areas with mines. He conducted an experiment that showed iodine present in the water in these regions prevented the development of goiter in people who consumed that water. Boussingault concluded that goiter could be prevented through iodine consumption.

After that, it took nearly a century for the United States to incorporate these findings into practice. During this time, many people suffered from iodine deficiency and goiter.

In light of the history of iodine and its association with the birth of Western medicine, it is crucial to recognize its essential role in maintaining human health, particularly in preventing thyroid disorders like goiter. Ensuring that populations have access to iodine and are educated about the importance of maintaining appropriate iodine levels can help address and prevent related health issues. The story of iodine's discovery and its subsequent application in treating goiter emphasizes the need for ongoing research and the practical implementation of findings to improve global health outcomes.

5. Iodine for Many Problems

According to estimates by the World Health Organization, approximately 1.5 billion people, or about one-third of the global population, are significantly deprived of the beneficial effects of iodine. This is because they live in areas where this essential mineral is scarce. Ranked 62nd in global abundance, iodine deficiency has led to an epidemic of thyroid-related diseases and numerous other health issues.

Iodine is not only responsible for the production of thyroid hormones but also for the production of other hormones in the body. These hormones are essential for the proper functioning of the immune system and brain. Iodine is a crucial element necessary for the normal growth and development of children. Prolonged iodine deficiency can result in various forms of mental retardation and deafness, and it has been associated with infertility, miscarriage, increased child mortality, slowed physical and intellectual development in children, and attention deficit hyperactivity disorder (ADHD).
In very rare cases, excessive iodine intake can pose a problem. We are referring to daily doses larger than a gram, which may cause symptoms of hyperthyroidism. Fortunately, these symptoms can be quickly resolved by adjusting the dosage.

The significant number of people worldwide who lack access to sufficient

iodine underscores the importance of addressing this deficiency. By raising awareness about the critical role of iodine in human health and development, we can promote strategies to improve access to this essential nutrient. This, in turn, can help reduce the prevalence of iodine deficiency-related health problems and improve overall health outcomes for individuals and communities.

The therapeutic effects of iodine:
- **antibacterial**
- **anti-cancerous**
- **antiparasitic**
- **antivirus**
- **a mucolytic remedy**
- **regulates - raises pH**

The conditions treated with iodine:
- **nephrotic syndrome**
- **ovarian diseases**
- **stones of the derivative of the parotid gland**
- **prostate diseases**
- **thyroid disorders**
- **deficiency disorder attention/hyperactivity (ADD/ADHD)**
- **vaginal infections**
- **infections**
- **headaches (also migraine)**
- **hypertension**
- **keloids - benign tumors**
- **Peyronie's disease**
- **liver disease**
- **atherosclerosis**
- **regulates - raises pH • breast diseases**
- **mucolytic agent • Dupuytren's contractures**
- **treatment of excess mucus**
- **fatigue**

- **fibrocystic breast disease**
- **the nudity**
- **hemorrhoids**

6. American Studies

In the early 19th century, there was a significant increase in goiter in the areas of the United States bordering the Great Lakes. Based on the findings of Boussingault and Coindet, it was hypothesized that adding iodine to the diets of people in this area would greatly reduce the incidence of goiter. The Michigan State Department of Health conducted an extensive study between 1923 and 1924, examining the issue in four states, and included 66,000 children in the study. They found that 40% of the children had an enlarged thyroid gland. After the study was completed, the people in the area were introduced to iodized salt, which they began using. The results were surprising! In just four years, they managed to reduce goiter by 75%, and by 1951, goiter affected less than 0.5% of school-aged children. Studies showed a significant decrease in goiter with regular use of iodized salt compared to those who did not use it.

David Marine initially studied the use of iodine on animals, including numerous American farms. "The effects of adding iodine to animals were exceptional in the early 1990s, so it was clear that people needed to be treated with iodine as well," wrote world-renowned thyroid expert Dr. David Brownstein in his book, Iodine Why you need it why you can't live without it. To begin treating people, Marine wanted to experiment. He chose Akron, Ohio, a city known for a high incidence of goiter, as the test area. In this area, 56% of school-aged girls had goiter due to increased iodine needs during puberty for tissue growth and development.

Marine decided to conduct a comparative study of approximately 2,500 students. The first group of 2,305 students did not receive iodine, while the second group of 2,190 students received an average of 9 milligrams of (iodine rich) sodium salt per day for 2.5 years. The study showed that 22% of the group that did not receive iodine had goiter, while the group that received treatment reduced goiter to 0.2%.

After conducting studies in Ohio and Michigan, the U.S. government quickly adopted a policy of adding iodine to salt in all other states, successfully reducing the incidence of goiter. The cost-effective measure of adding iodine to salt, which costs only a few cents a day, was widely promoted by the World Health Organization to prevent goiter worldwide. But Dr. Brownstein believes that while adding iodine to salt reduced the prevalence of goiter, it is not enough to meet the body's actual needs for iodine.

7. Where in Nature and Food is Iodine the Most?

Iodine is not just lacking in food, but also in nature. It is primarily found in seawater, which contains 50 micrograms of iodine per liter, and in rocks along the oceans, where it is formed by the evaporation of seawater. Since sublimation is directly proportional to heat, there is more iodine in the air near the ocean in the summer than in the winter. Soils around oceans are also very rich in iodine, but as we move inland or into mountainous areas, iodine levels decrease. For example, there is a shortage of iodine in the Midwestern United States, which is known as the "goiter belt."

Although most iodine in the soil is found in humus, if there is enough iodine present there, then the harvest grown in that soil will also have sufficient amounts of iodine. Therefore, the amount of iodine in food probably varies. The highest amount of iodine is found in seafood, such as cod, sea bass, sea bream, and turbot, as well as in brown seaweed. Iodine is also found in other products, either because it is added to animal feed or to the food itself

(for example, there is a lot of iodine in salted products).

Accessible to everyone, non-radioactive iodine enters our dietary system through food, water, or iodized salt. Iodine accumulates in the thyroid gland, liver, pancreas, cerebrospinal fluid, brain, stomach lining, breasts, ovaries, and ciliary body of the eye. In the brain, iodine is stored in the "black substance."

By consuming non-radioactive iodine, we can also treat damage caused by radioactive iodine, which is mainly used to treat thyroid diseases in conventional medicine. Some foreign experts associate radioactive iodine with certain forms of cancer, including thyroid cancer and some forms of blood cancer.

While iodized salt is an easy and affordable way to provide iodine to the body, it is not the only source of iodine. Therefore, it is important to include iodine-rich foods in the diet, such as seafood, seaweed, eggs, dairy products, and some vegetables. It is also recommended to use non-iodized salt and to consume whole, unprocessed foods to avoid the harmful effects of devitalized substances. By some authors among other things, it is claimed that industrialy refined iodized salt is not only an insufficient source of providing adequate amounts of iodine, but it is also a devitalized substance that is better to avoid!

Iodine deficiency can lead to various health problems, including goiter, cretinism, hypothyroidism, and intellectual disability. Goiter is the most visible sign of iodine deficiency, characterized by an enlarged thyroid gland. Cretinism is a severe form of intellectual disability and physical growth retardation caused by maternal iodine deficiency during pregnancy. Hypothyroidism is a condition in which the thyroid gland does not produce enough hormones, leading to weight gain, fatigue, and depression.

Fortunately, these conditions can be treated with proper doses of iodine. It is essential to measure iodine levels in the body correctly to avoid excessive

iodine intake, which can also lead to health problems. Iodine works by converting into thyroid hormones, which regulate the body's metabolism and growth.

8. Iodine, Iodide, or Both?

Jod is a powerful healer, but it is important to consult with a doctor or naturopath regarding the appropriate dosage. It is also important to note that different tissues in the body respond differently to various forms of iodine. The thyroid gland and skin, for example, primarily utilize iodine, while the breasts and prostate accumulate it. Other tissues, such as the kidneys, spleen, liver, blood, salivary glands, and intestines, can accumulate any form of iodine.

"Given that different types of tissue react differently to different forms of iodine, I conclude that the greatest therapeutic effect is achieved by using a combination of iodine and iodide (found in the Heiltropfen Lugol's solution), rather than using iodine alone," as stated by Dr. David Brownstein.

Studies on animals have shown that iodine deficiency can age the structure and function of breast tissue, which can include dysplasia and atypia as precursors to the development of breast cancer.

"Studies on animals have shown that iodide is ineffective in eliminating precancerous changes in animal breast tissue, but treatment is much more effective where iodine is present. Research has also shown that iodine reduces lipoperoxidation in breast tissue," says Dr. David Brownstein.

Therefore, it is important to understand the effects of iodine on different tissues and to take a combination of iodine and iodide for optimal therapeutic effects.

9. A Wonderful Lugol Solution

Although iodine is not soluble in water, it holds great promise! This is what French physician Dr. Jean Lugol thought while searching for substances that could treat infections. In 1829, he discovered that iodide, the reduced form of iodine, increases its solubility in water. He began to test his solution in practice, which was a mixture of five percent iodine, ten percent potassium iodide, and 85 percent distilled water. This mixture was named Lugol's solution and he successfully used it to treat various infections. The recommended dosage for various ailments was two drops of the solution daily.

