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Firsthandnews

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Do you have breasts? If you say no to this question you probably have a prostate and this article may save your life. Even if you have neither body parts, you are reading this newsletter which means that you have a brain, have bones, a gastrointestinal tract, salivary glands and connective tissue. You also want to keep them as healthy as possible and for that you need IODINE.

Fast facts on Iodine:

1. The World Health Organisation believes that Iodine deficiency is the most preventable cause of mental retardation.
2. Iodine consumption has decreased 50% since the 1950's
3. Thyroid cancer rates rose 182% between 1975 and 2005
4. Breast cancer has risen from 1 in 23 to 1 in 7-8 since the 1970's
5. Iodine deficiency is higher every time government agencies measure it
6. Iodine deficiency in pregnant women is producing less intelligent children
7. A 2001 research from Westmead Hospital in Sydney suggests a 50% increase in thyroid hormone deficiency in Australian pregnant women.
8. Sugar and fructose block iodine uptake in the body, as do soy products and raw cabbage, broccoli and other cruciferous vegetables.
9. Chlorine and Fluoride in water and Bromide in all commercial breads and flours, soft drinks, milk and fire retardants adhere to the iodine receptors in the body.

You may be surprised to learn that you are familiar with the following **symptoms of iodine deficiency.**

- Extreme fatigue
- Weight gain
- Palpitations
- Poor memory
- Joint aches and pains
- Lifelong allergies
- Chronic Candida infections in ears, throat, gut and down under
- Tinnitus
- Tremors
- Burning feet
- Profuse sweating
- Feeling the heat or feeling the cold
- Bloating
- Dry skin
- Paranoia
- Hypochondria
- Heavy periods
- Fibrocystic disease
- Chronic lower back pain
- Brain fog
- Anxiety and depression.
- Cancer.

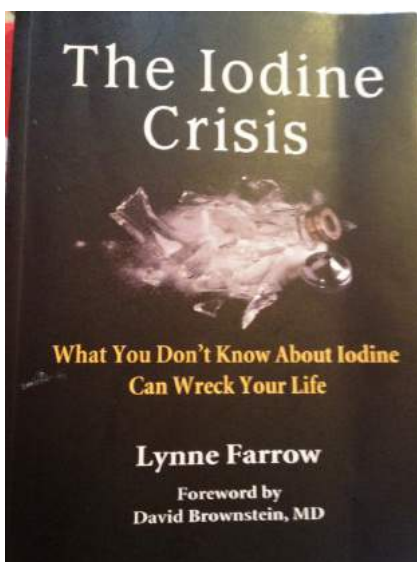
The research on Iodine is not new, its just that your medical specialist may not have discovered it yet. I gathered this from a recent visitor to the Purple House who suffered from nodules on her thyroid. The only treatment she was offered by her specialist was 'monitoring' till her symptoms got worse and then she would be able to receive cancer treatment. Needless to say 'watching' her nodules was a bit like watching a dog chew off her leg. She was amazed that her Doctors had never told her about the innocuous looking iodine bottles I had on the

shelf and it took me a while to convince her that iodine was really as good, safe and effective as I made out!

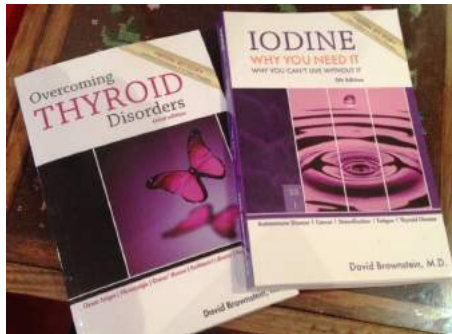
I would be incredulous too if an ordinary 54 year old woman in a health food shop tucked away in a small town on a remote island south of one of the vastest emptiest continents in the world claimed she had the long lost nutrient I had been looking for all my life and that this nutrient would be able to restore almost all my ailing body functions!

Imagine for a moment though if there was such a universal nutrient that could improve mental function, prevent Parkinson's and Alzheimers, would un-clog your arteries, prevent heart attacks and strokes, prevent and discourage cancer growth, restore hormonal function, greatly help diabetes, kill parasites and bacteria, neutralize poisons and prevent many future diseases?

