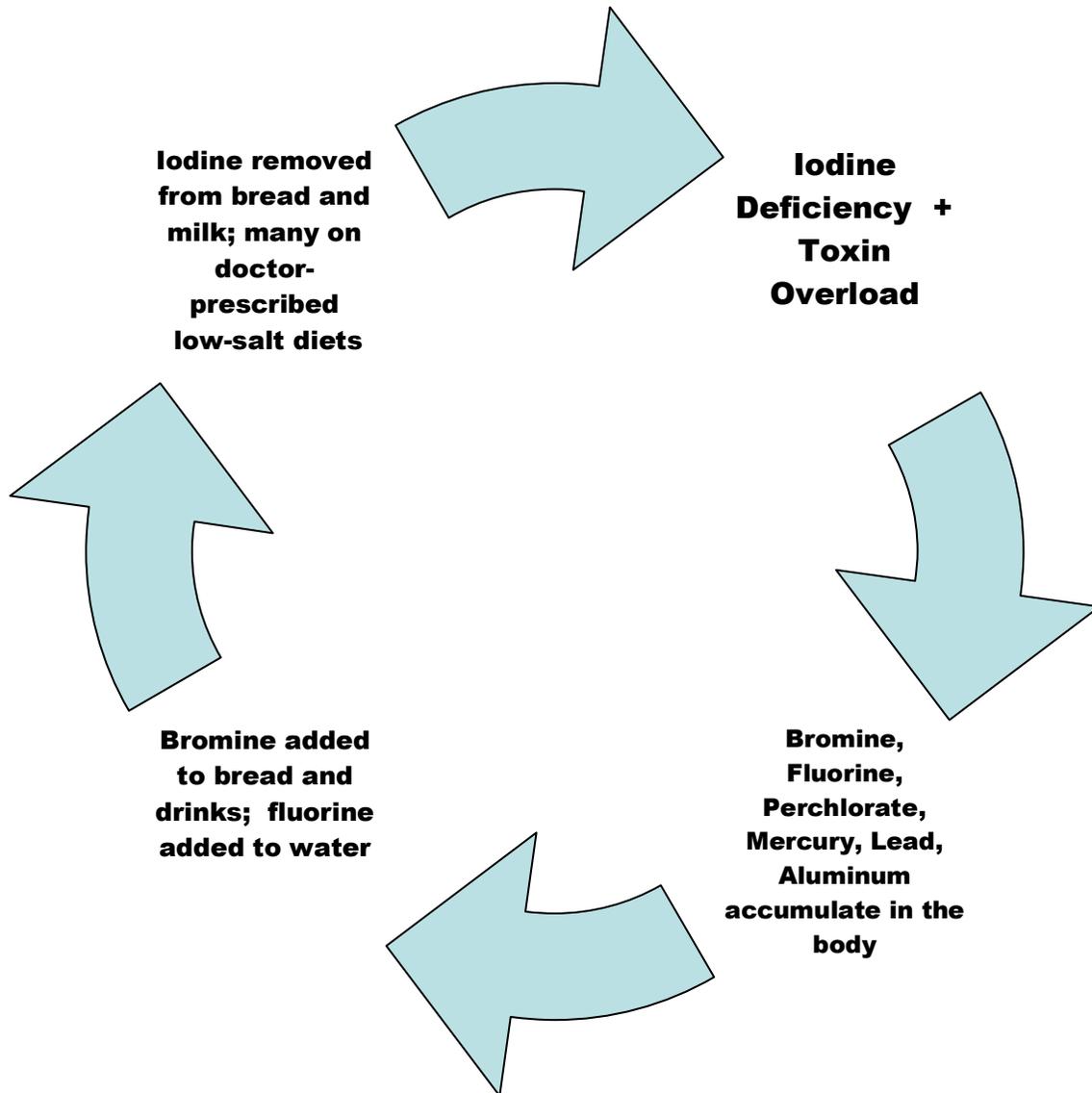


Why Our Iodine Deficiency Continues to Get Worse



Bromide builds up in the Central Nervous System and results in many problems. In the 1920's, Bromo-Seltzer was a bromide-based medicine that was used for hangovers, calming the stomach, and headaches. Large doses often resulted in acute paranoid psychosis. Today, beverages (Mountain Dew, Fresca, and citric Gatorade) contain bromide in the form of "brominated vegetable oil" which is used as an emulsifier in citrus-flavored soft drinks. The bromide functions as a CNS depressant and triggers a number of symptoms. Bromide is also found in flour and bread in place of the iodate (iodine) bread conditioners which were used prior to the 1970's. Brazil recently outlawed bromide in flour products. When iodine gets into the cells, it kicks the bromide out. Bromide then increases in the blood stream and goes to the kidneys. Chloride (salt) pushes bromide into the urine, thus getting rid of it. That's why taking salt is helpful in moving bromide out of the body.

Iodine and Heavy Metals: When taking iodine, there is GREATLY increased excretion in the urine of arsenic, mercury, lead, aluminum, and other toxic metals. Iodine is selective in that it leaves the essential metals (e.g., iron) and removes the toxic ones.

Iodine and Salt: 50% of American households are now using salt without iodine. Moreover, the AMA is going to recommend reducing salt consumption by 50% over the next 10 years. Iodine has been removed from bread and greatly reduced in milk because of pasteurization. Fewer and fewer Americans are getting sufficient iodine. 25-30% of people over 60 who become senile are hypothyroid due to low iodine, often because of low salt diets prescribed for hypertension.