

IODINE

THE PERFECT PANACEA

Iodine is an essential nutrient for good health, a simple remedy for a range of physical and mental ailments and an effective detoxifier and antiseptic, yet it has been demonised for decades by Big Medicine and Big Pharma.

by Elaine Hollingsworth ©
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Extracted and edited from the
“Starting Point” section of her book
*Take Control of Your Health and
Escape the Sickness Industry*

Website:
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A monumental crime was committed in 1980. The result of this crime dwarfs the war crimes of Adolf Hitler, Joseph Stalin and George Bush. And that’s going some! The consequences of this crime were not immediately apparent. Bombs didn’t fall. Cities were not laid waste. Dictators did not mobilise goose-stepping thugs to enforce their crime. It wasn’t necessary. The people, lulled by Big Pharma, governments and a corrupt medical system, let it happen.

Consider the magnitude of one decision being responsible for undermining and even destroying the health of nations. “They” were able to get away with it because populations did not sicken and die immediately: the effects of this crime were, and still are, cumulative and steady. The only people to escape have been those in societies so primitive that they grow and prepare their own food.

You are a victim. No matter how well informed you are, or how carefully you choose your food and beverages, escape is nearly impossible. Does this seem far-fetched? It isn’t. Be patient, and you will understand how this happened and what you can do to protect yourself, your loved ones and your friends, if they will listen. Most won’t.

Yes, there are things you can do to minimise the damage. You will not, unfortunately, be able to mitigate the results, which are millions, probably billions, of physically and mentally impaired victims of this crime. These victims are bringing medical systems down and committing senseless crimes that were unthinkable 30 years ago.

Only old codger realise how dramatically our world has changed. Ask any old codger and he will tell you that in his day people were strong, illness was rare and almost everyone was sane.

Bromine Is The Culprit (And It Is Everywhere!)

It’s an antibacterial agent similar to chlorine; it’s a fumigant for agriculture and termites; it’s a virulent pesticide that kills insects on contact. When it’s injected into soil, everything dies—and you probably had it for breakfast.

According to *Webster’s Dictionary*, bromine is a chemical element usually in the form of a reddish-brown corrosive liquid that volatilises to form a vapour with an unpleasant odour that is very irritating to mucous membranes.

Bromine became a household name in the 1920s as a hugely popular hangover cure called Bromo-Seltzer. It worked so well that it was in every medicine cabinet, a trusted remedy for just about everything that ailed you.

The bad news about Bromo-Seltzer took half a century to become common knowledge because, as is customary, Big Pharma managed to keep the truth swept under the carpet. Those in the know, however, were aware that too much of this hangover cure led to what became known as “bromomania”. Don’t believe me? Check the *New England Journal of Medicine* and you will learn that between 1920 and 1960, alarming numbers of Bromo-Seltzer victims

landed in psychiatric hospitals with acute paranoid psychoses, secondary to ingesting the bromine in Bromo-Seltzer or another bromine tonic known as Miles Nervine.

Bromine, bromide, bromate, brominated, brominated vegetable oil (BVO)—whatever they call it, shun it! (For the sake of simplicity, I refer to it as "bromine".)

Bromine was eventually removed from these tonics, but not due to government diligence. On the contrary, all it takes is a bit more digging to find that the US government dosed personnel during the Gulf War with pyridostigmine bromide. It was given to unsuspecting soldiers to prevent death in the event of exposure to chemical warfare. As it happened, the chemical warfare didn't eventuate—but Gulf War syndrome did, and it should come as no surprise to those familiar with government to know that a cover-up was put into place. Consequently, we can't locate statistics on the number of service men and women who were sent home as incurably ill, hopeless psychotics. (See chapter four, "Excitotoxins—Deadly Chemicals Your Government is Happy for You to Eat and Drink", to learn about other related chemicals that contributed to Gulf War syndrome.)