According to Dr. David Brownstein, "Two drops of five percent Lugol's solution contains five milligrams of iodine and 7.5 milligrams of iodide, totaling 12.5 milligrams of iodine, which is enough for the body's needs." Elaine Hollingsworth's book Take Control of Your Health explains that the effects of Lugol's solution are miraculous. "The most striking progress I have seen is in victims of devastating depression. I have seen people completely change their lives after years of staring into space. They were all sent to psychiatrists who insulted them because they didn't want to take Prozac, but all they needed was iodine."

Iodine replacement therapy almost immediately eliminates mild depression and miraculously affects irritability, which helps maintain relationships, says Hollingsworth. "I have talked to people who have been plagued by migraines for many years and who have been relieved by Lugol's solution. In combination with magnesium chloride, this solution helps the body get rid of bromine and many other toxins."

For more than 50 years, iodine has been used to treat cysts. Women with cysts in their breasts can significantly improve their condition by taking iodine supplements, as they shrink after iodine intake. Lugol's solution also alleviates menstrual problems and can even help cure cervical cancer. "Severe 'brain fog' dissipates within days, scary heart palpitations stabilize, and problems with the adrenal glands are alleviated. Some victims of

Addison's disease have even been able to lower their hydrocortisone levels," Hollingsworth explains.

Some diabetic patients can even stop taking insulin, and the solution successfully eliminates skin blemishes and complications from insect bites. "Lugol's solution, which used to be more widely available in pharmacies, as it was routinely prescribed for various ailments, is now almost impossible to obtain. This safe remedy... Lugol's solution... has been recommended by doctors for almost 150 years and they have been very successful. For them to be able to do so again instead of prescribing unnecessary chemicals, the medical profession must first officially 'accept' it."

10. How Does Iodine Work in the Body and Tissue?

For glands to function normally, all glands in our body need iodine. Studies on animals have shown that deficiency can cause significant damage to the adrenal gland, thymus, hypothalamus, pituitary axis, and the entire endocrine system.

"Given that the ovaries have the second-highest concentration of iodine in the body, iodine deficiency can lead to an imbalanced hormonal system or altered hormonal profile. It is impossible to have a balanced immune system without adequate levels of iodine in the body," says Dr. Brownstein.

Even one of the leading world researchers on iodine, Dr. Guy Abraham, confirmed that daily intake is necessary to maintain adequate iodine levels, with a recommended intake of 13 mg per day. While the body may have an average of 50 mg of iodine, if the thyroid gland has sufficient levels, it only takes 6 mg per day for normal functioning. Breasts require at least 5 mg, leaving 2 mg (13 mg - 11 mg) for the rest of the body.

To achieve and maintain optimal health, it is essential that we know the levels of iodine in our body and replenish them with the correct doses and forms of iodine in case of deficiency. Unfortunately, it will likely take some time before scientists can prove that adding iodine is the missing piece of the puzzle.

As previously mentioned, iodine is responsible for maintaining the structure of all glands in the body. This applies not only to the thyroid gland but also to the ovaries, uterus, breasts, and prostate. The tissue of these glands will maintain normal structure as long as the cells have enough iodine. As soon as they face a deficiency, the tissue structure becomes loose, and cysts may form. If the deficiency persists, these cysts can become nodular and denser to the touch. If iodine deficiency continues, nodules begin to change their histological appearance and become hyperplastic, meaning they grow abnormally large. In this hyperplastic state, cells begin to multiply very rapidly and acquire a highly increased and disorganized appearance that is not visible to the naked eye. The last stage of this condition, if left untreated with iodine supplementation, is cancer.

"Cysts anywhere in the tissue are a warning to the doctor to check the levels of iodine in the body and prescribe it if necessary," warns Dr. Brownstein, who has successfully treated numerous patients with cysts, nodules, and altered tissue structures in the breast glands, ovaries, uterus, and prostate with iodine. "In many cases, iodine supplementation has led to complete recovery," describes Dr. Brownstein's successful experiences with iodine therapy.

How long does treatment take? It has been shown that for the vast majority of those suffering from any of these conditions, treatment for three to six months is sufficient to see visible results. However, many seriously ill patients require several years of treatment to achieve full recovery.

10.1. Oxidation and Iodine Organization

It is important to understand what happens to iodine in the cell and how it works within the cell to better understand why it is necessary to maintain appropriate levels of iodine in the body and how to achieve this through "balancing" iodine.

After we ingest a combination of iodine and iodide, the digestive system absorbs it. It then reaches the cells with the help of "taxi" molecules, and two processes take place within the cells: oxidation and organification. These processes are responsible for improving immune system function and energy production.

What happens during this process? When iodide enters the thyroid gland, it is converted to iodine through oxidation. If there are any irregularities during oxidation, antibodies begin to form, leading to the development of autoimmune thyroid disorders such as Hashimoto's and Graves' disease. If the oxidation process is correct, the next step occurs, iodine organification. In other words, iodine binds to an organic molecule and becomes a part of cholesterol, lipids, and fat.

For organification to occur, we need iodine. If organification or oxidation of iodine in the body is not possible, the body will not receive many of the benefits of iodine.

Energy production is a complex process involving several elements, including oxygen, magnesium, vitamins, and amino acids. In order for the process to be complete, vitamins B12 (riboflavin) and B3 (niacin) are also necessary. Out of corona virus infections (y. 2019-2022), we laerned, that it is important to combine zinc, magnesium with copper and iodine on the top, to achieve much better immunogenic results.

10.2. Iodine and Apoptosis

All cells and living beings have a programmed life cycle consisting of growth, division, and death phases. After a cell dies, it is replaced by a new one. We refer to this as cell death or apoptosis, which is necessary for the normal functioning of the organism. This process removes infected cells, those with damaged DNA, superfluous cells, or those that have become cancerous. Without apoptosis, cells would divide (i.e., reproduce) until they overwhelmed the body, ultimately destroying it.

Each of us probably wants our cells to surpass programmed death. Cancerous cells, for example, cannot do this. One of the secrets to speeding up the apoptosis of cancerous cells without poisoning other cells is to add iodine to the body. The apoptotic effect can only occur with the ingestion of one hundred times the daily minimal recommended amount of iodine, which has been confirmed by animal studies in the United States. In this case, iodine binds not only to thyroxine molecules but also to other molecules, including lipids and proteins. "If iodine binds to a fatty molecule called lactone, it forms δ-iodolactone, which regulates cell death and affects the division of the thyroid gland. In other words, iodolactone is an anti-cancer substance," explains Dr. Brownstein. Don't forget, this can only occur if the body has enough iodine! The cause of the rapid rise in cancer in tissues that depend on iodine (such as the thyroid, breasts, ovaries, and prostate) is a lack of iodine, which results in an increase in non-apoptotic cells.

11. Iodine Deficiency and Iodized Salt

Twenty-nine countries around the world have recognized iodine deficiency as a public health problem. On average, one-third of the world's population lives in areas where there is a shortage of iodine, and about 72 percent of people suffer from disorders due to its deficiency.

"Dietary iodine deficiency affects many health conditions, including cretinism, mental retardation, decreased intellectual abilities, goiter, multiple sclerosis, and other disorders of myelin sheath function (such as ADHD)," says Dr. Brownstein. Iodine deficiency has also been linked to sudden infant death syndrome (SIDS) and child survival rates. Studies have shown that neonatal mortality can be reduced by half by eliminating iodine deficiency. Therefore, the World Health Organization has taken iodine deficiency problems extremely seriously and has advocated for the addition of iodine to salt and its promotion.

11.1. Salt and Iodine

Based on the results of a pilot study and the experiences of Finland and Switzerland, experts believe that it will be necessary to increase the amount of iodine in the diet, but even this will not be sufficient to address a significant iodine deficiency. "We cannot prevent a severe deficiency in the diet simply by persuading people to eat more seafood. We must treat all potentially at-risk individuals. Prevention of goiter is also essential for economic reasons," adds Dr. Miran Porenta.

It's important to note that the World Health Organization established recommended daily iodine levels to prevent goiter, which has been successful. "Unfortunately, these levels do not ensure optimal functioning of the thyroid, endocrine, and immune systems. Also, only with recommended daily amounts, we cannot prevent cancer," asserts Dr. David Brownstein.

Recommended daily amounts of iodine (micrograms)
- **adult male 150 µg**
- **adult woman 150 µg**
- **pregnancy 220 µg**
- **breastfeeding 290 µg**

Although the amount of iodine in salt varied from state to state in the United States (depending on the standards set by government agencies), the

goal was to achieve the recommended daily iodine intake as a dietary supplement, which ranges from 150 to 290 µg. Given that Americans consume an average of 5 grams of salt per day, they are theoretically supplied with 385 µg of iodine. However, studies have shown that iodine levels in urine after 24 hours were approximately five times lower than the amount consumed.

This highlights the importance of ensuring that iodine is added to salt in sufficient amounts to achieve the recommended daily intake. Furthermore, it's essential to educate the public on the importance of consuming iodine-rich foods, such as seafood, and the potential health risks associated with iodine deficiency.
While the United States has made progress in reducing iodine deficiency, there is still work to be done to ensure that all individuals are receiving adequate levels of this essential mineral. Additionally, monitoring and regulating the amount of iodine in salt can help prevent excess iodine intake, which can also lead to health problems.

According to the recommendations of the German Nutrition Society, the daily iodine requirements vary depending on the age group. It's important to note that iodine plays a crucial role in maintaining healthy thyroid function, which is essential for proper metabolism and growth.

