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8 Wonders of Iodine

Here's a research report by Joyce Trout, a Certified Herbalist. Iodine is rich in antioxidants.

The life of the thyroid is iodine and getting the right iodine for your body. There are four types of iodine:

- Irish Moss
- Atlantic Kelp
- Icelandic Moss
- Bladderwrack

You have to know which iodine is best for your body. Schedule an [herbal consult](#) with Healed People to discuss which type of iodine source you could benefit from.

Iron helps the body to use iodine. Remember the iron molecule carries oxygen throughout the body, too. Iodine builds the central nervous system and removes scar tissue.

Iodine and Women

Breast tissue needs iodine as well as the reproductive system and the thyroid. Fibrocystic breast concerns have lots of scar tissue and iodine kills the fibroblasts that make the scar tissue. When you get enough natural iodine, fibroids don't remain the same size. You can look up info on the internet on Dr. Saint Georgie and iodine. Iodine reduces PMS because it has a calming effect on the body. Selenium helps makes the thyroid hormone.

Iodine and Hypothyroidism

Thirty percent of the iodine is in the fat tissue. Calcium deposits dissolve when you get enough iodine from seaweed such as kelp, dulse, wild lettuce, Irish moss, or bladderwrack. The kidneys will get rid of the excess.

Iodine and bad cells

Iodine takes away the immortality of the bad cells. The bad cells decrease when you get enough iodine and are on a plant-based diet. Iodine is useful for pain as well. Bad cells in the breast can use 100 mg a day of iodine. Bad cells in the uterus, stomach, and esophageal are low in iodine.

Iodine and Lungs

Someone with asthma or emphysema issues can use 400 mg four times a day. Iodine helps you perspire.

Iodine and the Brain

ADD-type children lack iodine. In the past 10 years, ADD-type issues have increased quite a bit. When the pregnant mother takes natural iodine and breastfeeds, the baby is a genius. The IQ is formed by the age of 2 years old. Studies have followed some of these children and found they are taking college courses in the 7th grade.

Iodine and the Heart

The Japanese eat seaweed three times a day. They get at least 13.8 mg of iodine a day and they have the lowest rate of heart disease and bad cells in the world. Iodine helps control heart arrhythmia. Finland had the highest rate of heart disease at one time. They put iodine in salt and grew foods with it in the soil and in five years there was a 50% reduction in heart concerns. Remember the heart also needs lots of magnesium because it is a muscle.

Iodine and Radiation

12.5 mg gives you 80% protection against radiation. Iodine helps chelate heavy metals out of the body through the kidneys. It absorbs lots of radiation, which is especially good if you have had radiation-type services, which the naturopathic community doesn't suggest— God has a better program. With 50 mg you have 99% protection against nuclear-type radiation. Dr. Saint Georgie trained Linus Pauling about Vitamin C. He researched iodine and used 60 mg a day. It is soluble so it can't build up and cause harm. The kidneys will get rid of the excess.

Iodine and Muscles

The body can hold 1,500 mg of iodine. The thyroid needs 50 mg of iodine a day.

Thirty-two percent of the iodine is in the muscles. The whole body male and female need iodine. You would have to take 6,000 mg of iodine a day to be toxic.

This report is for educational purposes only by Certified Herbalist, Joyce Trout. Do your own research on iodine.

Sources:

1. Joyce Trout, Herbalist.