



Some 11 million Americans have either a hypothyroid (low, underactive) or a hyperthyroid (overactive) condition. Thyroid hormones control and regulate digestion, heart rate, body temperature, sweat gland activity, nervous and reproductive system, general metabolism and body weight.

Just because you don't have a goiter does not mean that you have enough iodine. Deficiency has been recently associated with breast and prostate cancer. Iodine in combination with the amino acid tyrosine is manufactured into the thyroid hormone thyroxin. Iodine intake is usually insufficient, and since Americans have begun restricting their salt intake at the advice of their physicians, deficiency has become epidemic. The average person takes in 170-250 mcg/day of Iodine. Japanese ingest about 100 times more because of their consumption of seaweed. Japanese subjects were fed Chinese cabbage, turnips, buckwheat, and noodles with 2.0 mcg of Iodine, soybean or seaweed - goiter developed in all groups except the seaweed group.

In the 1960's, one slice of bread in the USA contained the full RDA of 0.15 mg iodine. The risk for breast cancer was then 1 in 20. Over the last 2 decades, iodine was replaced by bromine in the bread making process. Bromine blocks thyroid function and may interfere with the anticancer effect of iodine. Now, the risk for breast cancer is 1 in 8 and increasing 1% per year.

The RDA limits for vitamins and minerals were established after World War II. One of the last essential elements included in the RDA system was iodine, established in 1980 and confirmed in 1989. The RDA for iodine was based on the amount of iodine/iodide needed to prevent goiter, extreme stupidity and hypothyroidism. The optimal requirement of the whole human body for iodine has never been studied. Therefore, the optimal amount of this element for physical and mental well being is unknown. And it is certainly not promoted by the pharma-medical industry.

Symptoms: Fatigue, Cold intolerance, Muscle aches & pains, Heavy or more frequent periods, Low sex drive, Brittle nails, Weight gain, Hair loss, Muscle cramps, Depression, Constipation, Elevated blood cholesterol, Puffy face, Dry skin and hair, Inability to concentrate, Poor memory, and Goiter. The classic jokes about women with PMS - that's about iodine deficiency! Irrational mind, bloaty body, fibrocystic breasts and painful periods. All for a lack of some sea weed.

What you should also know is this: your thyroid will steal available iodine at the expense of your reproductive organs. That is a logical strategy - if you were to shut down your metabolism, you'd be dead within a few days! If you allow the deficiency to carry on for years, you will compromise your prostate or your ovaries and breasts.