For infants up to 4 months old, the recommended daily intake is 40 µg, while infants between 4 months and 1 year require 80 µg. Children between 1 and 10 years of age should consume 100-120 µg of iodine per day. Adolescents aged 11-18 need slightly more, around 150 µg per day, and adults require 200 µg daily.

11.2. Why is Iodized Salt Not Enough?

In the 1980s, health schools worldwide taught that the iodine in salt was enough to supply the body's iodine needs. Many conventional medical doctors today still believe this to be the case, despite no studies having con-

firmed this claim. However, the NHANES13 study showed the opposite to be true: that the use of salt is insufficient and that iodine levels have fallen by half in the last 40 years, despite its use.

In a study that included two groups (one received a measured dose of iodine in salt, and the other received a measured dose of iodine in bread), they found that the group that consumed iodine in bread had higher levels of iodine in the body. Both groups consumed a total of 750 µg of iodine. The expected serum levels after consumption would be 17.2 µg/l. The group that consumed iodized salt had a serum level of 1.7 µg/l, while the group that received iodine in bread had 18.7 µg/l. This would explain why only 10 percent of the iodine in iodized salt is biologically active.

Dr. Brownstein argues that refined salt is a lifeless, devitalized product that has had all minerals removed and is exposed to toxic chemicals that give it its white color. "Consuming refined salt causes numerous health problems, so it should be avoided. Unrefined salt should be 'salt of choice,'" he adds.

The same are my experiences (dr. Mihael Munda) and in the conversation with other important clinical nutrititionists, they all pinpoint the intake combination of various microelements at once in an »organic« composition. No microelement can function alone, isolated! So the refined, white »table salts« are the less prefferable choice, even iodized.

Therefore, individuals should choose the type of salt they consume carefully. Unrefined salt offers a wide range of health benefits that cannot be found in refined salt. For more information on the effects of unrefined salt on health, readers can refer to Dr. Brownstein's book "Salt Your Way to Health," second edition.

11.3. It's not All About Salt!

After iodized salt was introduced, it seemed that iodine deficiency disorders were a thing of the past. However, the belief that salt intake raises blood

pressure has convinced many individuals to eliminate salt from their diets altogether. This is a misconception as not all types of salt are equal, and consuming too little salt can also have adverse effects on health.

Dr. Brownstein points out that the only iodine individuals consumed in their diets were in iodized salt, making it a crucial source of this essential mineral. Diets low in salt have consequently led to iodine deficiency and, in turn, a range of health problems, primarily affecting the thyroid. These include cretinism, intellectual decline, and other disorders.

It's important to note that while excessive salt intake can lead to health problems such as high blood pressure, salt is still an essential nutrient required for optimal health. By choosing high-quality, unrefined salt, individuals can ensure that they are getting the essential minerals they need for optimal health while avoiding the health risks associated with excessive salt consumption.

Diets that cause iodine deficiency:
1. Diets without seafood or low on seafood
2. Inadequate use of iodized salt and diet with small amount of salt
3. Diets with a high intake of bakery products (bread, pasta) containing bromine
4. Vegan and vegetarian diets
5. High halogene elements intake (Fluoride, Chloride, Bromide)

Although not all blame can be placed on salt. In the past, poor farming techniques also led to iodine and other mineral deficiencies, as crops grown in soil with insufficient iodine were highly depleted. There are other reasons why iodine is still lacking today, such as excessive exposure to pollution, chemicals in food, and many others. The increasing exposure to perchlorate in water is also contributing to the decline in iodine levels over the last thirty years, as it harms thyroid function. Excessive levels of perchlorate can displace iodine in the body and damage the transport of iodine into cells.

David Brownstein explains that the two most important reasons for iodine

deficiency are:

The replacement of iodine with bromine in bakery products, which has slowed down the utilization of iodine.
Bromine has effectively hindered and prevented the entry of iodine into the body through receptors.

The status of iodine has changed dramatically with changes in the food industry. After being used as a balm in the production of bread and pastries in 1960, this sole addition noticeably increased iodine intake among Americans. A slice of bread contained 150 µg of iodine or the recommended daily dose. Soon after, articles published in the NIH journal began to question the safety of iodine used in bakery products, as some researchers believed that these amounts of iodine could cause thyroid dysfunction. Ten years later, bromine replaced iodine in the baking industry, which turned out to be a terrible mistake. Thyroid disorders and autoimmune diseases (Hashimoto's and Grave's), thyroid cancer, and other types of cancer (such as breast, ovarian, uterine, and prostate) can probably be attributed to bromine. Bromine is a goitrogen, a substance that inhibits thyroid function by interfering with iodine uptake in the body, resulting in an enlarged thyroid. Bromine also hinders the entry of iodine through receptors in the breasts, making it a carcinogen for breast cancer. Bromine is a toxic substance, while iodine has the opposite, anti-cancer effects.

One of the world's renowned researchers of iodine, Dr. James Howenstine, emphasizes: "Consuming iodine helps the body get rid of fluoride, bromine, lead, cadmium, arsenic, aluminum, and mercury. Because iodine was replaced with bromine, almost all Americans are deficient in iodine." Dr. Guy E. Abraham once wrote that "the removal of iodine has caused more harm than both world wars combined."

12. How Do We Measure Iodine Levels Ourselves?

Despite the efforts to iodize salt, deficiencies in iodine and other minerals, as well as salt, were also caused in the past by poor farming techniques that resulted in crops grown in soil with insufficient iodine being highly depleted. Radioactive iodine treatment has also had a negative effect, as the body was exposed to chemicals such as fluoride, chlorine, and bromine. There are other reasons why iodine is still deficient, including exposure to excessive pollution, chemicals in food, and many others. The increasing exposure to perchlorate in water has also contributed to the decline in iodine levels over the past thirty years, as it is believed to hurt thyroid function. Excessive levels of perchlorate can displace iodine in the body and damage the transport of iodine into cells.

To regulate it, we must measure it! The generally accepted method for measuring iodine levels in the body is to measure the amount of iodine in urine. Since this method cannot precisely measure iodine levels in the body, it is not the most reliable. Ten years ago, Dr. Guy E. Abraham and other researchers developed an iodine-loading test. "It is based on the concept that the real level of iodine in the body is determined within 24 hours of consuming a 50-milligram iodine/iodide tablet by measuring the level of iodine excreted in the urine," says Dr. Brownstein, describing this simple test. The iodine-loading test is based on the assumption that the body will retain more iodine in a state of deficiency than when levels in the body are sufficient. It is a completely functional test that measures iodine levels in the body after 24 hours of ingesting the iodine/iodide tablet.

If the iodine levels in urine are sufficient, approximately 90% of the 50-milligram iodine/iodide tablet mixture (or 45 mg) will be excreted, and 10% will remain. Levels below 90% excretion

13. Breasts and Iodine

An American woman (60-year-old math teacher), was diagnosed with breast cancer in 1989. After resolutely rejecting conventional treatment and finding a holistic doctor, she was advised to take two milligrams of iodine daily in addition to vitamin and mineral supplements. She was allegedly suffering from hypothyroidism, so she was being treated with thyroid hormones. After ten years of treatment, during which her condition almost completely improved, she resumed teaching. Approximately six years later, the breast tumor metastasized. She felt unbearably tired and lost more than 11 kilograms within six months. After reading Dr. Abraham's iodine study, she sought a doctor to prescribe it to her. Upon the doctor's advice, she had to increase her dose, from 2 to almost 62.5 mg per day (in the form of a tablet called Lodoral). After her iodine level increased after a good month, she stopped taking thyroid hormones, and after six months of taking higher doses of iodine, the tumors began to dissolve (as shown by a very precise test called positron emission tomography, or PET).

Iodine treats cancer by causing tumors to shrink and peel away from the center (a process known as necrosis). Similar results occur with nodules and cysts in the thyroid, ovaries, and uterus. Given that breasts are one of the larger storage sites for iodine, an appropriate amount of iodine in the breasts is necessary for their normal structure and maintenance, as shown by animal studies.

According to Dr. Brownstein, "Breast milk contains four times more iodine than the thyroid gland. In the case of a deficiency, the thyroid and breasts compete for iodine that is still available in the body. It may even happen that without iodine, both the breasts and thyroid are left without it, which can lead to the onset of diseases such as goiter, hypothyroidism, autoimmune thyroid disease, and breast diseases, including fibrocystic breast disease and even cancer!"

In the United States, Mexico, and Thailand, the incidence of breast cancer

and goiter is greatly increased due to lower iodine intakes, and in the Great Lakes region of the United States, breast cancer mortality is also increased! A similar picture emerges in Poland, Switzerland, Australia, and Russia. In contrast, Japan and Ireland have higher iodine intakes and lower rates of breast cancer and goiter.

13.1. Iodine, Missing Link…

The battle against breast cancer began thirty-five years ago. Progress in breast cancer treatment with chemotherapy, surgery, and radiation has been slow. Despite mammograms, surgeries, chemotherapy, and radiation, survival rates for breast cancer patients have remained almost unchanged for the past 70 years. However, what is often overlooked is the importance of iodine, a miraculous remedy, and the missing link in the puzzle.

Let's take a closer look at why iodine is essential in treating cancer. Cancerous cells, unlike healthy cells, constantly divide since they do not have a normal life cycle. Iodine can induce an apoptotic effect in cancer cells. It does so by integrating into the body's fatty tissues, which helps to stabilize the cell and allow it to continue its life cycle.

