

EnerG-Iodine©™

It has been written that the fundamental building blocks to health are water, salt, soda and iodine. Of these, iodine seems to be the least understood and most neglected. Its main function is synthesis, storage and secretion of thyroid hormone.

The thyroid gland, a part of the endocrine system, is an essential part of human health and is fueled by iodine. The thyroid influences and is also influenced by other endocrine glands, especially the pituitary, hypothalamus, adrenals, parathyroid and sex glands. This key gland is essential for the normal functioning of human cells, the nervous system, muscles, brain development, oxygen utilization, the metabolism, the immune system, etc. Thyroid imbalances, commonly known as hypothyroidism and hyperthyroidism, is estimated to affect nearly 13 million people in the U.S., a drastically conservative estimate according to energetic medicine studies. Traditional blood tests fail to take into consideration that the adrenals are able to produce small amounts of thyroid hormone. As a result, blood tests may show sufficient levels of thyroid hormone but without indication that these levels could be due to overworked adrenals and an exhausted thyroid. So by the time a blood test confirms a thyroid problem, it is indeed a real problem as the "pinch hitter" adrenals are exhausted too!

Common symptoms of an imbalanced thyroid include weight gain and loss, fatigue, muscle weakness, slow heart rate, heart enlargement, low body temperature, sensitivity to cold, dry course skin, hair loss, difficulties in concentration, impaired memory, slow speech, thick tongue, hoarseness, deafness, increased allergies, difficult breathing, high cholesterol levels, fluid retention, constipation, recurrent infections, calcium metabolism problems, depression, irritability, decreased sweating, painful menstrual cycles, bumps on the eyelids, swollen, drooping eyelids, gastrointestinal disturbances, etc.

Iodine is also the trigger mechanism for apoptosis (the natural death of cells) as well as abnormal cells; protects against abnormal growth of bacteria in the stomach; coats incoming allergenic proteins to make them non-allergenic; is an antiseptic; is necessary for fetal development (possible initial source of thyroxine and apoptotic mechanisms); is an anti-cancer and anti-autoimmune disease agent; and deactivates in the stomach biological and most chemical poisons.

Some interesting facts about iodine: autopsies of *healthy* people who died of natural causes showed trace amounts of iodine in almost all tissues and organs; in tadpoles, their system is flushed with iodine at the point they become air-breathing frogs, and similarly, it is hypothesized that in infants, their bodies are flushed with iodine as they are born; iodine's antiseptic potency and safety has never been equaled or surpassed, as dilute iodine solutions kill all single celled organisms such as bacteria, viruses, fungi, protozoa and even staphylococcus, with few side effects and no development of bacterial resistance. Iodine is the only recommended nutrient for nuclear fallout.

Detoxified, ingestible iodine in its colloidal, 99% bio-available state is unparalleled in potentially helping to support and saturate the thyroid for proper functioning. It is not the typical toxic iodine in its denser state sold as an antiseptic, or as iodine trichloride (claiming to be atomized), or as added to potassium iodide to make it safer. It is also unlike glandulars or prescriptions containing hormones that take over the thyroid's job instead of nutritionally building the thyroid to do its own job. And seaweed, seafood, greens, raw sunflower seeds, and iodized salt may not have the levels of assimilable iodine needed to support and saturate the thyroid.

Radioactive tracing of iodine shows much of it going to the thyroid first, followed by the blood (where it mixes with tyrosine or histidine and becomes the surveillance mechanism for abnormal cells), nasal cavities, gut, breasts, stomach, and cervix, then followed by the bones, extracellular fluids, and connective tissue of almost all organs.

DIRECTIONS: Take 1-3 drops *in 4 oz. of water* (as high as 5 drops for severe thyroid imbalance) 8AM, and noon on an empty stomach (30 minutes before or 1 hour after meals, medications and/or supplements). Do not take with thermogenic supplements/herbs. Suggested use of EnerG-Iodine©™ and all supplementation is Monday thru Friday, allowing the body to rest on weekends. Taking it after 4PM may leave you feeling too energized. Sea salt-soda baths are helpful as EnerG-Iodine©™ may stimulate detoxification of the body. EnerG-Iodine©™ is not a substitute for thyroid medication.

IS THERE AN IODINE DEFICIENCY CRISIS?

- The most recent National Health and Nutrition Survey (NHANES study performed every 10 years) found that United States human iodine levels declined 50% over the 30-year period of 1971 to 2000. (Source: CDC)
- Of 100 pregnant Boston women, 50% had iodine levels below the RDA of 220 ug/day levels for pregnant women, and 9% had 'severe iodine deficiency' levels below 50 ug/day. (Source: Thyroid 2004; 14 327-8)
- "Iodine deficiency is world's greatest single cause of preventable mental retardation." 129 countries soils are profoundly iodine deficient. 1/3 of the world's populations live in iodine deficient areas. Mortality rates are 50% higher in iodine deficient populations. Currently, 72% of world's population is affected by iodine deficiency. (Source: W.H.O.)
- Only 35% of prescription prenatal vitamins contain iodine. Those that do, only 15% contain just over 1/2 the RDA level for iodine.
- The government's RDA for iodine was set up to prevent Goiter only, which is considered a 'serious iodine deficiency,' and does not address the body's other 'essential' needs for adequate daily iodine intake (as has been done for other mineral RDA levels), and does not address the increased exposure of the body to goitrogens (iodine blocking agents, i.e. bromine, chlorine, fluorine (as fluoride), etc.) in the environment and food supply.