This deadly "side effect" of bromine was as apparent then to governments and scientists as it is now. Yet bromine use is still so widespread that it is nearly impossible to avoid.

Bromine is even in some children's asthma inhalers! Has your doctor prescribed one of these inhalers for your child? If so, I suggest you ask why he/she has put your child at risk of "bromine intoxication", which can cause schizophrenia, delirium, hallucination and psychomotor retardation. Prescribing a dangerous drug, when a simple change of diet easily banishes asthma symptoms, looks like malpractice to me. If you agree, I strongly suggest a change of doctor—if you can locate one who isn't under the thumb of the poison-pushers.

Of course, if you are also being exposed to bromine in your food or in some trusted medication that you have been taking for years, you will probably be suffering from depression and "brain fog" and an inability to concentrate sufficiently to change doctors. You may feel so dull and apathetic that you won't have the judgement, wit or gumption to recognise what your doctor, in league with Big Pharma and governments, is doing to your child and to most people in "civilised" countries.

Soft Drinks (There's Nothing "Soft" About Them!)

It was Jorge Flechas, MD, acknowledged world expert on this subject, who first alerted me to the deadliest

aspects of these ubiquitous, addictive drinks that our young people are hyped up on. And, no, it isn't just the huge amount of sugar, aspartame and other dangerous chemicals they contain. That news is old hat. It's the bromine, and I'll bet you didn't know that many soft drinks are loaded with it. I didn't. So when I learned about Dr Flechas's work, I rang him in Henderson, North Carolina, USA. He graciously gave me 30 minutes of his valuable time.

What an eye-opener that conversation was! Dr Flechas told me he had discovered that when oil is placed in a bowl and bromine is stirred in, the bromine will slowly turn the liquid oil into a solid until it becomes so stiff that the spoon won't move. This also happens once a bromine/oil mixture is in the body, and this goes a long way toward explaining the cause of our epidemic of obesity.

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As Dr Flechas pointed out to me: "Years of drinking sodas that are loaded with brominated vegetable oil solidifies body fat. We call this 'morbid obesity', and our kids are becoming obese nationwide; and even though they try to exercise and limit their diets, they just can't get rid of the fat."

These young people are so desperate that they sometimes opt for surgery, hoping to get the "morbid fat" sliced off. It would take a huge strain off Medicare and health insurance companies if their doctors would suggest a cheap, simple remedy instead: shun soft drinks and embrace the antidote explained below.

I asked Dr Flechas about Mountain Dew, a hugely popular soft drink. This is of particular interest because scientists whom I trust say it is a central nervous system depressant because of the BVO it contains. Dr Flechas concurred, and said: "Mountain Dew's not the only one. They have been doing this with Fresca and Gatorade, and a tremendous number of soft drinks." When I asked him why they would use such a dangerous chemical, he said it helps disperse the citric acid added to soft drinks to impart a citrus flavour. (See chapter four of my book for the bad news on this additive.)

Even worse, Dr Flechas said: "The BVO causes psychoses, and to try to overcome the resultant depression they load it with a tremendous amount of caffeine." Simply put, they knock you down and pick you up, all in one drink.

Dr Flechas is on a crusade to put a stop to this outrage, or at the very least to educate people and make it public knowledge. As he told me: "Here we are, creating jittery, irritable, anxious kids who are having problems with increasing weight and don't know why." Many such teens are his patients, and he said that he has found that once

they are off soft drinks they can easily lose nine kilograms (20 pounds) each year. And, more importantly, they become "normal" emotionally.

According to Dr Flechas, mental aberrations are the most sinister aspect of BVO. "When you look at this from a public health standpoint...young people are becoming so paranoid that they're...shooting each other, shooting their parents, their teachers... We think we need to throw counsellors at them...but I think we need to take these central nervous system stimulants out of their diets."

Amen! Give it some thought. Bromine became a staple of our diets in 1980, as you will learn below. Do you remember any teenage murder sprees prior to that time? No, because there weren't any. Now, senseless teenage murders and sieges have become a staple of television breakfast viewing.

