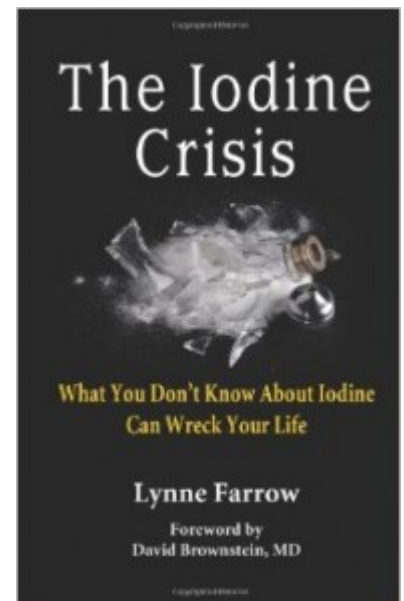


# A Must Read - The Iodine Crisis

We need to be AWARE – we have a severe nutrient deficiency in the U.S. (and many other places on the planet). The book, *The Iodine Crisis*, by investigative reporter and whistleblower, Lynne Farrow, should be read by **everyone** who is concerned about their health. I was moved so greatly by the content; I knew the importance of sharing information from the book with the masses. In the interest of time, both my own and for you the reader, I will provide highlights here.



Farrow begins the introduction with “Iodine deficiency wrecked my life”. How I wish we could quantify the number of people to which this statement applies. I strongly suspect the same applies to myself, but we’ll never know.

The author’s search for the truth went into overdrive when she was diagnosed with breast cancer. She was able to find objective research from over 50 years ago connecting breast cancer and iodine deficiency and was shocked that this issue was not mentioned in any sources available to current breast cancer patients.

As she dug more into this crucial mineral, she discovered a “text book-accepted theory about the dangers of iodine” dating back to 1961. Except it was NOT true. At all. Fortunately, Dr. Guy Abraham, together with his research partners Dr. Jorge Flechas and Dr. David Brownstein have brought the truth to light. More on that in a bit.

What happened to our use of iodine? Here I will take the lazy

blogger's way of conveying information and share with you some highlights from a few of the chapters.

Chapter 4: *Bromine-A Cause for Iodine Deficiency* "We've become iodine deficient since the 1970s because the anti-iodine bromine has purged iodine from our bodies." "Iodine is the biochemical 'antidote' for toxic bromine but it takes time."

Chapter 5: *Why Does Your Body Need Iodine?* Iodine is essential in small amounts for **every single cell** in the body.

Medical records from 1906, showed iodine was used as The Universal Medicine for things like atherosclerosis, uterine fibroids (seriously, after what I went through??), swollen glands, prostatic hypertrophy, depression, eczema, ovarian cysts, "rheumatism" and breast pain. Farrow includes a list of conditions she has seen helped by iodine including those just listed and dozens more including fertility problems, blood pressure, fibromyalgia, hearing loss, constipation, eye problems, weight gain and brain fog. The way I see it, if you have any of these issues and you either aren't taking iodine or haven't had it tested, you're missing out.

The myth that iodized salt has enough of this essential mineral to keep us healthy is DANGEROUS. First of all, half of the original iodide is lost from the time the salt leaves the factory until it gets to the grocery store. More of the iodine escapes into the air after you open it at home. Only 10% of the iodine is absorbable, that is as long as you don't cook with it because cooking destroys it. And the form added to salt is not the form women need for healthy breasts. Sheesh.

If you think you can get enough iodine from fish, be prepared. You'll need to eat about 4 pounds of fish from the ocean. Every day. Hungry?

Chapter 6: *Why Consider Supplementing Iodine?* Farrow emphasizes iodine's "profound power to detox, normalize and

nourish the cells so they can work optimally...Iodine is more of a missing link that helps the body regulate and adapt.”

In this chapter and Chapter 8 she discusses the particulars of why and how to take iodine. I’ll let you get the book instead of regurgitating it here. The most important point is to understand that the amounts recommended by the USDA are miniscule compared to what the body really needs (150 micrograms vs. 12.5 to 50 milligrams – {1000 micrograms = 1 milligram, by the way}).

I know so many women with Hashimoto’s disease so I believe this comment is worthy of mention here: “iodine deficiency is often the most direct cause of Hashimoto’s combined with selenium deficiency.”

Chapter 7 – *What Do Doctors Think About Iodine?* Most doctors in this country have been taught to be Iodophobic – to fear iodine because it could damage the thyroid. Two major reasons are 1.) The fact that iodine is cheap and can’t be patented, so no drug reps are “educating” doctors about it, and 2.) The Wolff-Chaikoff conclusion discussed in detail in Chapter 17 (keep reading please).

