

Iodine: The Body's Little Helper

Every cell in your body needs iodine.

Because modern agriculture strips minerals from the soil, seaweed and ocean fish are our only natural iodine sources.

Iodine is a key ingredient in hormones made by the thyroid. These hormones, known as T1, T2, T3 and T4, regulate the entire body. The numbers represent the iodine atoms in each.

If the human body lacks iodine, certain other elements can take its place on cell receptors. Fluorine, chlorine and bromine are iodine's "dangerous cousins," and are toxins widely found in modern life. Iodine, the only body-friendly member of this group of powerful elements, can displace these harmful agents in our cells.

Iodine levels in America are 50% lower than they were 40 years ago. Over 70% of the world's population suffers from iodine-related disorders. Because iodine's harmful cousins are used in pesticides, disinfectants, flame-retardants, food-container coatings, Teflon pots, toothpaste, and added to public drinking water, iodine supplementation is more important than ever. *Does your nutritionist know this?*

Our reproductive glands are big users of iodine. Breasts may become fibrocystic or cancerous without it. Iodine is needed by tissues in the stomach, eye and intestines, as well as the brain, skin, salivary glands and blood cells.

Iodine regulates cell division in these tissues, which makes it an anti-cancer agent. The rise in breast and prostate cancers today runs right alongside rising iodine deficiency. According to doctors who are iodine experts, the RDA for iodine does not meet our actual present-day needs.

Iodine helps our cells produce ATP, their primary fuel source. Without enough iodine, our overall energy drops, and our reflex is to boost ourselves with caffeine or snacks. Though crucial for optimal health, we only need iodine in very small amounts. (Note: Iodized table salt is not a recommended source or substitute.)

People who use a liquid iodine supplement report greater sense of well-being, more energy, clearer thinking, and better sleep and digestion. It's a simple, inexpensive way to feeling better!

The information here is not to be construed as medical advice. Consult your doctor or health-care practitioner for guidance on iodine and/or other supplement usage.



SURVIVAL MODE
HEALTH PRODUCTS FOR REAL LIFE