Iodine is known as a potent antioxidant and is even more effective than vitamin E and vitamin C, which are considered the strongest anti-cancer elements. Together with vitamin C, iodine can function as an antioxidant and as an oxidant in the body, and because of its dual effect, it is recognized as a powerful anti-cancer agent. When antioxidants and oxidants are balanced in the body, we can say that our body is healthy!

The main purpose of this chapter is to demonstrate the link between iodine deficiency and breast cancer. It aims to show where the main causes of this insidious disease lie and how to prevent it. However, if you do have breast cancer, you can choose an effective treatment program that will eliminate the causes and cure you.

13.2. Hypothyroidism and Breast Cancer

Breast cancer is an upgrade of the condition of fibrocystic breast disease and the final stage of the disease. Therefore, it is important to explain the connection between breast cancer and hypothyroidism. Although the connection was first mentioned in 1896, some researchers had conflicting opinions on the causal relationship, claiming that it did not exist. However, the majority leaned towards the opposite view: that the connection did indeed exist and was quite obvious.

Numerous studies have shown that hypothyroidism is much more common in women with breast cancer, while others argue that thyroid hormones are responsible for the higher incidence of breast cancer. "Although there was much controversy in traditional medicine regarding the verification of the connection between hypothyroidism and breast cancer, my experience has shown that the connection exists," says Dr. Brownstein.

It is known that hypothyroidism leads to a deterioration of the immune system, which is the basis for the development of serious diseases, including cancer. Some studies suggest that treating hypothyroidism with thyroid hormones can help, while others suggest that this treatment exacerbates the growth of cancer. According to Dr. Brownstein, one study shows that a woman with hypothyroidism who takes thyroid hormones has a 50% increased risk of breast cancer and a 200% increased risk if she takes them for more than fifteen years (compared to women who take them for less than fifteen years).

Why does this happen? During hypothyroidism, the body is in a hypometabolic state, which means that all bodily functions are slowed down. The most obvious signs of this condition include dry skin, fatigue, "brain fog," feeling cold, and gaining weight. When thyroid hormones are ingested, the metabolism speeds up, reversing the described symptoms. If a patient with a deficiency in iodine takes thyroid hormones, the increased metabolism will increase the body's need for iodine and decrease the ability of cells in the body to accumulate iodine. In other words, if hypothyroidism is treated

with thyroid hormones and iodine deficiency is present, the use of thyroid hormones will exacerbate the iodine deficiency, which can lead to increased disorders due to deficiency, such as breast or thyroid cancer. Therefore, it is necessary to first balance the iodine levels and then treat the disease.

Currently, the United States is grappling with an epidemic of breast cancer, with one in seven women affected. The epidemic will not be resolved until the connection between thyroid hormones and iodine intake is recognized and treated in traditional medicine.

A certain American nurse had been suffering from fibrocystic breast disease for years. Before menstruation, her breasts would hurt so much that she couldn't even wear a shirt. Many doctors advised her to change her dietary habits and eliminate chocolate and caffeine from her diet. However, this did not help as she continued to feel unwell. Not only did she have cysts in her breasts, but she also had them in her ovaries, and she was convinced that there was a common denominator for such a condition. After consulting a holistic practitioner, she discovered that she had an enlarged and underactive thyroid gland. Laboratory tests showed a lack of iodine with only a 12 percent excretion rate of iodine in her urine (normally over 90 percent). After only two weeks of taking a combination of iodine/iodide (in the form of the medication, Lodoral), she noticed a dramatic improvement in her condition and mood. After a month, her breasts began to "shrink," and after two months, the swelling disappeared. When she went for a follow-up to check her iodine levels in her urine, the excretion rate was normal at 94 percent. She has been continuously treated holistically for three years, using a combination of vitamins, minerals, herbs, and natural hormones.

Iodine is essential for maintaining normal breast tissue in humans and animals. Studies have shown that it affects the development and size of mammary gland tumors in rats by "suffocating" them. When combined with progesterone, the effect is even better in the uterus and ovaries. Studies have also shown that using iodine is most effective when it is part of a comprehensive holistic treatment program that emphasizes balancing the hormonal system and correcting nutritional deficiencies.

13.3. Fibrocystic Breast Disease

Almost two-thirds of American women do not feel well in their skin before and during menstruation due to an increasingly common condition known as fibrocystic breast disease. This condition is characterized by the presence of cysts in the breasts or extreme sensitivity to touch, and the texture of these cysts can vary from soft to hard. During the menstrual cycle, they often change in size, causing an even more uncomfortable period.

Although fibrocystic breast disease is mostly a benign condition, the majority of doctors believe that such irregular breast structure is a precursor to the development of breast cancer, as confirmed by various studies. The main culprit for the development of this not-so-innocent disease is estrogen, and the condition can be exacerbated by inadequate dietary habits, mostly due to excessive caffeine intake and food containing trans fatty acids.

Reducing caffeine consumption, increasing the intake of healthy fats, and supplementing with minerals and vitamins A and E can alleviate the condition, but unfortunately, it cannot cure it. Similarly, conventional medicine has recorded similar failures in treating the disease. One of the most common forms of treatment, the use of contraceptives, suppresses the ovaries and lowers the amount of circulating estrogen, but it does not eliminate the underlying causes of the disease. Holistic practitioners, therefore, recommend a much safer and more cost-effective method: the use of the most effective mineral in the world – iodine!

Iodine is essential to maintaining normal breast tissue in both humans and animals. Research has shown that iodine suppresses the development and size of tumors in the mammary glands of rats. When used with progesterone, the effect is even more potent in the uterus and ovaries. Studies have also shown that the use of iodine is best as part of a holistic treatment program that emphasizes balancing the hormonal system and correcting nutritional deficiencies.

13.4. Iodine and Breasts

Forty years ago, scientists discovered that iodine deficiency visibly changes breast tissue in rats. Studies have shown that prolonged deficiency can cause specific pre-cancerous changes, such as dysplasia and hyperplasia, which can also be observed in humans. Long-term iodine deficiency can lead to greater atypical changes in breast tissue (proven in rats), which are a precursor to breast cancer.

Dr. Bernard Eskin, one of the world's most renowned researchers on iodine and its effects on the breast, once wrote: "The end of iodine prohibition in diets will ultimately result in a variable to moderate return to normal breast structure." Dr. Eskin, who studied the effects of estrogen and iodine on rats, found that rats require adequate levels of iodine for estrogen to function in breast tissue. Researchers have also shown that carcinogens added to rats have affected the development of breast cancer, but when iodine was added to carcinogens, tumor formation was blocked. This proves that iodine can stop the development of breast cancer.

Large amounts of iodine are also accumulated in the ovaries. In a state of iodine deficiency, the production of estrogen in the ovaries increases, while estrogen receptors in the breast increase sensitivity to estrogen. Both of these conditions increase the risk of breast pathology, including breast cancer. Dr. Brownstein is convinced that the current epidemic of breast cancer can be "explained by a combination of iodine deficiency and increasing exposure to xenoestrogens." Dr. David Brownstein says, "If we are exposed to estrogens in the environment, including xenoestrogens found in plastics, pesticides, meat, and other harmful products, we are exposed to the development of 'hormone-sensitive' cancers, which can develop in the breasts, prostate, ovaries, or uterus."

Animal studies have shown that by regulating iodine levels in the body (including in irregular breast tissue!), tissue can be transformed (cured) back to a normal state.

13.5. Iodine and Estrogens

To maintain appropriate levels of iodine in the body, it is important to understand the connection between iodine and estrogen. Estrogens are steroid hormones produced and secreted by both men and women. In men, estrogen is primarily produced by the adrenal glands, adipose tissue, and liver, and the quantities produced are ten times lower than in women. In women, estrogen plays a more important role, as it affects the sexual development or growth and function of sexual organs, including the ovaries, uterus, and breasts. The highest amount of estrogen is produced in the ovaries, with slightly less produced by the adrenal glands and adipose tissue. The three major types of estrogen produced in the female body are estrone (E1), estradiol (E2), and estriol (E3). Estriol is the weakest and least stimulative for breast tissue, but it is produced in much greater quantities than the other two. Studies on mice have shown that estriol is also a very effective protection against breast cancer.

The amount of estrogen produced by the body can be measured by checking the levels of estrone, estradiol, and estriol in biological fluid. If estrogens are not in balance (for example, if estriol levels are reduced while estrone and estradiol levels are increased), numerous problems can occur, including fibrocystic breast disease, cancer, and weight gain. Women with menopausal symptoms, osteoporosis, and other illnesses are still being helped by estrogen replacement therapy in conventional medicine. "From this, we can logically conclude that to achieve the best effect of iodine replacement therapy, we should try to mimic the production of estrogen that the body produces. In other words, we should use the same amounts of estrone, estradiol, and estriol that the body normally produces," says Dr. Brownstein.

Scientists have recently reported that Lugol's solution has been proven to change the responsiveness of estrogen-sensitive genes in breast cancer cells. They discovered that iodine reduces the number of estrogen-sensitive genes and increases the activity of BRCA1.