Wouldn't you and your family use it everyday even if it cost you hundreds of dollars? However it doesn't cost you much at all at \$34 per bottle of colloidal iodine which will last you for months! Hundred and fifty years ago Doctors prescribed iodine in large doses for every health problem. However after penicillin came in fashion the use of iodine was discouraged. Even now some medical students are taught that iodine suppresses the thyroid.



Nothing could be further from the truth as Dr Brownstein quotes in his book: **Iodine: why you need it, why you can't live without it.** He says: *'after 17 years of practicing medi-*



cine, I can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels. I have yet to see any item that is more important to promoting health or optimizing the function of the immune system than iodine.'

Professor of Endocrinology, Dr Abraham Guy published a massive body of work called the **Iodine Project** in 2005 which clears up any doubts about the importance of iodine.

He says : ***"Medical iodophobia (phobia of prescribing iodine) may have caused more misery and death than both world wars combined".....*** He went on to say that Doctors and patients had been kept in darkness for over 60 years about the safe and effective use of the essential element iodine in the medical practice.

Thanks to freedom of information and the Internet we no longer live in the dark ages of iodine ignorance. Today I am reading one of Dr Abraham's' success stories: *'we placed a 83 year old woman on 50 mgs of elemental iodine daily. She experienced a tremendous increase in energy, endurance, wellbeing and memory. After six months all her skin peeled off and was replaced by new, younger looking skin. She was flabbergasted and amazed at her new appearance. In our experience older women noticed a major difference, both physically and mentally.'* **Breast tissue has an affinity for iodine. Iodine deficiency causes fibrocystic breast disease with nodules,**

cyst enlargement, pain and scar tissue. Drs Abraham, Flechas and Brownstein tested more than 4000 patients taking iodine in daily doses, ranging from 12.5 and 50 mg and those with diabetes up to 100mg daily. They found that: *'iodine does indeed reverse fibrocystic disease; the diabetic patients require less insulin; hypothyroid patients less thyroid medication; symptoms of fibromyalgia resolve and patients with migraines stop having them. We can expect even better results when iodine is combined with magnesium chloride.'*

In today's toxic world where we are poisoned with fluoride and chloride in our water and bromide in flour, milk and food additives, as well as cadmium in fertilizer and mercury in dental fillings, the last thing you want to be short of is iodine.

Iodine is detected in every organ and tissue of the body.

Iodine is absolutely necessary for a healthy thyroid, ovaries, breasts and prostate. Just how likely is an iodine deficiency in cancer? In one study 60 cancer patients were tested for iodine deficiency. All 60 were found to be seriously deficient in body stores of iodine and some had great excesses of bromine. 100% of these cancer sufferers were deficient in iodine.

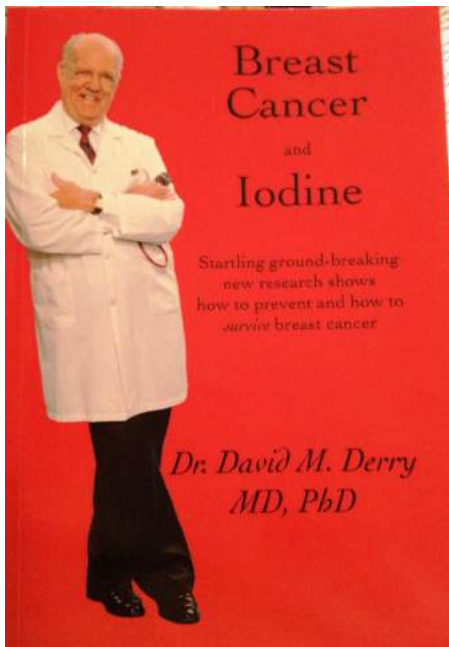
Iodine is by far the best antibiotic, antiviral and antiseptic of all time.

Dr David Derry

Iodine is a deadly enemy of single cell micro organisms thus it can be our best friend. It is effective against the flu virus, fungi and bacterial viruses and also rids the body of abnormal cells meaning it works as an anti cancer agent.

