
Has anyone ever told you that without iodine intake we would all die faster?

Below is an article by Dr. Gabriela Segura
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Suppressed Information About Iodine That Could Radically Change Your Life

Considering the fact that most people have high levels of toxins in their bodies, our rapidly changing environment, and iodine's incredible ability to strengthen health and improve quality of life, I decided to write this review article about this dietary supplement as an introduction to the topic. The information presented here is based on preliminary research available in a relevant forum thread on the therapeutic use of iodine, as well as on the books *Iodine: Why You Need It, Why You Can't Live Without It* (5th edition) by Dr. Brownstein and *The Iodine Crisis* by Lynne Farrow.

Iodine is an essential micronutrient. This means that every cell in every person needs it. Evolutionary biologists believe that the consumption of seafood—and thus iodine intake—played an important role in the development of the human brain and human evolution. Iodine also has strong antibacterial, anticancer, antiparasitic, antifungal, and antiviral properties.

Unfortunately, iodine deficiency among the population has reached pandemic proportions in the modern world due to the replacement of iodine in our bodies by environmental toxins such as bromides, pesticides, and food additives. Modern agricultural practices have also led to iodine and mineral depletion in soil. As a result, crops grown in iodine-poor soil also contain little iodine.

Certain diets and lifestyles can predispose people to iodine deficiency. Those who consume large amounts of flour products (bread, pasta, etc.), which contain high levels of bromine, are at risk. This also includes vegetarians and people who do not consume seafood or salt.

According to Dr. Brownstein, author of *Iodine: Why You Need It, Why You Can't Live Without It*, about one-third of the world's population lives in areas with insufficient iodine. Dr. Brownstein and other iodine researchers tested thousands of people and concluded that approximately 96% of patients are iodine deficient. The World Health Organization recognizes iodine deficiency as the leading cause of preventable intellectual disability. It is considered a major public health problem in 129 countries, and up to 72% of the global population suffers from iodine-related diseases.

The following diseases are associated with iodine deficiency:

- Breast cancer
- Thyroid cancer
- Ovarian cancer
- Uterine cancer
- Prostate cancer
- Autoimmune thyroid diseases
- Hypothyroidism
- Fibrocystic breast disease
- Attention deficit hyperactivity disorder (ADHD)
- Chronic fatigue
- Fibromyalgia

Moreover, iodine has been used to treat the following conditions:

- ADHD / ADD
- Atherosclerosis
- Breast diseases
- Dupuytren's contracture
- Excess mucus production
- Fibrocystic breast disease
- Goiter
- Hemorrhoids
- Headaches and migraines
- Fibromyalgia

- Chronic fatigue
- Hypertension
- Infections
- Keloid scars
- Liver diseases
- Nephrotic syndrome
- Ovarian disease
- Salivary duct stones
- Peyronie’s disease
- Prostate disorders
- Sebaceous cysts
- Thyroid diseases
- Sexually transmitted diseases
- Syphilis
- Fibroids
- Heavy metal poisoning (mercury, lead, arsenic)
- Scarlet fever
- Bronchitis and pneumonia
- Obesity
- Depression
- Chest pain
- Eczema
- Malaria
- Urogenital diseases
- Rheumatism
- Tonsillitis
- Cough
- Stomach pain
- Brain fog
- Allergies
- Menstrual disorders
- Gum inflammation
- Psoriasis

- Cardiac arrhythmia
- High cholesterol
- Constipation
- Hair thinning
- Type 2 diabetes
- Eye diseases
- Gastroesophageal reflux disease
- Multiple sclerosis
- Gastroparesis
- Small intestinal bacterial infections
- etc., etc.

The wide range of improvements in pathological conditions from iodine supplementation clearly demonstrates the importance of this nutrient and its widespread deficiency.

According to Lynne Farrow, author of *The Iodine Crisis*, medical use of iodine began as early as 15,000 years ago. In the 19th century, iodine was a primary treatment for tumors and aggressive diseases of unknown origin. Farrow also argues that the common belief that refined iodized salt is sufficient to meet daily needs is the most dangerous misconception about iodine. According to research by Farrow and Brownstein, at best only 10% of iodine from salt is absorbed by the body. Many people now avoid refined salt due to health concerns and the belief that any salt harms cardiovascular health.

As Dr. Brownstein reports:
Optimal functioning of all glands depends on adequate iodine levels. Animal studies have shown problems with the adrenal glands, thymus, ovaries, hypothalamic-pituitary axis, and the entire endocrine system in iodine deficiency. Iodine deficiency leads to hormonal imbalance. It is impossible to have a balanced hormonal system without sufficient iodine intake.

Medical “Iodophobia”

According to Dr. Guy E. Abraham, “medical iodophobia”—an unfounded fear of using and prescribing recommended doses of non-radioactive iodine/iodide—may have caused more human suffering and death than both World Wars combined, while also hindering critical research into optimal iodine intake for physical and mental health.

Has anyone told us that thyroid function may be one of the keys to good health?

Dr. Abraham, one of the world’s leading iodine researchers, suggested that the adequate daily intake for the whole body is 13 mg/day. With sufficient iodine, the thyroid contains about 50 mg of iodine. To maintain this level, the thyroid needs about 6 mg/day. The breasts require at least 5 mg/day, leaving about 2 mg/day for other tissues. Based on Abraham’s research, other scientists believe healthy individuals need 1–3 mg/day—still far higher than official recommendations.

Many healthcare professionals fear iodine due to lack of knowledge of its biochemical and physiological properties. They were convinced iodine causes hypothyroidism, whereas in reality it normalizes thyroid function. One reason for this misconception is the rise in thyroid-stimulating hormone (TSH) during iodine therapy. TSH is a marker of thyroid function and is typically high in hypothyroidism. Dr. Brownstein explains:

TSH not only stimulates thyroid hormone production but also promotes production of the sodium-iodide symporter (NIS), the molecule that transports iodine into cells. Without sufficient NIS, iodine cannot enter cells. When iodine intake increases, the body raises TSH to stimulate NIS production so iodine can be utilized.

How long does TSH remain elevated? It may stay high for up to six months before returning to normal. Normal TSH ranges from 0.5–4.5 mIU/L. Levels of 5–30 mIU/L have been observed during this period before normalization once the thyroid becomes saturated with iodine.

Iodine does not cause hypothyroidism. On the contrary, adequate iodine is required to produce thyroid hormones T3 and T4. Deficiency leads to hypothyroidism because the body lacks raw material. Supplementation may improve or even cure hypothyroidism without synthetic drugs. However, taking thyroid hormones while iodine-deficient may worsen the deficiency by increasing metabolic demand.

Another misconception is that iodine is contraindicated in autoimmune diseases such as Graves' disease and Hashimoto's thyroiditis. In fact, iodine deficiency increases the risk of developing antibodies against thyroid hormones. Autoimmune diseases are associated with oxidative stress—chronic inflammation in the body. This "fire" can be extinguished only with appropriate "water": antioxidants, unrefined salt, nutrients, and an anti-inflammatory diet (gluten-free, non-GMO, moderate carbohydrates, and high animal fat). People with autoimmune thyroid diseases should take specific nutrients together with iodine to repair damage caused by oxidative stress and deficiency.

Comment from iod.kz company:

In Japan, the average iodine intake is 200 mg per day. We believe at least this level should be the preventive target, while therapeutic doses should start from 500 mg of iodine per day.

Our advanced nano-iodine product (based on natural Japanese seaweed), produced by the ultra-modern biotechnology company MTI Medical and distributed by our company IOD LLP, can help you achieve this.

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