Estrogen balance is vital for women, including maintaining optimal brain

function, breast development, and skin lubrication. Balance, which cannot be maintained with insufficient iodine, also helps ensure strong bones and provides good protection against cardiovascular disease. Imbalances in estrogen production manifest as fibrocystic breast disease, weight gain, and mood swings, as well as diabetes, breast cancer, ovarian cancer, and even uterine cancer.

Therefore, iodine deficiency is a causal factor in numerous "women's" disorders, and women (when it comes to breasts) should regularly test their iodine levels! If they are too low, they should start taking larger amounts of iodine immediately!

13.6. Why Do the Japanese Have Less Breast Cancer and Golses?

Dr. David Brownstein states that the average Japanese person who consumes seafood ingests 13.8 mg of iodine per day, which is one hundred times more than the recommended daily amount. Japanese people who live in coastal regions consume even more iodine than the average person. Consuming larger amounts of iodine has been linked to significantly reduced levels of breast, ovarian, and endometrial cancer. Fewer Japanese women who consume higher amounts of iodine have fibrocystic breast disease.

Studies from thirty years ago showed that Japanese women who moved to the United States had a higher incidence of breast, ovarian, and endometrial cancer than those who stayed in Japan. Scientists believe that the increased mortality rate among Japanese women is related to a decrease in iodine levels. Researchers around the world, including in the United States, have focused on this direct link for over fifty years.

When iodine is consumed orally or injected into the body, the thyroid gland (6 mg) and parathyroid tissue (8 mg) receive the most significant amounts.

For example, a fifty-kilogram woman requires 5 mg of iodine per day. Women with larger breasts require more iodine than men, as their needs are smaller due to smaller breasts.

Breast cancer is also increasing among animals. Animals with an iodine deficiency (and who are on hormone therapy) have been shown to develop cancer in their breasts. The longer the animals are deficient in iodine, the greater their chances of getting cancer. Other problems that can occur due to a lack of iodine are issues with the pituitary axis, glands, and the entire endocrine system. Consuming estrogen can worsen changes in breast tissue (with signs of cancer) because animals respond differently to estrogen therapy when iodine is lacking.

Consuming iodized salt alone is not enough to fight cancer, but it is successful in reducing the prevalence of goiter and mental retardation. In addition to salt, we must eat organic foods rich in vitamins and minerals, avoid food contaminated with synthetic hormones, and consume adequate amounts of iodine to balance deficiencies or imbalances in the body (including the structure of the breasts).

14. Thyroid and Iodine

Iodine, which is found throughout the body, is a crucial element in the production of thyroid hormones. The thyroid gland, which is regulated by the pituitary gland, releases T4 (thyroxine) and T3 (triiodothyronine) hormones, which accelerate metabolism in almost all tissues. Thyroid hormones accelerate almost all reactions and processes in the metabolism of carbohydrates: the uptake of glucose into cells, the acceleration of absorption from the digestive system, the promotion of insulin secretion (which is also important for metabolism), and the metabolism of fats.

Why are adequate levels of thyroid hormones so important? Every cell and muscle in the body requires an appropriate level of thyroid hormones

for optimal functioning. In a state of hypothyroidism, where thyroid hormones are deficient, the thyroid gland cannot secrete enough hormones to regulate metabolism, causing it to slow down. Conversely, in a hyperthyroid state, the thyroid gland secretes an excess of thyroid hormones, which accelerates metabolism.

When everything is in order in the body, the thyroid gland secretes around 90 micrograms (µg) of T4 and 30 µg of T3 into the bloodstream each day. This means that the gland requires around 77 µg of iodine daily to function optimally! "An adult's thyroid gland typically contains 15 to 20 milligrams of iodine, and if iodine levels in the body are sufficient, it can store up to 50 milligrams," writes Dr. Brownstein.

However, a lack of iodine can cause the thyroid gland to enlarge, which is known as a goiter. As Dr. Brownstein notes, over a century ago, it was known that adding iodine to the diet could prevent this condition and eliminate goiters.

14.1. The Frequency of Thyroid Problems

Because, according to the World Health Organization, one-third of the world's population lives in areas where iodine is deficient, so it's no surprise that there is a significant incidence of related illnesses. Recent American studies have also shown that ten percent of the adult population (approximately 13 million Americans) have laboratory-confirmed thyroid diseases, which are constantly on the rise. Insufficient levels of iodine are responsible for the more frequent production of anti-thyroid bodies, which subsequently lead to numerous disease conditions, not only autoimmune ones. Dr. David Brownstein suspects that the percentage of affected individuals is significantly higher than publicly known: "Between 30 and 40 percent of the population, or around 52 million Americans, suffer from thyroid disease.

Why such a difference in percentages? Conventional medicine diagnoses thyroid-related problems solely based on blood tests. Based on experience, these tests are not precise enough to detect thyroid irregularities, which is why most patients still suffer from thyroid issues." Therefore, a holistic approach to diagnosing problems and their causes is much better, as it enables treatment that affects every cell in the body, as he further explains: "Every one of my patients has undergone a comprehensive examination of the thyroid and hormonal status. Helping patients balance their hormonal status has been one of the most gratifying things I've done in twenty years of practice."

14.2. Thyroid Supplements and Iodine

The key characteristic of holistic medicine is that it treats the patient as a whole: first with a comprehensive examination and then with personalized treatment. In addition to checking thyroid hormone levels, the daily routine includes checking for nutritional deficiencies, not only iodine but also selenium, as well as vitamins A, D, and C. Dr. Brownstein's experience has shown that patients did not respond to treatment until they received thyroid hormones. Therefore, he only treated patients with thyroid hormone supplements until Dr. Guy E. Abraham's discovery, after which he began adding iodine, which allowed him to reduce the use of thyroid hormones in patients.

The average dose of "dried" thyroid hormone, which used to be 120-180 mg per day, has more than halved, and today, he uses and recommends a 30-milligram dose for treatment. However, hormone therapy should only be prescribed after examining iodine levels in the body, under the guidance of a doctor or naturopath who is knowledgeable about iodine and hormones. Each individual has individual levels in their body, and how much iodine and thyroid hormones they will receive in case of a deficiency depends on these levels.

Dr. David Brownstein's advice is that if a person is already taking thyroid hormones and is diagnosed with iodine deficiency, the "rule of thirds" comes into play. In other words, one should:

• Continue to take the same dose of thyroid hormones
• Reduce the dose of thyroid hormones by half
• Stop taking thyroid hormones altogether

It is important to note that this decision should be made with the guidance of a medical professional who is knowledgeable about iodine and thyroid hormone therapy.

14.3. Iodine, Thyroid Hormones and Hypothyroidism

It is essential to check iodine levels in all individuals with hypothyroidism. Experience has shown that it can often be treated with just iodine supplements and without the use of exogenous (external, dried) thyroid hormones. "Iodine and thyroid hormones have a synergistic effect in hypothyroid patients. When iodine levels are determined, it is more effective to take iodine together with thyroid hormones to achieve the best results," advises Dr. Brownstein.

The incidence rates of hypothyroidism can vary, and if you are one of those patients who are already taking thyroid hormones, you must choose one of the above options after adding iodine. If you receive iodine therapy in addition to hormone therapy, you may become nervous, restless, and experience palpitations. In this case, you must immediately halve the dose of thyroid hormones! If symptoms persist, you must discontinue hormone therapy.

It is important to note that the symptoms and signs of hypothyroidism can be vague and may overlap with other medical conditions. Therefore, a thorough medical examination and laboratory tests are necessary to make an accurate diagnosis. Some common symptoms of hypothyroidism include fatigue, weight gain, cold intolerance, dry skin, constipation, depression, and hair loss. In addition, women may experience irregular menstrual cycles,

while men may experience a decrease in libido. However, some individuals with hypothyroidism may not experience any symptoms at all, which is why it is crucial to check iodine levels regularly, especially in high-risk individuals.

Signs and symptoms of hypothyroidism:
• cold arms and legs
• intolerance of cold
• constipation
• depression
• difficulty swallowing
• dry skin
• cholesterol
• swollen eyelids
• fatigue
• loss of hair
• hoarseness
• gain weight
• hypotension
• incapability concentrations
• infertility
• irritability
• irregular menstruation
• muscle spasms
• muscle weakness
• nervousness
• poor memory
• puffy eyes
• slow heartbeat
• sore throat

In a state of iodine deficiency, hypothyroidism is a common result because there are not enough thyroid hormones produced due to the difficulty of their production. As a result, an individual's body weight increases even if they eat the same amount as before. Typically, patients who begin to gain weight eat even less, but it does not help since the cause of the problem lies

in the hormonal profile (the opposite is true in the case of hyperthyroidism, where metabolism is accelerated, and weight loss is a common occurrence). Adding appropriate levels of iodine is therefore a logical solution to eliminate these problems. Treatment can be properly monitored and guided by regular blood checks or hormone levels in it, under the careful guidance of an expert in the body and its functions!

14.3.1. Elevated TSH ... Good Sign!(?)

After beginning iodine therapy, TSH levels usually significantly increase, which still concerns many doctors and laypeople. However, holistic practitioners argue that this is completely unnecessary. Dr. David Brownstein takes the position that this is a normal phenomenon, which is only temporary. In addition to stimulating the production of thyroid hormones, TSH also helps stimulate the production of "NIS carrier molecules," which transport iodine throughout the body. Without these molecules, iodine cannot enter the cells, which also means that the body cannot utilize it. The molecules are thus a kind of taxi that transports iodine from the blood to the cells. What happens then to a hypothyroid patient when they begin taking iodine supplements?