Farrow notes that “iodine literacy is spreading fast”, through the American College for the Advancement of Medicine, The Anti-Aging Conferences, The Iodine Conference and the Weston A Price Foundation conferences, where Dr. David Brownstein often speaks (very informatively I might add).

Moving forward to Chapter 11, Farrow discusses the growth of online discussion groups about iodine that have helped countless people regain their health. Included in these are [www.facebook.com/groups/IodineWorkshop](http://www.facebook.com/groups/IodineWorkshop), <http://curezone.org/forums>, and <http://health.groups.yahoo.com/group/breastcancerthinktank>.

Check them out. Please.

In Chapters 12 and 17, Farrow shares with the reader the REAL

dangers of bromine. Not only is this dangerous halogen that blocks out iodine used as a fire retardant in cars, mattresses, electronics, pesticides and children's toys and pajamas, but it is also used in flour, and vegetable oils (which are in Mountain Dew...ugh!).

In the early 1970's, not only was iodine removed from bread and baked goods, but the anti-iodine potassium bromate was added. Insult to injury.

The fact that bromide has been banned in many countries, but not the United States, is reason to be concerned about policies related to health here at home.

Chapters 13 – 16 talk about the history of healing and the use of iodine. We learn that the old Merck Manual had iodine as the most used tumor remedy in the 1800s. How many cancer patients have been told this? We learn that the Civil War soldiers carried iodine canteens in addition to water canteens because iodine was used to purify water and treat infections. Other fascinating uses and a historical timeline dating back to 15,000 BC are shared.

After the second World War came the invention of penicillin and sulfa drugs which began to replace iodine for infections. Then, in 1948, and again in 1961, Drs. Chaikoff and Wolff published papers persuading physicians that iodine was dangerous. These erroneous reports, unsupported by legitimate science influenced medical educations for at least three generations until in 2005, Guy Abraham, MD., wrote the article *The Wolff-Chaikoff Effect: Crying Wolff* noting the mistakes in the studies from decades earlier. In bold, Farrow writes **“The so-called fundamental law of physiology-that iodine can shut down the thyroid gland – has been challenged, overthrown and even reversed”** and “If iodine could be stolen from needy patients for decades by two unverified scientific papers, we must blame a medical system that allows unverified studies to determine patient care.” Thoughts? I hope so. We have got to

question! Think! And question some more!

This reversal of the Wolff-Chaikoff myth has created a revolution. **“Iodine has been redefined from a poison to a vital nutrient with life-changing benefits.”** Is your health care provider aware of this yet? Ask.

Farrow rightfully asks “How many women and men have suffered, yes, even died, because Wolff-Chaikoff’s conclusions that became the law of medicine?” Hmm.

Near the end of the book is a chapter entitled *The Perfect Storm Theory of Breast Cancer* which begins with a quote from Dr. Flechas “The absence of iodine in the human body is a promoter of cancer”. Once again, I’ll leave it at that and strongly encourage you to get the book for the fascinating details.

Finally, the Appendixes and Resources are enlightening and oh, so helpful.

Get the book. Read it. I bet you’ll be glad you did.

When I purchase iodine off the Internet, I use Detoxidine, from Global Healing Center.



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## Why are we fat?

*This post is dedicated to that amazing group from Unity of Muskegon who meet for Let's Talk Wellness and are making positive changes toward better health every day. I am SO proud of you all!*

Last year as I ended our second year of monthly meetings at Unity on wellness, I asked what people wanted to discuss in the 2014. The topic of interest most requested was the title of this article. Yes, we already understand that being as active as possible reduces our fat reserves, so I didn't focus on exercise. Everyone knows...get up and move! But if we don't address the misinformation out there, we don't stand a chance at weight loss and management.

Since I do not teach about short term fixes at the expense of the body's health, we must address lifestyle changes, dispelling the myths we've been told the last 3 decades, to build vital cells, tissues and bodies. The focus must be on sharing the [truth](#) about the need for healthy fats and nutrient dense foods and how the low-fat/high whole grain/"sugarfree" additive recommendations have led us to the obesity fiasco we are in now.

Below is my evidence based summary of why we are larger (and much less healthy) than we should be:

- Eating [BAD fats](#) (polyunsaturated, liquid vegetable oils,

margarine, oils from [GMO crops](#) {soy, cottonseed, canola, corn}, fatty meat/poultry from conventionally raised animals {complete with antibiotics, growth hormones, GMO fed, pesticide residue, no to very little sunlight}).