Adults are affected, too, of course, and there is no safe haven. No matter how well we look after ourselves, everyone is affected because it is not always possible to escape a neighbour's crazy teenager or a hyped-up madman on the freeway, using his car as a weapon to vent his frustration. We are all potential victims.

Other Culprits

Bromine is not the only culprit. We also have the choking pollution that many of us endure, mouths filled with deadly mercury from amalgam fillings, lethal artificial sweeteners, sodium fluoride and pesticide exposure, food additives, electromagnetic radiation exposure, vaccinations, shocking agricultural practices, chemtrails, sugar, alcohol and severe toxicity caused by dependence on drugs—all government-sanctioned and enthusiastically approved by establishment medicine. These contributing factors are hard, some even impossible, to avoid. But there are things you can do to protect yourself, so cheer up and read on.

Prozac and the other deadly antidepressants have made a huge contribution as well. Many teenage killers were known to be addicted, although that bit of important information is always censored quickly after the initial news breaks (thanks, needless to say, to the power of advertisers on the media). But why were these teens on Prozac to begin with? No doubt to counteract the terrible emotional yo-yo that the BVO-loaded soft drinks they lived on created.

So you think you're in the clear? Think again. You guard your health and never allow yourself to be exposed

to any of the above-mentioned risk factors. Even in your young days you shunned Bromo-Seltzer, and you managed to escape military service and the deadly drugs they doled out. So, you should be safe, right? Wrong. I'll bet you thought I'd never get to the point, but here it is: this is the earlier-mentioned monumental crime that was committed in 1980, with nary a peep from the "watchdogs" that are extremely well paid to look after our health.

Our Daily Bread and Milk (Hitting Below The Belt)

"They" ruined our bread. It was done quietly and quickly (before 1980 in some countries, later in others, and not at all in a lucky few), and it was seemingly innocuous. This is what happened, in four little words: hello bromine, goodbye iodine. In the "good old days", when iodine was used as a dough conditioner, there were generous quantities in our bread and in all bakery products. This amount of iodine was sufficient to protect thyroid glands from radioactive iodine and to prevent thyroid illnesses of all persuasions.

Iodine was also in our milk for a really good reason: it kills bacteria. It was used on the teats of cows before milking to ensure cleanliness, and it was used to sterilise the equipment used in the milking process.

As my friend and colleague Pip Rose told me: "We used iodine in our dairy for years, as it was the perfect antiseptic and it was dirt cheap. Then, one day, someone from the Milk Board arrived on our doorstep and threatened to

deregister us if we did not replace the iodine with a chemical. I don't remember its name, but it smelled toxic, and it was heaps more expensive than the iodine. We were forced to use this chemical for milk sold to the public, but we certainly didn't use it for our family: we didn't want to poison our daughters." Multiply this story by millions of dairies worldwide, and it sure smells like a conspiracy!

Donald Miller, MD, my American telephone and email colleague, said: "I've used iodine on a daily basis for the last 35 years in heart surgery, to prepare patients' skin. It is the best antiseptic for preventing wound infections after surgery because it kills 90 per cent of bacteria on skin within 90 seconds." Dr Miller, who is Professor of Cardiac Surgery at the University of Washington in the USA, has permitted us to post an article he wrote on iodine on our website. You will learn a great deal by

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reading it. Simply go to the left-hand sidebar of our home page at <http://www.doctorsaredangerous.com>.

Deadly Substitution (Why Was It So Serious?)

Iodine, as mentioned earlier, is essential as it helps to eliminate toxic metals—especially bromine—from the body. So when iodine was replaced by bromine, there was no longer a way to eliminate the bromine. Overnight, a huge segment of the population was being affected by bromine. This was infinitely more serious than the damage done by Bromo-Seltzer, which only struck a tiny proportion of society. And, of course, the brominated vegetable oil in soft drinks only strikes people who are stupid enough to guzzle them. But bread—"the staff of life"—strikes us all!

