

Iodine: The Most Misunderstood Nutrient and Its Relationship to Cancer

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Iodine is an essential element for the human body; we cannot live without it. Every cell in the body requires adequate iodine levels for proper functioning. Sadly, most of us are deficient in iodine.

Over the last 12 years, at my office, I (along with my partners) have tested over 6,000 patients for their iodine status. The results are consistent: over 96% have tested low for iodine and the majority of tested significantly low for iodine.

In the U.S., we are not a healthy population. One in seven women has breast cancer and one in three men have prostate cancer. Tens of millions of Americans are suffering from thyroid disorders including hypothyroidism, autoimmune thyroid disorders such as Grave's and Hashimoto's disease as well as thyroid cancer.

Over the last 40 years, we have experienced epidemic increases in thyroid illnesses, cancer of the breast, ovaries, uterus, thyroid, and prostate. During this same time, we have spent more and more health care dollars on ineffective treatments that do not treat the underlying cause of the problem.

My research has shown that iodine deficiency may be the underlying cause of many of our most common health problems. Over the last 40 years, iodine levels have fallen over 50% and we have seen epidemic increases in thyroid problems and cancer of the glandular tissue (e.g., breast, prostate, thyroid).

My experience has shown those with the lowest iodine levels are more prone to serious illnesses like cancer. Furthermore, I have found it difficult to overcome these illnesses if iodine deficiency is not identified and rectified.

This lecture will provide you with the information you need in order to have your iodine levels checked. Furthermore, you will learn which form of iodine is the most effective to supplement with. After 20 years of practicing holistic medicine, I can state, without any doubt, the single most effective nutrient for promoting overall health is iodine.

This lecture will show you how iodine can help prevent and treat:

- Adrenal problems
- Autoimmune thyroid disorders
- Cancer of the breast, ovary, uterus, and thyroid
 - Chronic Fatigue Syndrome
 - Fibromyalgia
 - Hypothyroidism

Dr. Brownstein has authored:

Iodine: Why You Need It, Why You Can't Live Without It, 5th Edition
Overcoming Thyroid Disorders, 3rd Edition
Overcoming Arthritis
The Miracle of Natural Hormones, 3rd Edition
Salt: Your Way To Health
Drugs That Don't Work and Natural Therapies That Do, 2nd Edition

Vitamin B12 for Health
The Guide to Healthy Eating, 2nd Edition
The Guide to a Gluten-Free Diet, 2nd Edition
The Guide to a Dairy-Free Diet
The Soy Deception

To order Dr. Brownstein's books, go to: www.drbrownstein.com or call 1.888.647.5616