



Inside this issue:

Iodine is the most misunderstood and the most feared

Yet, it is by far the safest of all the trace elements known to be essential for human health. It seems the conventional medical establishment again has grossly underestimated the amount of a nutrient needed for good health. It is the only trace element that can be ingested safely in amounts up to 100,000 times the RDA.

WHAT DOES IODINE DO?

Iodine is not only necessary for the production of thyroid hormone. It is also responsible for the production of all other hormones in the body. Adequate Iodine levels are necessary for proper immune system functions. Iodine contains potent antibacterial, anti parasitic, anti viral, and anti cancer properties. Iodine is also effective for treating fibrocytic breast and ovarian cysts.

Conditions treated with Iodine

- ADD
- Breast diseases
- Dupuytren's Contracture
- Excess Mucous production
- Fatigue
- Hemorrhoids
- Headaches
- Keloids
- Migraine Headaches
- Ovarian Disease
- Parotid Duct Stones
- Peyronie's
- Sebaceous Cysts
- Thyroid Disorder
- Vaginal Infection

Where is Iodine found in the body?

Every cell in the body contains and utilizes iodine. The Thyroid gland contains a higher concentration of iodine than any other organ of the body. Large amounts of iodine are also stored in many other areas of the body including the salivary glands, cerebrospinal fluid and the brain, gastric mucosa, choroids plexus, breasts, ovaries, and the ciliary body of the eye. In the brain, iodine concentrates in the substantia nigra, an area of the brain that has been associated with the Parkinson's disease. Iodine is essential for the normal growth and development of children. Severe Iodine deficiency can result in severe mental deficiency and deafness (i.e. cretinism). In addition, spontaneous abortion, as well as delayed physical and intellectual development is associated with iodine deficiency.

Why is Iodine is lacking in our bodies?

The most significant change in the iodine status of recent time occurred with the changing of the food industry. In the 1960's, iodine was added to the commercial baking industry as a dough conditioner. This single addition to baked goods significantly increased the iodine intake of the U.S. population, as one slice of bread contained the RDA for iodine of 150ug. Articles from the NH were published which questioned the safety of using iodine in baking products. Some researchers felt that this level of iodine in

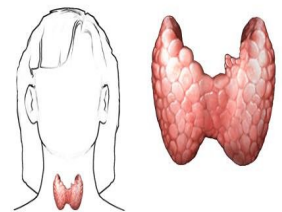
baking products would cause a malfunctioning of the thyroid gland. Twenty years later, Bromine replaced iodine in the baking industry. Bromine is a halide (as is iodide, fluoride, and chloride). All halides compete with one another for absorption and receptor binding in the body. Bromine interferes with iodine utilization in the thyroid as well as wherever else iodine would concentrate in the body. We now have two major reasons why iodine deficiency disorders have become much more common.

- 1) The substitution of bromine for iodine in the bakery process lowered the iodine utilization.
- 2) Bromine began effectively binding to and inhibiting iodine from binding to its own receptors.

Diets That May Cause Iodine Deficiency

- 1) Diets without ocean fish or sea vegetables.
- 2) Inadequate use of iodized salt including low sodium diets.
- 3) Diets high in the consumption of bakery products (e.g. bread, pasta) which contain bromide.
- 4) Vegan and vegetarian products.

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Other books by Dr. Brownstein

- The Guide to Healthy Eating
- The Miracle of Natural Hormones
- Overcoming Thyroid Disorders
- Overcoming Arthritis
- Salt Your Way To Health

Lugol's Iodine



More big-time colon cleansing with the most powerful enema ever to eliminate loads of mucus and embedded trash. Internally, it restores immunity caused by iodine-deficiency in the thyroid and destroys vicious stomach bacteria (salmonella) against gas, bloating, heartburn, indigestion, etc.

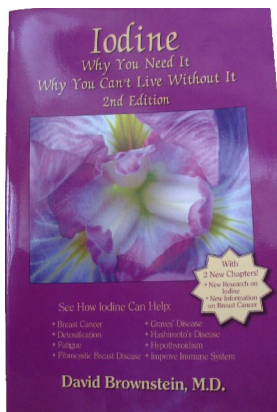
Lugol's taken internally, in addition to replenishing the thyroid, also brings amazing relief and a calming, soothing, peaceful state to anxiety and manic stage. It is 100% safe (except if allergic) to take regularly, but only as needed.