As respected iodine researcher James Howenstine, MD, succinctly put it: "This substitution of bromine for iodine has resulted in nearly universal deficiency of iodine in the American populace. Iodine therapy helps the body eliminate fluoride, bromine, lead, cadmium, arsenic, aluminium and mercury. Could this substitution of bromine for iodine have been carried out to increase diseases and thus create more need for pharmaceutical drugs?" This sounds like the sort of diabolical, profit-making plot that Big Pharma would cook up, but it has covered its tracks and there isn't any proof.

Even more sinister are these words from Guy E. Abraham, MD, who claims that removal of iodine caused "more misery and death...than both World Wars combined".

I agree. During my 23 years as Director of Hippocrates Health Centre, I have been privileged to witness amazing recoveries from "incurable" illnesses by merely adding a bit of iodine to the diet. But who am I? I don't have a fancy degree. I'm merely an experienced observer, and few physicians pay heed to what they refer to as "subjective" information.

Dr Abraham, however, is a different matter. He is considered the most knowledgeable iodine/thyroid expert in the world. He is a Professor of Endocrinology and a pioneer on ways to assay iodine and minute quantities of hormones in the body. He has received more research awards on this subject than anyone else, and has published his findings in "The Iodine Project". In other words, he is a gilt-edged expert, and sensible people pay attention to him in spite of the well-orchestrated iodine phobia which has been so carefully

nurtured by Big Pharma and enthusiastically endorsed by our pretty-close-to-hopeless medical establishment. Because of this, if you ask your physician about iodine he/she will no doubt react badly and refer you to the utterly unscientific and totally discredited Wolff-Chaikoff effect (<http://www.doctorsaredangerous.com> for the truth about this report which did incalculable damage worldwide). Of course no one can prove it, but scientists whom I respect believe that this report was "inspired" by grants from Big Pharma.

Your doctor will probably also insist that you can get all the iodine you need from fish. Maybe, if you consume nine kilograms (20 pounds) per day, along with all the mercury it contains. And, if he/she claims that iodised salt is sufficient and iodine isn't necessary, refer your physician to the many scientific reports on this subject that prove otherwise. The truth is easy to find, and this is it: iodine is the "universal remedy" that enables us all to be our own doctors.

What Is This Panacea?

The panacea is known as Lugol's solution (hereafter referred to as "Lugol's"), and it contains 5.0 per cent iodine and 10.0 per cent potassium iodide in water. Two drops contain 5.0 mg of iodine and 7.5 mg of potassium iodide. Lugol's has been used therapeutically for two centuries with amazing success, and it's cheap.

Unfortunately for us, however, this remedy cuts your doctor and Big Pharma "out of the loop" and they are not pleased. Remember, they are backed by governments and have all the power. We have virtually none. And when Big Medicine and Big Pharma want something, they rarely fail to get it! What they want is for all of us to be dependent upon their drugs, for life. They are aware that for just a few cents a day, costly trips to doctors and laboratories, and lifetime dependence upon their drugs, can be eliminated. Operations and years of illnesses can be prevented. This is not a good outcome for your doctor, and it is certainly not good for Big Pharma. After all, they did not build up an empire that rakes in one trillion dollars per year by being kindly or stupid, so they are in the process of banning this natural element that is so crucial for our health.

My American, British and New Zealander colleagues tell me that Lugol's, which used to be available at every pharmacy, is now extremely hard to get, if not

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impossible. In some cases it is available with a doctor's prescription—but lots of luck getting one. Further, your "friendly neighbourhood chemists" will probably assure you that it is toxic and dangerous to use. They lie. Big Pharma told them to.

You can still buy Lugol's from some pharmacies in Australia, but it looks as if its day is limited. Do not give up, however. Lugol's is easy to formulate, and it will always be available for people who do not give up easily. Try the Internet. Check on Lugol's News on our website, but please don't phone us: we use it religiously and will continue to do so, but we do not sell it.

