

MAY ISSUE: SPECIAL MOTHER'S DAY ISSUE

Iodine is the most misunderstood and most feared

Yet it is by far the safest of all the trace elements known to be essential for human health.

IODINE, Breast cancer and Fibrocystic Disease

Iodine can cause tumors to shrink and necrose from the center. This newsletter is being written with the intent to explore the relationship between iodine deficiency and disorders of the breast, including fibrocystic breast disease and breast cancer as well as other cancers. For over 60 years, it has been known that iodine concentrates in and is secreted by the mammary glands. The breasts are one of the body's main storage and utilization sites for iodine.

An adequate iodine level is necessary for the development and maintenance of normal breast architecture.

Milk from lactating breasts contains four times more of the ingested iodine than the amount taken up by the thyroid gland. Animal studies have shown that an iodine deficient state can alter the structure and function of the breasts. The breasts are one of the body's main storage sites for iodine in the body. In an iodine deficient state, the thyroid gland and the breasts will compete for what little iodine is available.

Therefore, this will leave the thyroid gland and the breasts iodine depleted and can set the stage for

illnesses such as goiter, hypothyroidism, autoimmune thyroid illness, breast illnesses including cancer, and cystic breast disease. In addition, other glandular tissues, such as the ovaries which contain the second highest concentration of iodine in the body, will also be depleted in an iodine deficient state.

IODINE: The anticancer agent

Iodine has many anticancer properties. Cancer cells, unlike normal cells, do not have a normal life cycle, and when they eventually die, they are replaced with a new cell. This process of timed cellular death is known as apoptosis. Iodine has been shown to induce apoptosis (death) in breast and thyroid cancer cells. However, this apoptotic effect will be negated if a goitrogen is given.

How does iodine provide this apoptotic effect?

One mechanism may be the iodination of lipids. Lipids are fats that make up our cell membranes throughout our body. Iodine can become incorporated into lipids (fats) inside the cell. These substances are known as iodolipids. When iodine is incorporated into the lipids, it helps stabilize them and also helps each cell to maintain a normal life cycle.

Iodine has been shown to be a potent antioxidant even more effective than Vitamin

E, phosphatidyl choline, and Vitamin C.

As with Vitamin C, iodine can function as both an antioxidant as well as an oxidant in the body. This dual effect makes it a strong anticancer agent. One of the best signs of health in the body is a balance between antioxidants and oxidants. Items like iodine and Vitamin C can help maintain that balance, and therefore, are some of the most powerful anticancer agents known.

Estrogens and Iodine: The connection

Estrogens are a class of steroid hormones produced and secreted in both men and women. In men, most of

the estrogen is produced in the adrenal glands, fat tissue, and liver. The amount of estrogen in men is ten times lower than it is in women.

In women, estrogens control female sexual development including promoting the growth and function of the female sexual organs such as the ovaries, uterus, and breasts. The ovaries produce most of the estrogen in women, with smaller amounts produced in the adrenal glands and the fat tissue.



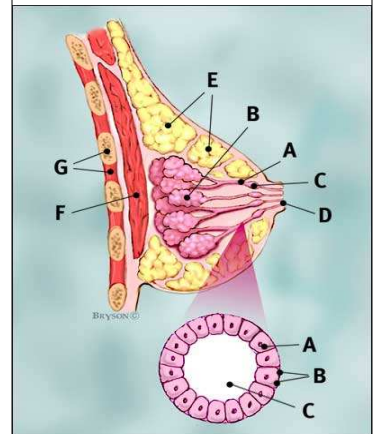
In this issue:

Iodine and Breast Cancer and other breast related diseases

Breast Anatomy

Breast profile:

- A** ducts
- B** lobules
- C** dilated section of duct to hold milk
- D** nipple
- E** fat
- F** pectoralis major muscle
- G** chest wall/rib cage



For more information about Breast Cancer at www.breastcancer.org



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

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.

IODINE LITERATURE



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.



Three types of Estrogen

There are three major types of estrogen produced in the female body: estrone (E1), estradiol (E2), and estrone (E3). Estrone is a much weaker estrogen than either estrone or estradiol. Research has shown that estrone may be able to prevent breast cancer in mice. Furthermore, estrone is less stimulating to breast tissue than either estradiol or estrone and may have a protective effect for breast cancer. Estrogen replacement therapy has been promoted to help women with menopausal symptoms, osteoporosis, and other illnesses. Estrogen production in the body can be monitored by measuring the amounts of estrone, estradiol, and estrone that are present in biological fluid. When there are imbalances in estrogen production, such as lowered amounts or estrone and larger amounts of estrone and estradiol, problems such as fibrocystic breasts, cancer, and weight gain may develop. There is compelling data that iodine, in the form of Lugol's solution (iodine and iodide) can help maintain the correct balance of the three estrogens. For women, a balance of estrogens is vitally important numerous bodily functions including ensuring optimal function of the brain, breast development, and lubrication of the skin. In addition, estrogen balance helps to ensure strong bones and helps to prevent cardiovascular disease. Imbalances in estrogen production are associated with weight gain, mood swings and disorders such as diabetes as well as cancer of the breast, ovary, and uterus. Estrogen balance is impossible to maintain when there is iodine deficiency present.