*My family's favorite fat*

- Not eating enough [good fats](#) (coconut, extra virgin olive oil, grass-fed meat and poultry, wild caught fish, avocado, cod liver oil). Low-fat foods lead to obesity because we substitute with...
- Sugar and empty carb consumption (anything made with a fine powder like flour, like baked goods, candy, chips, pastas). These carbs are digested quickly and stimulate the [hormone insulin](#), which, among other things stores fat in fat cells. [High fructose corn syrup](#). [Diet sodas](#).
- Eating processed and [non-organic foods](#) (and using [chemicals on our bodies](#), in our homes and on our yards). These foods often have [pesticide residues](#) which keep our body from taking in the minerals we need to make our metabolism work correctly. Our bodies need nutrients to function and be the "right" weight for our structure. These empty foods lead to...
- Overeating – which we do WHEN WE ARE NOT EATING NUTRIENT DENSE FOODS! Our body keeps saying, "where are the nutrients?" and then "eat more and you might find some." We can also get into the habit of over eating because of emotional issues, but again, it is often, if not always, nutrient deprived foods. We seldom eat too much when the food is REAL and nutrient rich.

- An unhealthy [microbiome](#). Our balance of good micro-organisms in our body plays a significant role in our health and weight.
- When we have an underactive thyroid, we have a very difficult time trying to shed pounds. Be aware that water with chlorine and [fluoride](#) is thyroid disruptive. Drinking the cleanest water possible is a must. Also, good quality [coconut oil](#) supports the thyroid and is energy boosting.

What to do? The same thing I teach for other physical/emotional issues...

- Eat good fats at every meal
- Eat protein from clean (organic, grass fed, preferably local) sources at every meal – we need protein to make the happy chemicals in our brain
- Eat plenty of colorful, local (for more vitamin content), organic (for more mineral content) vegetables WITH LOTSA BUTTER (or ghee)!
- Take good quality coconut oil – even at every meal.
- Take a high quality probiotic and/or fermented foods and drink.
- Eat organic fruits as desserts (“cave people” ate them in the fall to fatten up for the winter)
- If you feel the need for baked goods, make them out of nut flour (organic preferably).
- Don’t starve yourself. This will mess up your hormones. EAT! Just eat the real foods described above.

Until next time...wishing you **real food** for **real health** so you can be **real happy**.

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# My hometown is waking up...to the microbiome

*This post is dedicated to the new fermenters along the lakeshore of beautiful West Michigan. Great job to the students from my [White Lake Area Community Education](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#) held at [Unity of Muskegon](#) and health conscious shoppers at [Sweetwater Local Organic Foods Market](#).*



What is the [microbiome](#)? Very simply, it refers to the fact that 99% of the DNA in our bodies is not our own; it belongs to micro-organisms. And if you're eating nutrient dense foods, little to no sugar and fermented foods everyday, you'll have "good" microbes that will treat you, their host, to health and wellness. Fast foods, lots of sugar and processed carbs feed pathogenic "bad" microbes and WILL lead to illness as well as extra pounds.

A little history...In the 1990's, [the Human Genome Project](#), the biggest project ever undertaken in biology, focused on decoding human genetic information ([Holt, 2008](#)). There was hope to find the genetic cause and cure for every disease that affects humanity. What was discovered by 2003 was that every animal species shares the majority of genes, but that the expression of the genes can come in a multitude of ways depending on something called the epigenome. The epigenome is influenced by what we are exposed to in our lifestyle. While the genome can be likened to the hardware in a computer, the

[epigenome](#) is similar to the software, which tells the hardware what to do. But there turned out to be another missing link.

Ultimately, by 2008, the Human [Microbiome](#) Project began where we realized that part of the reason a stalk of corn has more genes (32,000) than a human (25-30,000) is the fact that we are hosts to an estimated 100 trillion bacteria. These bacteria work in concert with our genes to run our bodies.

NPR has an animated yet thorough introduction to this new knowledge. It is about 5 minutes long and I strongly encourage you watch it:

This research is in its very early stages. Yet if we look at the research of civilizations that did not live like we do, [traditional peoples](#) (like those found by [Dr. Weston A Price](#)), we see EVERY one of these healthy groups ate fermented foods. And they ate no processed foods whatsoever. When we learn to ferment and return to traditional eating, we, too, can experience the radiant health that is our birthright.

Today, our microbiomes are compromised all sorts of ways. Besides the losses during infancy addressed in the video above, our balance of good to “pathogenic” bacteria shifts with antibiotic use, toxins in our air, water and food, long term use of prescriptions and birth control pills as well as radiation. Without these beneficial “little critters” as I like to call them, we can’t digest and absorb nutrients to build healthy cells and this leads to nutritional deficiencies.