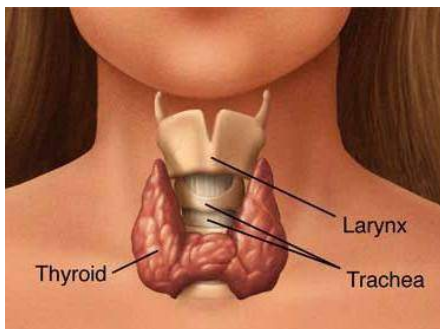
Iodine is the agent which kindles and keeps going the flame of life.

With the aid of our thyroid, in which the iodine is manifested, it can either damp this flame or kindle it to a fire



It takes 20 to 40 times the amount of iodine needed to control breast cancer and fibrocystic disease than it does to prevent goiter. The greater the iodine deficiency, the greater the number of cysts in the ovaries, breasts or thyroid.

One 1860 French physician mistakenly gave a tincture of iodine when he meant to give digitalis (foxglove) to a woman with Grave's Disease. She recovered within three weeks. When he discovered his mistake, he switched to digitalis and her symptoms came back. He switched back



to the iodine and achieved a remission.' (reported by Dr Rowen) Graves disease is classified as an auto-immune disease that results in an overproduction of thyroid hormone. It is more common in women especially around the age of 40. Common medical treatment is to inhibit the production of thyroid hormones by surgery (removing parts or all of the thyroid) by using radioactive iodine to kill off cells or by administering anti thyroid drugs

which do the same thing. The sensible treatment for hyperactive thyroid, Hashimoto's and Graves' disease is iodine supplementation along with salt water loading (more on that later). Over the last 40 years autoimmune thyroid illness has been increasing at epidemic rates. During this same time, iodine levels have fallen over 50%. The research is clear: iodine deficiency is partly responsible for the rapid rise in autoimmune thyroid illnesses.

The iodine supplementation helps restore normal immune system functioning and prevent the body from going into adrenal fatigue or progressing to the auto immune Coeliac disease. At this stage supplementing with selenium, magnesium and salt water is also essential.

Magnesium and iodine deficiencies are the causes of autoimmune thyroiditis, not excess iodide.

Running our bodies without minerals is like running a car without oil and our engines of cellular life begin to seize up. This is where the Salt Loading Protocol comes in handy: this mineral rich solution will instantly revive your ailing cells.

What is the Salt Water Protocol?

- **1/4 teaspoon (minimum, more is often better) of Himalayan or other unprocessed, unrefined salt dissolved in one litre of water.**
- **Every day you need 1 litre of water for every 30 kg of body weight**
- **Drink throughout the day (except keep water away from meals so you don't dilute your digestive juices)**

Salt has been used for over a hundred years to clear bromide and other toxins from our system. When you do the salt water protocol you are not likely to suffer any detox effects from the iodine as the iodine does its work in cleaning out the cells, tissues and organs of your body.

(read Dr Brownsteins' *Salt your way to health* at [www. DrBrownstein.com](http://www.DrBrownstein.com).) Himalayan Salt is one of the purest forms of Salt and it contains all 83 minerals the body runs on in just the right proportions.

Every 17 minutes, every drop of blood in our body flushes through our thyroid. If our thyroid has an adequate supply of iodine, blood borne bacteria and viruses are killed off as the blood passes through the thyroid.

Iodine kills Candida, other fungi and microbes that also have an affinity for the mucous membranes therefore iodine greatly helps to overcome auto immune diseases, sinus problems, asthma, lung cancer and other lung problems, gut inflammatory problems and cancer.

The breast tissues prefer the molecular/colloidal iodine like the one we sell at the Purple House. You can either take 5 to 10 drops in water in the mornings or put iodine drops on the skin where it gets absorbed into the blood stream.

60 million mainland Japanese consume a daily average of 13.8 mg of elemental iodine, and they are one of the healthiest nations based on overall well being and cancer statistics.

This is one woman's account on iodine: *'Iodine is my drug of choice. I use it for everything, I raise my kids and now my grandkids on iodine. My son was due to have his tonsils removed and I decided to paint his tonsils and he has never had any more problems with his throat. I took a spray bottle and poured some iodine into the bottle and sprayed his tonsils. As you may know iodine dries quickly, so he didn't really swallow any. It worked within 24 hours after spraying the throat.'*

Ring 64283007 to do a phone order or get it online at www.purplehousenaturaltherapies.com.au.