A patient who has too little iodine also has too few "taxi" molecules. When they start taking iodine supplements, an excess is created that must reach the cells. The body responds to this excess by increasing the production of TSH so that it can stimulate the production of even more carrier molecules. These molecules transport iodine into the thyroid cells so that they can produce thyroid hormones. If TSH increases, but T3 and T4 levels remain the same, it means that the iodine did not cause hypothyroidism. TSH levels increase in almost everyone who begins iodine therapy, and this is a suitable and necessary response to the increased production of carrier capsules, Dr. Brownstein explains.

14.3.2. Hyperthyroidism Because of Iodine?

While conventional medical schools still teach that high doses of iodine can lead to hyperthyroidism, especially in patients with autoimmune thyroid conditions such as Graves' and Hashimoto's disease, holistic practitioners shake their heads in disagreement. In their experience, hyperthyroidism occurs in less than ten out of a thousand treated patients after more than twelve years of treatment.

They maintain that only a special and rare condition, an autonomously functioning thyroid nodule, can cause hyperthyroidism. An autonomously functioning nodule operates independently and cannot be controlled by the pituitary gland and hypothalamus. After the body absorbs iodine, the nodules take it up instead of the thyroid and produce thyroid hormones themselves, resulting in hyperthyroidism. Such nodules can be seen on a thorough thyroid examination (by scanning). During this time, patients must avoid iodine supplements and iodine-rich foods until the nodule is surgically removed.

However, there is no evidence that iodine causes hyperthyroidism in patients without this autonomously functioning nodule. "Nevertheless, iodine can have an adverse effect, including hyperthyroid symptoms such as nervousness, palpitations, and restlessness, due to detoxification. In such cases, iodine is used to remove toxic bromide, which can cause all the listed symptoms," explains Dr. Brownstein.

In an article on the epidemiological characteristics of thyroid cancer in Slovenia, Professor Dr. Vera Pompe Kirn from the Oncology Institute in Ljubljana states that "Thyroid cancer is one of the rarer forms of cancer in the world as well as in Slovenia. Ten men and thirty women are diagnosed annually in Slovenia. The highest incidence rates are seen in Hawaii and China, while the lowest are in England (Wales). Slovenia is among the countries with a relatively low risk of thyroid cancer. The countries that were also known for endemic goiter, Austria and Switzerland, are more affected. Iceland is much more affected."

14.4. Autoimmune Thyroid and Iodine

If you find it difficult to focus, feel hot all the time, have a rapid heartbeat, and are constantly fatigued, chances are you may be suffering from one of the forms of autoimmune thyroid disease! Unfortunately, most conventional medicine doctors still have a largely incorrect opinion on the matter and often advise people to avoid sources and various forms of iodine! However, holistic researchers in America have been conducting studies that no longer support this type of thinking. After iodine levels drastically dropped in the last forty years, autoimmune thyroid diseases also significantly increased. This is also supported by a European study conducted by researchers in Denmark.

If it were indeed true that iodine could cause autoimmune thyroid diseases, then it would be reasonable to expect that people with higher levels of iodine in their bodies would be more likely to develop the condition than those with lower levels. However, the study in Denmark showed the opposite, with individuals with autoimmune thyroid disease having lower levels of iodine in their thyroid gland than those without the condition.

Dr. David Brownstein states that around 15-20% of the population suffers from autoimmune thyroid diseases, with Hashimoto's disease being more widespread than Graves' disease and increasing to epidemic proportions.

Graves' disease is characterized by the body's antibodies attacking the thyroid, causing inflammation and swelling. The most notable sign of the disease is a significantly increased metabolism, although ultimately, the last stage of the disease is hypothyroidism. Dr. Brownstein warns that between 0.25-1% of the population is affected by Graves' disease, and the number of patients is increasing. The disease is more common in women, typically during middle age, and is caused by genetic predisposition, infections, and stress.

In Hashimoto's disease, thyroid antibodies also play a crucial role in thyroid inflammation. The characteristic fluctuation between symptoms of an over-

active thyroid (hyperthyroidism) and an underactive thyroid (hypothyroidism) is entirely normal for this type of condition, but it can be unbearable for the patient. While conventional medicine is still searching for the cause of this disease, holistic practitioners have already discovered two key causes of both types of autoimmune thyroid diseases: iodine deficiency and gluten sensitivity.

As long as iodine is deficient, the thyroid gland will not function optimally. In cases where there is a shortage of iodine, taking thyroid hormones can worsen the situation.

14.4.1. Classic Approach or Not?

In practice, it is increasingly being confirmed that conventional medicine still prefers to use expensive and harmful tools to alleviate diseases, unfortunately without curing them, including autoimmune disorders. Either they block the production of thyroid hormones with antithyroid drugs, or they prescribe surgery and radioactive iodine, both of which work destructively by reducing the volume of the thyroid gland. Although radioactive iodine has been a preferred method for treating autoimmune thyroid disease in conventional medicine, nothing speaks in its favor.

Americans discovered a 400% increase in thyroid cancer mortality among patients who received radioactive iodine. In total, 2,793 patients received radioactive iodine, and the study showed:

- 56% increase in mortality
- 40% increase in stroke risk
- 29% increase in the risk of mortality from any type of cancer

For breast cancer, which affects one in seven women in the US, therapy with radioactive iodine could potentially have a very negative impact on patients. Some other articles explain that the use of radioactive iodine does not increase any risk at all. Nevertheless, common sense dictates extreme

caution in the use of radioactive iodine.

14.4.2. Greetings in Five Steps…

The essence of treating thyroid autoimmune diseases in the initial or later stages is to regulate the level of iodine in the body, in addition to treating tissue damage, oxidative stress, and mitochondrial dysfunction through a holistic approach that involves a complete dietary program, vitamin supplements, magnesium, and unrefined salt. It is important to note that everybody is different and requires individualized care.

Step 1 - Get enough iodine
The first and most important step in treating the thyroid is to assess iodine levels, which can be done through blood, urine, or saliva tests, with the most accurate being the 24-hour iodine loading test. Holistic practitioners have found that most people need 12 to 15 mg of iodine and iodide daily, which is best obtained from Lugol's solution or Lugol's tablets.

Step 2 - Don't forget vitamins B2 and B3!
It is also important to ensure that the body has vitamins B2 and B3. Dr. Guy E. Abraham's research confirmed that taking 100 mg of vitamin B2 and 500 mg of vitamin B3 twice daily helps stimulate energy production and provides sufficient amounts of hydrogen peroxidase required for iodine oxidation.

Step 3 - Essential antioxidants
Clinical experience has shown that antioxidants are crucial elements in treating oxidative damage, particularly vitamin C and selenium. Linus Pauling, an American chemist, biochemist, author, and educator who dedicated a considerable part of his research to orthomolecular medicine, vitamin therapy, and dietary supplements, believed that vitamin C played a crucial role in immunology. Long-term consumption of high doses of vitamin C provides antioxidant protection, and intravenous administration of vitamin C is also beneficial. The only and most significant side effect of consuming vitamin C is diarrhea, which can be resolved by adjusting the dosage.

Step 4 - Ensure adequate levels of magnesium
Not only is iodine deficiency a problem worldwide, but people also lack magnesium. Magnesium levels can be determined by a red blood cell magnesium test. Magnesium acts as an antagonist to overcome intercellular calcium levels that fuel oxidative pathways.

Step 5 - Reduce oxidative stress
The fifth and equally important step in treatment involves drinking enough water and consuming healthy food. Finally, reduce stress in your daily life and provide the body with the rest it needs.

Having a diagnosis of thyroid autoimmune disease does not have to be a prescription for prolonged suffering. This type of disease is a condition of oxidative stress in the body, which is similar to burnout. To achieve the best results, you need to find a doctor or holistic practitioner who will guide and encourage you on the path to complete healing.

14.5. Iodine and Selenium

Selenium, along with iodine, is one of the key elements in the holistic treatment of autoimmune thyroid diseases. It is responsible for the functioning of the thyroid and the metabolism of iodine, and just a few micrograms of selenium daily are enough to maintain optimal iodine levels. Since the body cannot produce selenium, you must consume it through food or supplements.

According to Elaine Hollingsworth, "Selenium should be at the top of the list of substances that we must consume if we want to prevent or alleviate existing symptoms. Selenium is one of the most effective safeguards against all types of cancer."

The world's largest source of this essential element is plant-based foods, and the amount of selenium in plants depends on the amount of selenium in the soil. It is also found in seafood and bread, but the highest concentration of selenium is found in Brazil nuts. The recommended daily amount of sele-

nium for adults on any diet is 55 µg per day.

The amount of selenium in the most commonly used ingredients:

Food	µg	percentage of daily the value of
brazil nuts (28.4 g)	544	780
tuna (85 g)	63	95
beef, cooked (99.2 g)	35	50
Pods, cooked (85 g)	32	45
Turkey (99.2 g)	32	45
bread, whole grain, slice	10	15
bread, white, slice	4	6

According to Dr. David Brownstein, some studies have shown that individuals with gastrointestinal disorders, such as Crohn's disease, or those who have had part of their intestines or stomach removed, are mainly deficient in selenium. Selenium deficiency leads to an increased risk of:

- **Death from lung, prostate, colon, and rectal cancer**
- **Arthritis**
- **Heart disease and cardiomyopathy**
- **Progression of HIV**

Selenium's role is to continue the activity of the enzyme glutathione peroxidase. The more toxic substances we come into contact with and the more of them there are, the more glutathione peroxidase is needed to detoxify them from the body. One hypothesis is that selenium acts as an antioxidant and prevents oxidative damage caused by many diseases.