Allergy test: Put a few drops on the inside of your arm. It leaves a stain. If you react with a sore/scabbing/ irritation, you are allergic. Repeat test on other arm. **DO NOT USE IF ALLERGIC!!!!**

Miracle II Soap



The body gets loaded down with toxins from the many foods we eat that have been sprayed with all kinds of poisons. The toxins go into the body and they cannot get out of the body because the pores of the skin are clogged up from the many oils and soaps that are made from animal fat. Miracle II Soap is the only body cleanser that will clean all the sweaty, waxy residue from the pores of the face, body and scalp. When this happens, the body works the way God made it to work, to detoxify itself. Don't be concerned if your bathwater turns gray, black or red. This just means that your body is detoxifying. If you let your bath water sit overnight, you may find particles that have settled to the bottom of the tub indicating the soap is not only cleaning your body on the outside, but inside as well.



Dr. David Brownstein has been practicing Holistic medicine for over ten years. He has been in contact with many wonderful teachers. From these people he has learned a tremendous amount of about how safe it is to use natural remedies to promote true healing in the body while not relying on foreign substances (i.e. drugs) that simply treat the symptoms of illnesses and do little for treatment of the underlying cause of illness. Iodine deficiency is widespread. Conventional medicine has failed to understand this fact. However, with increased research the truth will come out. It has to. Correcting iodine deficiency has proven to have many positive health benefits. Ensuring adequate iodine levels helps prevent and treat autoimmune illnesses, thyroid disorders, cancer and other conditions. This book will educate the reader on the benefits of the remarkable nutrient iodine.

Iodine is part of a class of elements known as the halogens. The halogens are a family of elements that form similar salt-like compounds in combination with sodium and most metals. The halogens are bromine, chlorine, fluorine, iodine, and astatine. The halogens, for chemistry enthusiasts are found in group VIIa of the periodic group.

BROMINE

Bromine was discovered in 1826. Bromide (reduced form of bromine) is rapidly absorbed in the intestinal tract. Bromine lies just above iodine in the periodic table and is very close to iodine, these two items can compete with one another for binding in the body, especially in the thyroid gland. Bromine, being similar size and shape, has the ability to bind to iodine receptors in the body. However, bromine should be considered a toxic element to the body and should be avoided. When bromide binds to the thyroid gland, it is not only a toxic element, it worsens an iodine deficient problem. Bromine is very slowly eliminated from the body. Bromine intoxication (i.e. bromism) has been shown to cause delirium, psychomotor retardation, schizophrenia, and hallucination. Subjects who ingest enough bromide feel dull and apathetic and have difficulty concentrating. Bromide can also cause severe depression, headaches, and irritability. It is unclear how much bromide must be absorbed before symptoms of bromism become apparent. Recent research has demonstrated that symptoms of bromide toxicity can be present even with low levels of bromide in the diet. Bromine (reduced form of bromide) is used as an anti-bacterial agent for pools and hot tubs. It is still used as a fumigant for agriculture. Crops sprayed with bromide have been found to have elevated bromide levels. Bromide is also used as a fumigant for termites and other pests. In 1981, 6.3 million pounds of bromide were used in California, By 1991, 18.7 million pounds were used in California. Toxicity of bromine has been reported from the ingestion of

some carbonated drinks (e.g. Mountain Dew, AMP Energy Drink, some Gatorade products) which contain brominated vegetable oils. Bromine used to be present in many over the counter medications. It is still used today in many prescription medications. It is still used today in many prescription medicines. Over 150 years ago, bromine was used extensively in medicine as a sedative as well as a remedy for seizures. Bromine is still found in some medicines including those that treat asthma, and bowel and bladder dysfunction.

