

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

IODINE DEFICIENCY

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Monday-Saturday

10 am-6 pm

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Worldwide, we are experiencing epidemic proportions of iodine deficiency, in part due to deforestation, soil erosion, and poor farming practices that deplete minerals from the soil and yield iodine-deficient crops. Exposure to toxic chemicals hinders the uptake of iodine in the body as the toxins compete for iodine receptor sites and inhibit the body's ability to absorb this valuable mineral. These toxins include a group of elements known as *halides* which consist of bromide, fluoride, chloride and iodide, the latter being the only one with therapeutic effects in the body. In the 1980s, bromine replaced iodine as a bread dough ingredient. Bromine is a known breast carcinogen. This singular change by the food industry resulted in an epidemic of bromide toxicity and increases in thyroid disorders, thyroid cancer and other illnesses resulting from iodine deficiency. Bromine is also used in crop fumigation, pest control, in some carbonated drinks and several prescription medications. Exposure to chlorine (the oxidized form of chloride), as well as fluoride found in toothpaste, the water supply and many pharmaceutical drugs, further compound the deficiency dilemma as these toxins compete with iodine for absorption by bodily tissues. Sufficient iodine saturation in bodily tissues prevents the binding of *halides* and allows for their elimination from the body. Adequate iodine levels are crucial for all aspects of health and well-being. Principally known for its job in proper metabolism and thyroid function, iodine is also necessary for a healthy immune system and has many therapeutic benefits including antibacterial, antiparasitic, antiviral and anticancer properties. The thyroid is the body's main storage site for iodine. The mineral is also concentrated in the glandular system, including the body's sweat glands. The ovaries, breasts, prostate and the brain contain high concentrations of iodine, and virtually every cell in the body is dependant on this important element. When a deficiency exists, the thyroid competes with other storage sites and all become depleted. A deficit puts a person at risk for a variety of conditions and illnesses, including cancer. Iodine is also essential for children's growth and development, and a deficiency in pregnant women is the primary cause of preventable mental retardation and brain damage. The thyroid requires iodine to produce its hormones and to regulate the body's metabolism. Hypothyroidism is indicated by a low metabolic rate. Some of the many symptoms that indicate a hypothyroid state include: brittle nails, cold hands and feet, dry skin, elevated cholesterol, fatigue, inability to concentrate, infertility, menstrual irregularities, muscle cramps and weakness, poor memory, puffy eyes, and weight gain. Proper iodine supplementation often results in curing or improving the hypothyroid condition.

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IODINE SOURCES

The body does not produce iodine and it is often difficult to get adequate levels from food; however, the ocean is an abundant source. Sea vegetables (sea weed) are a concentrated source of iodine, and although fish contain this mineral, most also have high levels of mercury. Soil around oceans typically has sufficient iodine levels while inland and mountainous areas contain little or none. Sea vegetables, animals that graze near coastal areas, organic crops grown in iodine-rich soil, animal products that have had iodine added to feed, iodized salt, and supplements are among the best known sources of iodine. Fish broth, butter, pineapple, artichokes, asparagus and dark green vegetables are some other food sources. Certain vegetables, such as cabbage and spinach, can block iodine absorption when eaten raw or unfermented. A toxic body is unable to absorb and utilize enough iodine from diet alone, and a deficiency usually requires supplementation. When the deficit is resolved, the body will gradually displace the toxic halides from tissues throughout the body, especially the thyroid and other major storage sites. Iodine's detoxifying effect also strengthens the immune system and helps balance hormones. Adequate supplementation treats many conditions, including ADD, breast, ovarian and prostate diseases (including cancer), thyroid disorders, vaginal infections, infertility, sebaceous cysts, migraine headaches, constipation, depression and many others. Obtaining the proper iodine dosage is critical. It is useful to consider that the mainland Japanese ingest nearly 14 mg of iodine daily (mostly from seaweed) - almost 100 times more than the U.S. RDA. These are large amounts by U.S. standards, yet the Japanese have extremely low rates of fibrocystic breast disease, as well as breast, endometrial, ovarian and prostate cancers. Iodine supplementation not only addresses many serious health challenges, it is also useful in health maintenance and disease prevention. Since iodine is one the body's most essential minerals, testing for its levels should not be overlooked by anyone trying to achieve or maintain optimum health. Working with a health care practitioner is necessary to determine the proper iodine dosages, as well as what companion nutrients may be required for optimum absorption and binding of the supplement. Proper iodine utilization requires sufficient levels of vitamin A, supplied by animal fats. Consumption of high amounts of inorganic iodine (as in iodized salt or iodine-fortified bread) can cause thyroid problems similar to those of iodine deficiency.

JUNE SPECIALS

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| Luna & Larry's—Org. Cappuccino Coconut Ice Cream | 25% OFF |
| Mt. Vikos—Feta Cheese Portions or Crumbles | 25% OFF |
| Blue Diamond—Multiseed Artisan Nut Thins, 4.25 oz. | 25% OFF |
| Bragg—Apple Cider Vinegar Drink, variety | 25% OFF |
| Bragg—Organic Healthy Vinaigrette, 12 oz. | 25% OFF |
| Ginger People—Organic Crystallized Ginger, 4 oz. | 25% OFF |
| Good Health—Olive Oil Potato Chips, 5 oz. | 25% OFF |
| Natural Sea—Chunk Tuna, 5 oz. | 25% OFF |
| Naked Infusions—Organic Salsa, variety | 25% OFF |
| San Pellegrino—Sparkling Beverages, 6-pack, variety | 25% OFF |
| Steaz—Assorted Organic Green Tea Drinks, 16 oz. | 25% OFF |
| Woodstock—Organic Peanut Butter, variety | 25% OFF |
| Woodstock—Almond Butter, 16 oz. | 25% OFF |
| Rising Moon Organics—Ravioli, 8 oz. variety (frozen) | 30% OFF |
| Earthfriendly—Liquid Dishmate, variety | 25% OFF |
| AND MANY MORE ITEMS! | |

AVOCADO-PINEAPPLE MOOD LIFTER

The avocado in this soothing, fruit blend is rich in mono-saturated fats, which increase mood-boosting serotonin in the brain. Avocado is also rich in folate as well as fiber (1 cup packs nearly 10 grams) and pineapple delivers brain-friendly vitamin C.



1 small avocado, pitted and skinned
 1 1/2 cups pineapple chunks
 1 1/2 cups unsweetened coconut milk
 1 TBSP. honey (optional)
 2 tsp. finely minced fresh basil
 Place all ingredients in blender, and blend 30 seconds or until smooth.

Enjoy!

Organic Roots  **Bistro**

JUNE HOURS:

TUESDAY & WEDNESDAY 11 AM—3 PM
 THURSDAY, FRIDAY & SATURDAY 11 AM—9 PM
 Join us for a **FATHER'S DAY BRUNCH BUFFET**
 on Sunday, June 15th from 10 AM—2 PM.
Reservations are recommended!