IODINE

We are talking about food grade iodine, not the iodine that is orange that you pain on wounds and sores.

You need iodine to keep the body healthy. Iodine is a crucial mineral that our bodies require for proper functioning. Unfortunately, our bodies don't produce iodine, so we must get it through our diet or supplements. In Alberta, there is almost no iodine in our soil, and in the rest of North America, the farming practices have left no iodine in the soil. Most of our food grade iodine that we can obtain comes from the sea (eg. Kelp, dulse) although there is still some in the soils of India and Chile.

Every organ that secretes something needs large amounts of Iodine to excrete from the cell. The Thyroid has the highest concentration of iodine, but it is also needed by the Salivary glands, the cerebrospinal fluid and brain, the intestinal mucosa, the choroid plexus, the breasts (fibrocystic breasts), ovaries, vagina/uterus, prostate, cilary body of the eye, nose/sinuses/mouth; substantia nigra of the brain, conjunctiva of the eye, to make stomach acid and make digestive enzymes in the pancreas, the liver/gall, skin, bone marrow, pancreas, adrenals, kidneys and lungs. So you can see how important iodine is for our body.

Iodine kills all single celled organisms like viruses, bacteria, fungi, even protozoa parasites. And apparently those bugs can't become resistant to iodine like you experience with medical antibiotics. Wherever you find a cyst, it is almost always due to iodine deficiency.

Dr. Jean Lugol was a Paris Physician and in 1829 discovered that iodine dissolves in alcohol, but in water it needs potassium iodide to help it dissolve, and this became the basis for his famous "Lugoil's Solution". Iodine is a bactericide even at dilutions of 1/170,000. The reason you can't get this from a health food store anymore is because the drug dealers are using it to make 'meth' so there are restrictions on the sale and records must be kept, so pharmacies just dropped it from their inventory because it was too much trouble.

Iodine deficiency causes intellectual impairment. Japan has the highest intake per capita of iodine (eating a lot of seaweed), and has the lowest incidence of most cancers. Careful - eating a lot of nitrates in processed meats inactivates the iodine in the stomach. Iodine is the immune system's first line of defence – however if microorganisms get past the iodine, they are engulfed by our white blood cells that make hydrogen peroxide to kill them which is the second line of defence (hydrogen peroxide is made from Vit. C), If you consume adequate amounts of iodine, your body will put 30 times as much in the parts of the body exposed to the outside world as there is in the blood so you can be surrounded in a shield of iodine to keep the 'bugs' out.

Fetal iodine is five times the level in the mother so low iodine in the mother can lead to miscarriage, birth defects, failure to thrive, mental retardation etc.