Will Lugol's Fix All Health Problems? (Sorry, No)

There is no "magic bullet" that can overcome a lifetime of eating junk food, smoking, alcoholism, unrelenting stress and devastating medical interventions. Changes are necessary. Our bodies are amazingly forgiving, and adopting a great diet, combined with Lugol's, can work wonders. But please, make those changes way before the doctor tells you the end is near!

Lots of people, who were ill in spite of taking really good care of themselves, refer to Lugol's as the "missing link". We have heard this over and over again from people who "tried everything", sometimes for their entire lives, getting no help or even hope from a raft of medical practitioners who didn't even think of checking iodine levels.

Do you sweat, or do you remain strangely dry even when racing about in hot, humid weather? If you do not sweat, you need iodine more than the average person because lack of it in the body manifests as dry skin that is unable to sweat. This means that your health will be at risk due to an inability to sweat out toxins. If this is the case, it only takes a couple of days of taking Lugol's for the body to regain its natural ability to sweat.

What Dose Is Recommended? (The Tricky Part)

In his preface to Dr David Brownstein's book *Iodine: Why You Need It, and Why You Can't Live Without It*, Dr Abraham wrote: "It is of interest that the recommended daily amount of iodine for supplementation by clinicians of previous generations, that is 12.5 to 37.5 mg, in the form of Lugol's solution, turns out to be the exact range of intake for sufficiency of the whole human body, based on a recently developed loading test." This amount is the equivalent of two to six drops of Lugol's solution per day in a glass of water. (One drop of Lugol's contains 6.417 mg of elemental iodine.)

For those who don't like the taste of Lugol's, a capsulated version is available with a doctor's prescription. It is called Iodoral, and it contains the

equivalent of two drops of Lugol's. It costs about 25 US cents per day, compared to four US cents per day for Lugol's. Even for people who need two or even four times this amount, Lugol's is a bargain. Big Pharma could go under, or at least be badly damaged, if everyone knew that they could banish their depression with an investment of four cents a day. So, tell your friends!

We are all different and our needs for iodine vary considerably, therefore it will be necessary for people to do their own research. There is a great deal of information on this subject on the Internet [see resources section at the end of this extract].

Starting with two drops of Lugol's per day in a glass of water is a safe, extremely conservative dose. Sometimes much higher amounts are necessary in the beginning to undo damage from years of deprivation.

Dr Brownstein wrote in his book, which I highly recommend: "Iodine is the safest of all the trace elements, being the only one that can be administered safely for long periods of time to large numbers of patients in daily amounts as high as 100,000 times the recommended daily amount (RDA)."

One caveat: if you know for sure that you have an allergy to iodine, which is extremely rare, do not take Lugol's.

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What Lugol's Can Do

The most startling improvements I have observed were with victims of devastating depression. I have seen people turn their lives around after many years of "staring into space", which was the way they described their afflictions. All were hustled off to psychiatrists, who rubbished them for refusing Prozac, when all they needed was iodine.

One woman told me she had been incapacitated for 12 years, went everywhere for help and took every blood test known to the profession. The only thing untested was her iodine level. She had spent a fortune and had lost 12 precious years of her life.

After taking three drops of Lugol's in a glass of water once a day for three days, she reported to me that she was a "new woman". Because she didn't like to be dependent on medication, she tried several times to wean herself off Lugol's but slipped right back into severe depression. The last time we spoke, she told me she will never try that again!

I have observed that iodine supplementation brings about almost immediate lifting of spirits in mildly depressed people and does wonders to alleviate crankiness, which can go a long way toward preserving relationships. I have even talked to people who have

banished long-established migraines from their lives. Lugol's often has a remarkable effect on lifelong problems with constipation and, combined with magnesium chloride, it detoxifies bromine as well as many other poisons.