Iodine Deficiency and the Breasts

Iodine deficiency has been shown to produce specific changes in the breast tissue of rats. Studies dating back nearly 40 years ago show that iodine deficiency in rats produces the exact precancerous changes seen in human-dysplasia and hyperplasia. Furthermore, with long-term iodine depletion, more atypical changes in rat breast tissue occur. This is the precursor to breast cancer.

Dr. Eskin has studied the effects of estrogen and iodine in rats. He has found that rats need an adequate level of iodine in order for estrogen to perform its normal function in breast tissue. Iodine deficiency has many consequences. First, it causes estrogen production to increase. Iodine deficiency also leads to an increase in sensitivity of breast tissue to estrogen. All of the above conditions will increase the chances of developing disease(s) of the breast including breast cancer. When you factor in our exposure to environmental estrogen, including xenoestrogens found in plastics, and pesticides, as well as meat and dairy products, it is no wonder that hormone sensitive cancers like breast cancer have reached epidemic proportions. Research in animals has shown that the correction of iodine deficiency results in abnormal breast tissue changing back to normal breast tissue. Dr. Brownstein's clinical experience has shown the same positive results occur with his human patients.

Fibrocystic Breast Disease

This is a breast disease where the breasts have cysts that are usually painful to touch. Up to two thirds of American women suffer from fibrocystic breast disease. In fibrocystic breast disease, the texture of the cysts can vary from soft to firm. Many times these cysts can change size and shape during the menstrual cycle, and they cause discomfort premenstrually. Although fibrocystic breast disease is generally thought of as a benign condition, there are many physicians who feel that the abnormal breast architecture found in fibrocystic disease is a precursor for breast cancer, and this has been confirmed recently in various studies. Estrogens have been implicated as a causative factor for fibrocystic disease and breast cancer. In fact, one of the most common treatments in conventional medicine for fibrocystic disease is to use birth control pills to suppress the ovaries and lower the amount of circulating estrogen in the body. As repeated hormonal cycle progress, oftentimes the fibrocystic changes in the breast will

worsen. The breasts can even become chronically inflamed and hardened. Dietary factors can also worsen fibrocystic breast disease. Caffeine and foods that contain trans-fatty acids can exacerbate fibrocystic breast disease. Eliminating caffeine and eating foods rich in healthy fats, including essential fatty acids, will help alleviate many of the complaints of fibrocystic breast disease. Vitamin and mineral supplementation can alleviate the condition. Iodine has been shown to be extremely effective in treating and preventing fibrocystic breasts. Iodine has been the most researched mineral in treating fibrocystic breast disease.

The breast and IODINE

The therapeutic use of iodine in treating breast cancer was first described in the medical literature in **1896**. There is a direct relationship between breast cancer and regions of the world where iodine deficiency is prevalent. Countries such as Japan and Iceland have higher intakes of iodine and lower rates of breast cancer. On the other hand, countries such as the United States, Mexico and Thailand have lower iodine intake and higher incidences of breast cancer. In the United States, a correlation has been found between higher mortality rates from breast cancer and areas of iodine deficiency.

It has been estimated that the mainland Japanese ingest approximately 13.8 mg of iodine per day, which is over 100 times the RDA. Japanese from the coastal areas ingest more iodine than the average inland Japanese consume. The mainland Japanese receive much of their iodine from seaweed, which is known to concentrate iodine. The breasts need at least 5 mg of iodine a day for iodine efficiency. The connection between iodine deficiency and breast cancer as well as fibrocystic breast disease is strong. Breast cancer is occurring at epidemic rates-currently **1 in 7 women** are afflicted. Iodine deficiency has also been associated with other cancers including ovarian, uterine, and thyroid cancer. Iodine deficiency is a major piece of this puzzle.

It is imperative to have your iodine level checked and supplemented with the correct form of iodine where there is iodine deficiency present as part of an anti-cancer program.



Newburgh, NY 12550

Phone: 845-562-4003
 Fax: 845-784-1427
 Email: info@thebreathoflife.net

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.is.

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

Home Remedy Recipes

Fresh Organic Parsley tea:

Boil organic parsley in water, reduce flame, simmer 25 minutes. Wring out parsley, refrigerate. Drink 4 to 5 cups a day for about 2 weeks. Expect frequent urination. Dissolve of stones can occur in weeks.

Oregano Oil-natural antiseptic, penetrant, and bacteria killer:

Can Oregano oil kills viruses, bacteria and fungus. It can be taken internally but one must exercise caution!! It is extremely hot!! Use a new toothbrush. Pour 1 drop of oregano oil in a plastic spoon or on your fingertip. Dip a wet toothbrush into it. Brush all around the gums and the dental crevices. Avoid tongue and lips. CAUTION □ it is extremely hot and may burn your tongue. Brush daily □ after regular usage you get used to it and it burns much less. It is potent so you feel its effect almost immediately.

IODINE DEFICIENCY - Take about 2, 3 or 4 drops in water daily for about a month. Can be increased to 6 drops daily if needed. After you've replenished iodine, then take twice a week.

Customer Information:

Log onto our website and leave your contact information.

Receive newsletter, information, and the first to know about new product!!