As Elaine Hollingsworth writes in her book, Dr. Robert Jay Rown allegedly wrote in his Second Opinion newsletter, "In 1996, Dr. Larry Dark of the University of Arizona published stunning data showing that the consumption of selenium supplements (daily doses of 200 µg) could reduce the number of prostate cancer cases by an incredible 60%. Selenium is a potent antioxidant that participates in crucial and life-sustaining detoxification and

enzyme formation that destroys free radicals. The validity of his work is confirmed by several ongoing studies."

Due to the amount of toxic substances in the body, it is good to consume a little more selenium, but not too much! In contrast to vitamin C, where excessive amounts are rarely harmful (and in the worst case, only cause diarrhea), excessive amounts of selenium have the opposite effect! In the case of excessive doses (we are talking about more than 100 µg of selenium per deciliter of blood), selenosis occurs, and the most common symptoms are hair loss, fatigue, irritability, a garlic-like odor, and mild nerve damage.

14.5.1. How Much Selene to Enjoy?

The Medical Institute of the American National Academy of Sciences has set an upper limit for selenium intake, which is 400 µg/day for adults, to protect against the risk of selenosis. Selenium levels in the body can easily be checked by analyzing a hair or nail sample. The recommended dose of selenium for adults is 100-400 µg per day, but regulating with just 100 to 200 µg of selenium daily is sufficient.

In very rare cases, patients may experience side effects from iodine therapy, so it is advisable to also check selenium levels in the body. Often, a low level of selenium is the reason for side effects, which can be quickly resolved by adding/regulating selenium. Selenium is, in fact, a recommended component for at least eleven enzymes, which would otherwise be non-functional, so life without it is not possible!

Selenium is crucial for overall health and plays a vital role in various bodily functions, including thyroid function, immune system, and antioxidant defense. It also helps to prevent several chronic diseases such as cancer, heart disease, and arthritis. Therefore, it is important to maintain optimal selenium levels in the body to ensure good health and well-being. Eating a balanced diet that includes selenium-rich foods such as Brazil nuts, seafood, and whole grains, or taking a selenium supplement, can help maintain healthy selenium levels.

15. Pregnancy and Iodine

Most conventional doctors still believe that iodine deficiency is a thing of the past and that we get enough of it by consuming adequate amounts of salt. However, we cannot agree with this statement due to the consequences of its deficiency. A study by the US National Institutes of Health and the National Health and Nutrition Examination Survey revealed that 60% of women of reproductive age face iodine deficiency, and around 16.5% of women of reproductive age excrete too little iodine in their urine (less than 50 µg/l), which the World Health Organization defines as moderate to severe iodine deficiency.

According to the latest data, 96,000 Americans had insufficient iodine."

The worst-case scenario in the case of iodine deficiency is death. Studies show that infant mortality rates can increase by more than 50%, so it is essential for women to have sufficient iodine even before conception. Researchers at the University of Texas have called on the US government to increase iodine intake among Americans.

As iodine levels in women of reproductive age and pregnant women have been declining for over forty years, scientists believe that the deviation in iodine intake (and in the negative direction!) has significantly contributed to the epidemic of behavioral (ADHD) and emotional problems (depression) in children. In reality, iodine deficiency is the "fuel" for the epidemic of thyroid problems in children.

15.1. Reduced Child's IQ

To avoid the risk of having a child with a lower IQ at birth than they could have otherwise, appropriate levels of iodine must be provided before conceiving! Iodine promotes the development of the brain and nervous system, which form during the first trimester of pregnancy. Otherwise, you risk having a child born with permanent neurological damage or a lowered IQ.

After most pregnant women tested in 2009 and 2010 had just 134 µg/l of iodine in their urine (less than the recommended daily amount!), the World Health Organization determined that this was a low level that would suffice for both mother and fetus. Research has shown that even mild iodine deficiency in the mother can cause thyroid dysfunction and neurological impairment.

Early iodine supplementation in pregnancy was given greater importance by scientists after studying three groups of pregnant women. All three groups received 200 µg of potassium iodide daily, with the first group of women receiving it from the fourth to the sixth week of pregnancy, the second from the twelfth to the fourteenth week, and the third group receiving supplements only on the day after the child was born.

After the children of these groups of mothers reached eighteen months of age, they were all given a neurocognitive assessment, or their developmental quotient (DQ) was measured. The difference in DQ among children from different groups was evident. Children from the first group of mothers had the highest developmental quotient (102). The second group of children who received iodine at the beginning of the second trimester had a DQ of 92, while children from the third group of mothers had a DQ of 87. The authors of this study found that thirty-six children from the third group had a delay in neurobehavioral response, and twenty-five children from the second group had the same symptoms, while no one from the first group had such symptoms. The study concluded that a six- to ten-week delay in iodine intake at the beginning of pregnancy increases the risk of neurodevelopmental delays/disorders in the offspring (fetus).

To allow the fetus to develop normally, the future mother must receive adequate amounts of iodine before conceiving, otherwise their children may have attention deficit/hyperactivity disorder (ADHD), low birth weight, depression, cretinism, mental retardation, and dwarfism. In areas where iodine is deficient, the rate of neonatal survival also decreases.

15.2. A decline in Learning Ability

Evidence suggests that iodine deficiency can also affect children's academic performance. Researchers compared two groups of children: those born to mothers with sufficient iodine levels and those born to mothers who had inadequate iodine intake (150 µg/L). They hypothesized that the second group of children would have poorer academic performance. Nine years later (when the children were already attending school), the comparison showed that the second group of children had 10% poorer writing scores, 8% poorer math scores (compared to children born to mothers who consumed sufficient iodine), and 6% poorer scores in English literature. But according to claims of dr. Mihael Munda such low differences ar not a reason to worry, yet.

15.3. Growing and Thyroid Hormone and Iodine

Iodine is an essential element for normal fetal development
According to Dr. Brownstein, one in every four to ten thousand children suffers from a growth hormone deficiency, and this number is increasing. The reasons for this may be related to iodine. Recently, researchers confirmed the hypothesis that the consumption of iodine supplements (because they have too little of their own) improves thyroid function and therefore thyroid and growth hormone in children.

Studies were conducted in Morocco, Albania, and South Africa. Researchers examined three groups of children to determine whether iodine saturation would increase growth hormone levels and affect body growth in children who are iodine deficient. In all three studies, iodine supplements had an impact on raising iodine levels and increasing growth hormone levels, and in two studies, iodine saturation affected higher thyroid hormone levels, resulting in increased weight and growth.

16. Iodine and Children

The consequences of iodine deficiency in childhood can be catastrophic, with symptoms manifesting in emotional and cognitive disorders such as depression or attention deficit hyperactivity disorder (ADHD), as well as low weight, goiter, cretinism, mental retardation, and dwarfism. Iodine deficiency in pregnancy (and in the fetus) is also linked to increased rates of stillbirths, miscarriages, and congenital anomalies.

An American study comparing children in areas of iodine deficiency to those in areas with sufficient iodine showed a 13.5-point difference in IQ, with better scores seen in the children with sufficient iodine levels.

According to the World Health Organization, over 185 million schoolchildren worldwide suffer from iodine deficiency. This is a critical time in their lives as their brains are developing and growing, making their need for iodine greater than that of adults. If they do not receive sufficient iodine from their diets, supplements are crucial, particularly for those with ADHD, which is a consequence of dietary and hormonal imbalances.

The recommended daily iodine intake is:
- **90 µg for preschool children (0-59 months)**
- **120 µg for school children (6-12 years)**
- **150 µg for adults (over 12 years)**
- **200 µg for pregnant and lactating women**

16.1. ADHD and Iodine Deficiency

Many experienced teachers around the world increasingly report that children and adolescents have difficulty concentrating and behave inappropriately. We are talking about attention deficit/hyperactivity disorder (ADHD), which is on the rise during studies. According to them, the cause is a combination of nutritional and hormonal imbalance and increased intake of toxins.

Italian researchers compared sixteen pregnant women from areas with iodine deficiency with seven pregnant women who lived in areas with enough iodine. The first group of pregnant women had proven low levels of thyroid hormones and high TSH compared to the second group. After ten years, when they compared the group of children born to mothers from the first and second groups, they found that eleven out of sixteen children had ADHD (which is 69 percent). These children had 11 points lower IQ compared to children who lived in areas with enough iodine.

The researchers concluded the study with a hypothesis "that maternal thyroid hormone imbalance during pregnancy - as a result of iodine deficiency in a particular area - is likely responsible for weakened psychoneurological development in children from that area."

16.2. Autism and Iodine Deficiency

Summarized findings of a CDC study, stating that "by estimates, autism was occurring in one out of 10,000 children in 1980. Fifteen years later, 500 children were suffering from autism. By 2008, the number had risen even further, with one in 88 newborns being autistic. The numbers in 2008 showed a 78% increase over eight years and an increasing 11.4% increase since 1980." The CDC conducted analyses of autism to reach these conclusions.