Since iodine was removed from our food supply, cancer rates have trebled, and breast cancer is a frightening example. Many of the doctors whose work I have researched are convinced that keeping the iodine level up is by far the best prevention for breast symptoms of any kind. Further, once problems exist, even if advanced, iodine can cure—not like the other medical interventions that create havoc and spread cancer cells. Lugol's can relegate menstrual problems to just a bad memory. In fact, all "female" problems, including the dreaded cervical cancer, can be prevented and even cured with the correct amount of Lugol's.

With Lugol's, severe "brain fog" clears up in a few days; frightening, abnormal heartbeats stabilise; thyroid and adrenal problems improve; even some victims of Addison's disease are able to reduce their hydrocortisone intake. Some diabetics are able to cut down or even discontinue their insulin—but please, do not tamper with your dose without receiving competent medical advice.

Painting Lugol's on cysts can cause them to shrink; painting it on insect bites can prevent complications; and painting it on skin tags often makes them disappear after only a few days. Several experts on iodine report that keloids are only formed on people who have extremely low iodine levels in their bodies.

It's hard to believe that such amazing improvements can be achieved with a few drops of an ancient remedy. The key here is not to think of Lugol's as a "remedy" but as a *nutrient* that is crucial for all aspects of health.

You will find that everything in your body functions better, even your brain, once it is nourished by the iodine it needs. Without it, you cannot reach your full potential.

Once people learn how to use Lugol's, Big Pharma will lose the power it seized when it took over our medical schools, doctors and governments. Small wonder that they are pushing so hard to demonise iodine and ban it forever. This panacea has the potential to put them out of business!

For 150 years, doctors recommended Lugol's solution with great success and without damaging their patients. If they are ever able to return to using natural remedies again, they will become what they are meant to be: kindly men and women who come to the house, look into the eyes and prescribe rest, fluids and safe

remedies. (I'm not holding my breath, as this kind of medicine cannot support the lifestyle to which our doctors have become accustomed.)

Is All Medicine Bad? (Absolutely Not!)

Throughout my life, I have known many fabulous doctors. All have one thing in common: the courage to buck the system and think for themselves. Not one has ever refused to talk with me or send me research papers when I've asked for assistance. I have great respect for these pioneers, many of whom risk deregistration. They are in constant danger of being silenced and may disappear forever.

Tragically, it's already too late for the kindly "family physicians". They have dropped away, slowly but surely, during the past decades. Medicine is the poorer for it. Fortunately, however, one group of doctors has vastly improved: surgeons. These amazing men and women are brilliant at repairing accident victims, restoring sight to the blind, giving deformed people hope through plastic surgery, and patching up bodies that have been abused so badly that there is no coming back through any natural remedy. They deserve our respect, as do doctors and nurses who selflessly expose themselves to hardship in order to help sufferers in remote and dangerous regions of the world.

But Big Pharma and Big Medicine do not deserve our respect because they actively work to demonise all natural remedies, including iodine. ∞

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About the Author:

Elaine Hollingsworth is Director of the Hippocrates Health Centre, on the Gold Coast, Queensland, Australia, where she lectures on health issues and continues her research into natural ways of maintaining health. A former Hollywood film and TV star under the name Sara Shane, she has been a health crusader since the early 1950s. Her book *Take Control of Your Health and Escape the Sickness Industry* (Empowerment Press, 2000, 10th edition 2007) was reviewed in NEXUS 8/02 and 15/01. For more information and to purchase the book, visit the website <http://www.doctorsaredangerous.com>.

Resources

- Guy E. Abraham, MD, <http://theiodineproject.webs.com>
- David Brownstein, MD, <http://www.drbrownstein.com>
- George Flechas, MD, <http://www.helpmythyroid.com>
- James Howenstine, MD, www.NewsWithViews.com
- Donald W. Miller, Jr, MD, <http://tinyurl.com/7qnysrs>
- Byron J. Richards, <http://www.wellnessresources.com>
- Bruce West, DC, <http://www.healthalert.com>