

Jodine is often termed the most overlooked mineral.

Iodine is critical for the formation of thyroid hormone in the thyroid gland. Adults need 12-15 milligrams of iodine per day, fetal iodine is five times that of the mother. Iodized table salt provides only micrograms (that's less than a milligram) of iodine.

Signs of iodine deficiency:

- Anger or violent behavior
- Arthritis
- Balding
- Chronic aches and pains
- Cold hands and feet
- Constipation
- Cretinism
- Decreased ability to concentrate
- Depression
- Diabetes
- Difficulty dealing with environmental temperature changes
- Difficulty losing weight even though you eat small, healthy portions
- Dull, dry, and brittle hair or hair loss
- Extreme dry skin
- Extreme fatigue
- Fibromyalgia
- Goiters
- Heart attack
- High blood pressure
- High cholesterol
- Hypersensitivity to cold
- Hypothyroidism
- Insomnia
- Lack of skin tone
- Low energy levels
- Migraine headaches
- Muscle cramps
- Poor concentration
- Puffiness or swelling of the eyes
- Stress
- Swelling of the legs
- Weak heartbeat
- Weight gain (especially what is termed apple obesity—bigger around the waist than around the hips)
- Note: there is a minority of people who are skinny, have a fast heartbeat, and suffer from tremors and anxiety who have hypothyroidism. The only way to determine that they suffer from hypothyroidism is to diagnose them using body temperature readings and/or to treat them for hypothyroidism and their symptoms vanish.

Studies are currently showing that these may also be some additional signs of iodine deficiency:

- ADHD/ADD
- Malignancies
- Psychiatric disorders

How can I be iodine deficient?

- Many of the soils our food is grown in are deficient in natural minerals. The fertilizers used only supply a couple of minerals shown to make plants grow and mature quickly, not necessarily nutritiously. This includes much organic produce.
- This problem has been around for quite some time, hence the introduction of iodized table salt. Many health conscious consumers have lowered their salt intake or replaced processed iodized salt with sea salt. Sea salt is healthier than iodized table salt, but does not naturally contain a significant amount of iodine.
- Iodine is rendered useless by nitrates. Nitrates are found in processed meats (ie: bologna, hot dogs, sandwich meats, etc).
- Fluoride will displace iodine. Even if you have taken in some iodine, if you have fluoride around it will push the iodine out of the way and take its place. Additionally, fluoride mimics iodine well enough to pass a thyroid test the doctor may give you, so that you have good test results when really your thyroid is low. Because of this as many as 90% of Americans have hypothyroidism that is undiagnosed! (Please note: if you have consumed quite a bit of fluoride over the years, your thyroid may be severely damaged. You may require a thyroid hormone in addition to iodine even after decreasing your fluoride intake. In order to do this you will need to consult with a physician as thyroid hormones are available by prescription only.)
- Candida releases a neurotoxin into your bloodstream that damages the hypothalamus and makes it more difficult for the thyroid to absorb iodine.
- X-rays can also injure the thyroid gland so it can't do its job (especially dental, neck, and spine x-rays).

What does iodine do in my body? Why do I need it?

- Assists the thyroid gland. The thyroid gland is responsible for metabolism and immunity.
- A lack of iodine in the body contributes to free radical damage, especially to the thyroid gland.
- Iodine protects the thyroid gland by blocking many toxic compounds from bonding with the thyroid. Many of us are exposed to these compounds on a daily basis, thus needing even more iodine to combat these toxins.
- There is a concentration of iodine in breast tissue and ovaries. Here it buffers the stimulating effects of estrogen and promotes proper use of estrogen. If you aren't aware of the over-abundance of estrogen in our society due to the use of estrogen in plastic and in meat, do a search on the web or contact us for more information. Suffice it to say, our bodies are overwhelmed by estrogen on a daily basis—regardless of whether or not you are male or female.
- Iodine helps the hormones in our bodies communicate more effectively. It also regulates hormonal function—including sexual functions. We are seeing more and more problems in our society with children entering puberty earlier and with men developing breasts. Iodine deficiencies contribute to these problems.
- Iodine is also responsible for proper brain development and our abilities to think. It is absolutely vital while the baby is in the womb. Some studies go so far as to postulate that the better your levels of iodine while pregnant, the greater the intellect of the baby.
- Recent studies are finding more things that iodine is responsible for. Some studies are currently showing that iodine is responsible for vertebrate development, injury response, tissue repair, and more.
- It is absolutely vital in avoiding thyroid cancer, especially in women and young children.
- Iodine deficiency is the most common cause of preventable mental impairment worldwide!
- Every gland in the body that secretes something uses iodine. (Some examples are: salivary glands, cerebrospinal fluid and brain, prostate, nose, and more!)
- Iodine is something your body uses to protect itself against cancer.
- Iodine helps out the immune system by killing single-celled organisms like bacteria, viruses, fungi, and protozoa. These organisms do not develop immunity to iodine. In fact, the parts of your body that are exposed to the world have an increased level of iodine in them because they do most of the bug killing!
- Iodine helps protect your thyroid from radiation poisoning.