- Numerous physicians have noted that many hard to diagnose health problems in fact often have multiple symptomologies that mimic iodine/thyroid deficiency, and those physicians who do treat a person based on these symptomology profiles typically obtain positive clinical responses - based on treating an iodine/thyroid deficiency!

WHAT IS THE NEED FOR IODINE?

- Every cell in the body contains and utilizes iodine.
- The thyroid is the body's major iodine storage site.
- A woman's breasts are the second highest storage sites in the body.
- Women have a higher iodine need than men do.
- Iodine is a core 'essential' element in fetal development, and ongoing DNA driven processes throughout life.

WHAT ARE THE GENERAL CAUSES OF IODINE DEFICIENCY?

- Stigma of using salt... hypertension (less than 50% of households use iodized salt).
- Radioactive iodine in greater use in medicine... exacerbates iodine deficiency.
- Chemical exposures to goitrogens... bromine, chlorine, fluorine (as fluoride) and drugs (that contain goitrogens).
- Declining daily overall mineral uptake levels... soil erosion, monoculture-based farming, highly processed foods, etc.
- Diet... foods deficient in iodine and foods that possess goitrogen compounds (i.e. soy, cruciferous vegetables, etc.)

WHAT ARE THE MAJOR DIETARY CAUSES OF IODINE DEFICIENCY?

- Low to no ocean fish or sea vegetables intake.
- Salts: 'sea' or 'real' salts that in fact don't contain adequate amounts of iodine to maintain healthy iodine levels.
- Inadequate use of iodized salt... especially with 'Low Sodium' diets.
- Vegan and vegetarian diets... either low in iodine levels or containing high levels of goitrogen compounds.
- Drinking chlorine residue-rich water from high chlorine levels treated municipal water (chlorine is a goitrogen).
- Fluorine (as fluoride) in municipal water supplies (fluoride is a major goitrogenic agent).
- Bromine: In the late 1970's bromine was substituted for iodine in ALL bakery products due to misinformation about iodine. Bromine is TOXIC! It has no known useful benefit in the body. Bromine (like its sibling halogens, chlorine and fluorine (as fluoride)) blocks the body's ability to uptake and utilizes iodine.

WHY IS TRANSFORMATIVE MONO ELEMENTAL IODINE MATRIX BETTER THAN IODINE/IODIDE MATRIX?

- All physiology and biochemistry texts clearly state the body needs and utilizes 'iodine,' not iodine/iodide, iodides or iodates.
- A *true* transformative mono elemental iodine matrix is much less toxic than iodine/iodide matrix. In fact, mineral iodides are used to break up pure mono elemental iodine crystal clusters and then bind with the pure iodine to gentle pure mono elemental iodine's toxic effects, though the potassium iodide 'iodizing' of iodine does not completely detoxify pure mono elemental iodine. (This is the reason iodides are used in conjunction with pure mono elemental iodine crystals in their manufacture.)
- Transformative mono elemental iodine uses a proprietary process that does not use any iodides or other iodine binding mineral compounds... only pure USP grade mono elemental iodine is used in the transformative process.
- Transformative mono elemental iodine matrix does not irritate oral mucosa or upset the stomach and is immediately absorbed into the blood stream. Approximately 20% or less of the iodine in iodine/iodide matrix compound is actually utilized in the body, leaving the other non-utilizable 80% iodine to be excreted from the body, which often tricks interpreters of *iodine spillage* urine tests into thinking someone is iodine saturated, when in fact they are not.
- All exogenic-based iodine/iodides presented nutritionally/medicinally into the body first have to go to the liver where these iodine/iodide matrix' end up being broken down to their separate constituent parts, and then the liver recombines the mono elemental iodine back into its own iodide forms it can utilize – hence the intake of exogenic-based iodine/iodide matrix is an inefficient burden on the body's metabolism and buffering systems.
- Transformative mono elemental iodine is immediately taken to the liver where it is then converted into endogenic-based potassium iodide, sodium iodide, calcium iodide, magnesium iodide, etc. and then transported throughout the body to mineral specific body tissues (i.e. potassium iodide for thyroid/lymph tissues, sodium iodide for respiratory/digestive tissues, calcium iodide for bone/muscle tissues, magnesium iodide for nerve/heart tissues, etc.).
- Transformative mono elemental iodine is more 'body-friendly,' efficiently utilized, and the most non-toxic.