

# Nascent Iodine

## ***Fundamental Thyroid Support***

Nascent iodine is formed when the iodine molecule is broken down to produce charged atoms of this essential element. The liberated paramagnetic atoms are able to hold an electromagnetic charge. Nascent Iodine is a high-energy nutrient most people feel in the first days of use. Nascent (atomic) iodine is used more efficiently than molecular iodine, which has to be broken down to its constituent atoms before it can be absorbed. Nascent Iodine's atomic, body-ready state, allows effortless absorption and assimilation.

Iodine is not just an emergency nutrient for thyroid protection against radiation, it is an essential mineral needed in small amounts on a daily basis by everybody. Iodine is required for thyroxin production and concentrated in the thyroid gland. Hypothyroidism symptoms include fatigue, goiter, Graves' Disease, Hashimoto's disease, mental impairment, depression, weight gain, hair loss, abnormal blood pressure, low basal body temperature and impaired immune response.



The body's ability to resist infection and disease is compromised by long-term deficiency in essential vitamins and minerals. Dysfunctional immune response is correlated with impaired thyroid function and general imbalance of the endocrine system. In a study called the Iodine Project (1997 through 2005), Dr. Guy Abraham, Dr. David Brownstein and Dr. Jorge Flechas followed 4,000 patients and administered 12.5 to 100 milligrams daily, with 100 milligrams administered to diabetics primarily, because low thyroid function is also associated with Type 2 diabetes. They had positive results with only three adverse reactions out of 4,000 people (possibly allergic reactions to the binding agents, excipients, fillers, preservatives and/or synthetics commonly found in tablets, capsules and even liquids as opposed to the bioavailable form of iodine itself). Nascent Iodine does not contain any contaminants. This research group theorized that because in Japan the average intake was 13.8 milligrams, and Japan had significantly less breast and prostate cancer and better health and longevity than in the US, that higher doses of iodine could be safely used. In this 7-year study, they observed reversed fibrocystic breast disease, decreased insulin requirements in diabetics, significantly less need for medication for hypothyroidism, resolution for fibromyalgia and resolution of migraine headaches. Iodine levels in US soil have fallen by more than 50% over the past 50 years.

Iodine has many non-endocrine biologic effects, including the role it plays in the physiology of the inflammatory response. Iodides facilitate the movement of granulocytes into areas of inflammation and assist the phagocytosis of bacteria by granulocytes to kill bacteria. Iodine is key in the management and clearing of parasites. Worldwide research shows that iodine deficiency is a major cause of breast cancer, ovarian, uterine and prostate cysts and cancers and weakening of the heart muscle (angina). Iodine deficiency during pregnancy can lead to miscarriages and mental retardation. Iodine is concentrated into breast milk for the benefit of the developing infant, if the mother is well nourished in this essential mineral. Iodine helps the body to detoxify mercury, fluorides, chlorides, and bromides. Nutrients that assist kidney's ability to detoxify fluorides, bromides, etc: water, vitamin C, B complex and magnesium. Bromides are found in baked flour products, inhalers and other pharmaceutical drugs. Stay out of hot tubs and pools with chlorine and avoid juice products made with tap water which obviously contains fluoride.