MEDICINE INDICATION

Attrovent Inhaler Breathing difficulty
Spiriva Handihaler
Attrovent Nasal Spray
Ipratropium Nasal Spray
Pro-Panthine Bladder Dysfunction
Pyridostigmine Bromide Antidote for nerve gas

FLOURIDE

The American Dental Association has advocated the addition of fluoride to drinking water as a preventative measure against dental caries. There is much evidence to suggest that adding fluoride to drinking water is ineffective at preventing caries. Fluoridation has been linked to dental fluorosis (discolor of teeth), hip fractures, bone cancer, lowered intelligence, kidney toxicity, and other negative effects. Fluoride is known to be a toxic agent. Fluoride has been shown to inhibit the ability of the thyroid gland to concentrate iodine. Fluoride was first reported to cause thyroid problems in 1854 when fluoride was found to be a cause of goiter in dogs. Research has shown that fluoride is much more toxic to the body when there is iodine deficiency present. Many commonly prescribed medications contain fluoride including the popular SSRI antidepressants such as PAXIL, an PRO-ZAC. There have been reports linking these antidepressants increasing the risk of breast cancer. Many medications that contain fluoride have been

pulled from the market due to serious adverse effects. These include the cholesterol lowering drug Baycol, Propulsid (stomach ulcers), Posicor (anti-arrhythmic), and many others. Fluoride is still used in many medications commonly prescribed including Flonase and Flovent.

CHLORIDE

Chloride is an important element in the extracellular fluid. There is a large amount of chloride found in the body-approximately 100gm. Chlorine (oxidized form of chloride) is added to many products including the municipal water supply as well as to swimming pools and hot tubs as disinfectant. It is also used as a whitener. However, chlorine is a toxic element. A byproduct of chlorine use is the production of dioxin. Dioxin is one of the most toxic carcinogens known to mankind. It does not readily break down in the environment. Chlorine and its byproducts have been linked to birth defects, cancer, reproductive disorders including still birth, and immune system breakdown. Americans are exposed to a high level of chlorine and chlorine byproducts that are toxic to their health. This includes being exposed to the steam of a dishwasher when the door is opened after cleaning (chlorine superheated and combined with detergent). In addition, the sugar-substitute Sucralose (Splenda) contains chlorinated table sugar. There are safer alternatives to disinfecting water including the use of iodine, hydrogen peroxide, ultraviolet light, and ozone that could be substituted for chlorine. The best way to rid the body of the toxic halogens is to increase the intake of Iodine. Changing the way you eat is important. Iodine, unlike vitamins and minerals, is not present in adequate amounts in most foods. Specific plants absorb iodine is not present in the soil. Iodine is found in many ocean foods, such as fish (cod, sea bass, haddock, and perch) and sea vegetables (sea weed).



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Check out our new "About Us" on our website and ask Tony your questions !!
www.Thebreathoflife.net



Home Remedy Recipes

Feeling tired and need a pick me up? Take two teaspoonfuls of apple cider vinegar and two teaspoonfuls of honey in a glass of water. This will obtain acid taken up from the soil by fruit, berries, edible leaves, and roots, and the energy from the sun which exists in honey. This is a prime pick-up drink. You can take it before, during, or after lunch. A vinegar made from the whole crushed apple is best for the purpose.

Restoring Iodine Supplementation Easily and Cheaply

The role of iodine in human nutrition is well established as are its deficiency diseases and the conditions to which it deficiency can contribute (i.e. goiter, cretinism, hypothyroidism, etc.) The amount of iodine necessary to void diagnosable deficiency is quite small. Below, for example, we provide the U.S Recommended Daily Allowance for iodine in mcg.'s. (A metric unit of weight measurement equal to one millionth of a gram. Micro means one millionth).

Infants	40-50
Ages 1-3	70
Ages 4-6	90
Ages 7-10	120
Ages 11 or older	150
Pregnant Women	175
Lactating Women	200

Originally, people would get all their iodine from dietary sources: soybeans, cauliflower, peanuts, etc. But much agricultural farmland is now iodine deficient, leading to reduced levels in iodine in foods. Other areas, such as the Great Lakes region in the U.S., are naturally deficient in iodine — a fact that lead to the massive goiter. In 1924, iodine was first added to table salt as a preventative measure, and by 1940, the practice was in general consumer use. Using Iodized salt has no doubt, been effective: It contains about 76 mcg. of iodide per gram. The average person consumes at least 3 grams of iodized salt daily, exceeding the RDA for iodine by 150 mcg. However, iodized salt has many other drawbacks: It contains aluminum and processing chemical residues, its overuse creates the well-documented conditions associates with high sodium intake and sodium-potassium imbalance, etc.