Autism levels 2000–2008:

Year of Survey	Year of Birth	How many children have autism
1980	1972	1 out of 10,000
1995	1987	1 out of 500
2000	1992	1 out of 150
2002	1994	1 out of 150
2004	1996	1 out 125
2006	1998	1 out of 110
2008	2000	1 out 88
2030 (now estimated)	----	1 out of 35

The rising numbers of autism cases are alarming. Many theories are attempting to explain the epidemic surge in autism diagnoses. Among the reasons for this increase are undoubtedly the exposure of children to toxic substances such as vaccines, pesticides, and mercury, but one potentially overlooked factor contributing to this epidemic growth could also be iodine deficiency. Researchers are pointing to a possible link between the pattern of declining iodine levels in people and the simultaneous increase in autism rates in the United States, New Zealand, Australia, England, and Italy.

17. Exclude Toxic Halide!

Due to iodine deficiency, our bodies are increasingly exposed to harmful substances from the environment that pollute us both internally and externally: cosmetics, fluoridated and hygienically contaminated water, medications, and goitrogenic substances, including harmful plant protection agents!

Although iodine is also a member of the halide family, only iodine have therapeutic effects on the body. Fluorine, chlorine (in some chemical forms), bromine, and astatine, on the other hand, should be flushed out of the body as soon as possible! For example, toxic bromine and fluoride prevent the rise of iodine levels in the body, and numerous studies have linked them to breast cancer.

A recent comparative study between women with breast cancer and those without (all of whom had iodide, fluoride, and bromine levels measured) showed that women with breast cancer had higher levels of bromine and fluoride compared to those without cancer. The key cause was iodine deficiency, as toxic bromine and fluoride spread in the absence of iodine, preventing the body tissue from absorbing it (from the book "Iodine, Why You Need It, Why You Can't Live Without It"). Now let's see why these elements are toxic and why it's good to get rid of them.

Halides, or halogen elements, are a chemical group of elements found in Group VII of the periodic table. This group includes fluorine (F), chlorine (Cl), bromine (Br), iodine (I), astatine (At), and the yet undiscovered ununseptium (Uus). The term halogen means that the element, when combined with metals, produces salt. The halogens were first mentioned in France in the 18th century and have Greek roots. Fluorine and chlorine are gases at room temperature, bromine is a liquid, and iodine is a solid.

17.1. Ensure Sufficient Hydration – Water Intake

It is impossible to detoxify the body without providing it with adequate amounts of water. Water is the most critical factor in a detoxification program, as it helps flush out toxins. How much water should you drink daily? Halve your weight in kilograms, and the result represents the number decilitres you need to drink throughout the day. We say, about 2 – 2,5 litres per day, if the person is not physically active. It is essential to drink clean water, free from fluoride and chlorine derivatives. In this case, it is necessary to add minerals as well. This is the second step in detoxification.

17.2. Consume Unrefined Salt

If you consume pure water (obtained by osmosis and/or destilation), add salt and reconstitute it's molecular cluster consistency – if possible. Unrefined salt helps the body rid itself of toxic bromine. Studies have shown that people cannot lower bromine levels in the body without consuming unrefined salt. A teaspoon and a half of this salt per day should suffice. For more information on unrefined salt, I suggest reading the book "Salt Your Way to Health!"

17.3. Take Antioxidants

Antioxidants help promote detoxification in the body. We recommended dose of vitamin C is 3,000–6,000 mg daily; however, if diarrhea occurs, the dosage should be reduced. Selenium is also an excellent antioxidant, as it improves thyroid function. The recommended intake of this element is 100–200 µg per day.

17.4. Take Iodine Supplements

Iodine supplements help release toxic substances from the body. However, this is only possible if the iodine doses are large enough. A minimal effective dose for most people is 12–50 mg per day, while those with breast or thyroid cancer need more. We must be aware that detoxification can also be taxing on the body, and you may experience headaches, fatigue, muscle pain, and palpitations when releasing toxins.

Since most of the population is exposed to excessive amounts of toxic substances and reduced levels of iodine, the only and most effective weapon against cancer and other types of diseases is adequate iodine intake combined with unrefined salt and antioxidants.

18. Unnecessary Care Associated with Iodine

Why do we need to consume so much iodine, and why do we need more iodine now than a hundred years ago? These are the most common questions raised by laypeople and doctors alike!

The answer is simple: people are iodine-deficient, as confirmed by numer-

ous studies. The reasons for such a drastic decline in iodine levels are changes in the food industry, salt-free diets, and toxic halides.

Dr. Brownstein identified the key factors that, in his opinion, lead to a perfect "storm" of iodine deficiency:
• There is a significant lack of iodine in food, resulting in insufficient salt intake in the body;
• Consumption of bakery products that contain bromine instead of iodine leads to toxic levels of bromine in most of the population; similarly, with bromine-containing flour;
• Exposure to brominated elements found in computers, furniture, clothing, and other materials;
• Water fluoridation exacerbates iodine deficiency problems by accelerating the concentration of toxins;
• The use of pesticides and insecticides containing bromine and chlorine derivatives;
• The use of numerous medications containing bromine or fluoride as part of their chemical structure.

The logical consequence is that due to various and diverse reasons, we need to consume much larger amounts of iodine than our ancestors, as there are more toxins present. However, conventional medicine still raises a significant question about the amounts of iodine, arguing that excessive quantities can damage the thyroid and cause other problems in the body.

Let's return to Japan for a moment, where we know that they consume an average of 13.8 mg of iodine daily, which is a hundred times the recommended daily amount and much higher than the American standards. As a result, Japanese people have incredibly low rates of breast, endometrial, and ovarian cancer. Compared to American women, Japanese women rarely suffer from fibrocystic breast disease, and among men (compared to men in the United States, including those who migrated from Japan), there is a significantly low rate of prostate cancer.

Concerns that consuming larger amounts of iodine than recommended

could be harmful are therefore largely unfounded.

However, there are still some "iodophobic" individuals, as Dr. Brownstein calls them, who continue to believe that a milligram of iodine could cause:
• an allergy to iodine
• an autoimmune thyroid disease
• a detoxification reaction
• hypothyroidism and goiter
• hyperthyroidism
• iodism
• thyroid cancer

According to the World Health Organization (WHO) recommendations, the suggested daily intake of iodine is 150 µg per day.

19. Iodism

Iodism occurs when iodine doses are too high and cause a metallic taste in the mouth, increased salivation, a runny nose, headaches, and acne. Sinus headaches, particularly in the frontal area, are also common, as is a sensation of warmth. Iodism affects only a small number of patients and can be easily resolved by appropriately adjusting (lower) the dosage.

Dr. Sherry Tenpenny suggests that chlorophyll tablets can remove the metallic taste in the mouth. Dr. Flechas has also reported similar effects with chlorophyll, according to Dr. Brownstein. Iodism and its symptoms can be alleviated with unrefined salt and the use of vitamin C.

20. Conclusion

The potential of iodine to provoke significant disturbances within the body has been cited as an argument against its use. However, I must contend that this concern applies to all potent medicines. When misused or employed carelessly, any medication with the potential to be beneficial can also be harmful. Nevertheless, when administered with appropriate caution and monitoring, we assert that iodine can be used safely, just like any other powerful treatment that is regularly entrusted to even the least experienced medical professionals.

Nevertheless, the worth of iodine as a therapeutic agent is not contingent on the endorsement of any single expert, regardless of their stature. Its utility is supported by an extensive collection of observations made by physicians and surgeons from various nations. In cases where unbiased individuals have given iodine a fair trial, its effects have been so remarkable and indisputable that they compel acceptance. Iodine is not a treatment adopted by one practitioner and dismissed by another based on chance or whim; its outcomes are so evident and unambiguous that anyone can discern them. Moreover, iodine applies to such prevalent conditions that all practitioners have the opportunity to verify the true nature of this treatment and the scope of its capabilities.

Some critics have labeled iodine as an empirical remedy. However, it is irrelevant whether it bears this or any other designation employed by opponents of innovation to maintain a state of blissful ignorance that satisfies their indolence and caters to their routine practices. In what way is iodine an empirical remedy? Do we possess a greater understanding of the workings of a laxative? While it is believed to stimulate the large or small intestines, iodine is thought to stimulate the absorbent vessels. Upon making these claims, have we gained any more insight?

Medications that target specific tissues or systems are exceedingly rare, and the few in existence are so unreliable and prone to failure that some skeptical doctors question their effectiveness and even the overall value of medicine. They derive a particular sense of self-satisfaction from believing they are immune to common misconceptions and elevated above the gullibility of ordinary people. However, iodine remains impervious to the derision of such narrow-minded individuals. It is a genuine "heroic remedy"—a true gift from the field of medicine to humanity.

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22. About the Author

Introduction of Author Dr. Mihael Munda, DVM, ScD in Medicine:
A Prominent Educator, Quantum Medicine Practitioner, and Expert in Animal Health.

As an author, Dr. Munda shares his extensive knowledge on the benefits and applications of Lugol's solution, contributing to a comprehensive resource for those seeking natural solutions to enhance their health and well-being. In addition to his work with human patients, Dr. Munda also applies quantum medicine and natural therapeutic substances, such as Lugol's solution, colloidal silver, zeolite and DMSO, in the treatment of animals. This unique background offers readers valuable insights into the potential applications of Lugol's solution and other natural remedies for both human and animal health.

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23. Photos of Products

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