How do I get iodine?

- Dairy products from cattle fed iodine-supplemented feed and provided with salt licks
- Iodized salt (Note: some companies do not put real iodine in their salt, they use bromine instead because it's cheaper, but it doesn't do what iodine does, actually, it's toxic.)
- Kelp
- Saltwater fish
- Seafood
- Seaweed

Depending upon the soil in which it is grown, iodine can also be found in:

- Asparagus
- Chard
- Garlic
- Lima beans
- Mushrooms
- Sesame seeds
- Spinach
- Summer squash

Some foods, when eaten in large amounts, can block iodine intake in the body:

- Cabbage
- Kale
- Peaches
- Pears
- Spinach

Why should I use Lugol's Iodine Solution?

- Dr. Jean Lugol discovered in 1829 that iodine is easier for your body to use if it is in a solution that contains potassium iodide. He combined the two in his Iodine Solution and made it in a base of water (something your body also likes).
- You may also be familiar with Tincture of Iodine. That means that the iodine has been put in a solution base of alcohol. This makes it so it is not as easily usable by your body.

How should I use Lugol's Iodine Solution? (Refers to Lugol's Iodine Solution 2%)

- The best way to use Lugol's Iodine Solution to help provide your body with the iodine it needs is through the skin. This can be done by applying one drop to a cotton ball and then applying to skin. Another option is to take a spray bottle (make sure it is glass, not aluminum or plastic), fill it with Lugol's iodine solution and then apply to skin (remember to keep it out of reach of children and to avoid the eye area). Spray a 2-3 inch patch of skin, allow to rest overnight. If the skin is still orange colored in the morning, do not apply more. (Note: it will gunk up the spray mechanism of your bottle, bottle may not be good for more than one use without cleaning the spray head.) Remember to avoid the eyes at all times! It will stain, so have something available to clean it up with. (I tend to put down a towel, doubled, under my bottle whenever I'm doing something with it. I did have a paper towel down once, dropped a drop on it accidentally, figured all was well, picked up the paper towel less than a minute later and it had seeped through to stain my bathroom counter. I did get it out, but it took a lot of work and scrubbing!) Allow the solution to be absorbed by the skin before covering with clothing or it will stain the clothing. If it stings when you apply it to the skin, dilute it with water. The skin will turn orange if you need iodine. I rotate places of application to avoid dermal sensitivity. One day I'll put it on my stomach, another day on my leg, the next day on my arm, and then I start over. Some people may find that the first time they apply it the body sucks it right in, others it will take overnight. That's fine, you don't need to overdo it, you don't need to apply more, and you don't want to put your body into some sort of shock. Just keep applying once a day until you find that it is still orange the next day. That means you've filled the need. After that you only need to apply the Lugol's once a week for maintenance.

- It can be taken internally if you suspect you have food poisoning. Be aware that it does kill all bacteria (even the good kind) so you will want to take a good probiotic afterwards. Dilute one drop in an 8 ounce glass of water and then consume.
- It has been shown to inactivate snake venom. Please, please visit the doctor if a snake has bitten you! Go ahead and apply Lugol's Iodine Solution to the bite on the way to the emergency room.

The long and the short of this is, I believe pretty much everyone can benefit from Lugol's Iodine Solution, 2%. It's not terribly expensive and a one-ounce bottle lasts quite a long time. Go ahead and give it a try!

NOTE: This paper is for educational purposes only and is not intended to give medical advice. You should consult your doctor for your personal health needs. If you follow any of the procedures discussed in this educational paper, your actions release me from any liability for your actions.

To order, for class information, or if you have questions contact:

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