When we have an abundance of bad bacteria from eating processed food and drinking sodas, the “food” we eat gets broken down into toxic compounds which get absorbed into the bloodstream. From there they go to wherever we have a vulnerable area like our joints (i.e. arthritis), brain (i.e. fog, ADHD), skin (i.e. eczema, rash, acne) and our vital organs like our heart. These same bad little guys can damage

the lining of our intestine and cause it to become inflamed and permeable (leaky gut), which leads to food intolerances and allergies. When this happens, we no longer are getting nutrients to build us up but instead get toxins that make us sick. And because 85% of our immune system is in our gut microbiome, if we don't have good gut flora, our immune system goes haywire. No wonder so many people are unwell and overweight.

When people return to traditional ways, including fermenting, eating organic produce, consuming grass fed and wild animals and cutting out processed "foods", their microbiomes can heal and do the work necessary to help return to wellness. For many, supplementing with probiotics is a sensible choice while they transition to more traditional ways. If this is something you choose to do, please make sure the product you use has integrity.



Lexi Larabee  
Photography

Wishing you *real* food for *real* health so you can be *real* happy.

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[What's with the Coconut Oil](#)

## #2 - Let's Get Practical

Usually the first comment clients make when I encourage lots of good fats, like coconut oil, is “What about low-fat?” Take a look at [my April blog](#) and the [Weston A Price Foundation](#). As time goes by, we are seeing more and more truth hitting the mainstream about the low-fat myth. Gary Taubes was right on the money with his article [What if it's All Been a Big Fat Lie?](#)



Ask yourself, if you still believe the low-fat jargon, what are you going to eat instead? Carbs. Carbohydrates that signal the release of insulin **to store body fat**. I haven't met a client yet who wants that. And those carbs are usually processed foods (breads, “health food” bars, pasta) which make our blood sugar go up quickly then crash. Ample amounts of good fats, like coconut oil, at every meal keep the blood sugar level.

Coconut oil at room temperature, which is how it should be stored, is a solid. This shows that it is [saturated \(and good for you\)](#) and stable. Being saturated makes it a good cooking oil as it won't turn toxic when heated.

**What to buy...**Make sure you get organic, virgin coconut oil. In their book *Eat Fat, Lose Fat* Dr. Mary Enig and Sally Fallon highly recommend [tropicaltraditions.com](#) as it is made through a traditional process and supports artisan coconut oil producers. Most health food stores as well as Whole Foods and Trader Joe's stock virgin coconut oil extracted using safe, non-toxic methods.

OK, so you've got your coconut oil...now what? **Switch it out for**

**any toxic liquid oils** you have in your cupboard (vegetable, canola, corn) or margarine in the frig (if you're not allergic to milk...keep eating butter. It provides a whole other bunch of nutrients.)

If you're trying to lose weight, you're in luck. Consuming **coconut oil before your meals can help escalate weight loss**. When you consume it about 20 minutes before meal time, you won't feel near as hungry – which will curb your appetite. It's 100% natural and something your body recognizes (unlike diet pills and powders). Start with a teaspoon in warm water once a day first thing in the morning. Don't like the taste? Have it in green tea, or herbal tea, or your coffee if you drink that. You'll get used to it.

After a couple days, double the amount you're consuming, after a couple more, double it again. Below are Fallon and Enig's recommendations for daily consumption according to weight:

90-130 # – 1 Tbl per meal up to 3 Tbl day

131-180# – 1.5 Tbls per meal up to 4.5 Tbl a day

and over 180# – 2 Tbls per meal up to 6 Tbl a day

**How else can you get this wondrous oil in your body...**

- \* Use as a body moisturizer
- \* Use a small amount for dry scalp and hair
- \* Use on toast (preferably true sourdough as it is prepared traditionally)
- \* Super drink – add to warm bone broth with a dash of tasty mineral rich sea salt
- \* Add a tablespoon or 2 to your casseroles or mashed potatoes
- \* Mix with your butter or use alone on morning warm cereals
- \* Have a quart jar in your cupboard with Mary's (Enig) Blend in it for cooking: 1 cup each coconut oil, olive oil and sesame oil. This is especially delicious for salad dressings

And please be aware, not only is the oil of the coconut incredible for you, but the meat and the milk are good for you, too. Make sure to get high quality organic safely made

products.

**Then you can try:**

- \* Sprinkling coconut on top of just about anything – salads, casseroles, oatmeal (which is best for the body if soaked).
- \* Adding coconut milk to smoothies, soups, porridge, and sauces

This should give you ample ideas for integrating coconut products into your life.

Do pay attention to your body's response. After years, even decades of eating unhealthy fats, it may take your body some time to adjust to the molecules of this healthy fat. Start out small, like with cooking. If you don't feel well after eating coconut oil, perhaps it's not for you. I personally have not met anyone yet with such a sensitivity, but I believe it can exist.

As always, wishing you **REAL** food for **REAL** health so you can be **REAL** happy.

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