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# One Missing Mineral Can Transform Your Health: **IODINE**

Taking iodine in its consumable form can  
balance the thyroid, energize, detoxify,  
and so much more.

**Edition  
3.01**

**By Robert Redfern**

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# About Robert Redfern

## Your Personal Health Coach

[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with *Improving Lung Health in 30 Days* and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late '80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their 60s that he was forced to re-examine his lifestyle choices.

Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues. After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and wellbeing. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

*In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 74, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.*

**ROBERT REDFERN:**  
**YOUR PERSONAL HEALTH COACH**  
**Provides step-by-step guidance on:**

*Essential Mineral Therapy:*

*Correcting Iodine Deficiency to Remedy  
Thyroid Imbalance and Chronic Disease*





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This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

**Disclaimer:** Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

**Warning:** Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

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# Critical Iodine: You Can't Live Without It!



*Iodine is so much more than just a mineral.*

Once you understand iodine's true purpose as an essential trace element — and how much your body relies on it to grow, develop, and thrive — you may have a whole new appreciation for this “missing” mineral.

Roughly 60 percent of iodine in the human body can be found in the thyroid gland. Because of this fact, you may already be familiar with how iodine helps the thyroid to function. But what so many of us fail to realize, or perhaps have not been told yet, is that iodine's function in the body can be so much more. When iodine is deficient, systems within the body will slowly and quietly begin to break down. Your body may start to send you warning signs as it cries out for help, like cold hands, stubborn weight gain, or constant brain fog.



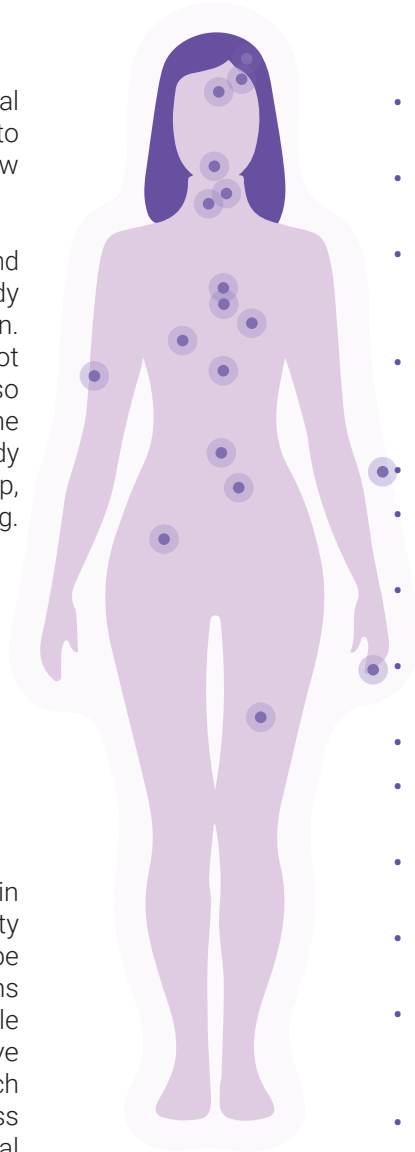
*If you have begun to feel down and depleted and less like your best self, an iodine deficiency may be to blame.*

This critically important nutrient, iodine, can be found in literally every organ and tissue in the body. And the reality is that most people may already be deficient. This may be one possible explanation for why mysterious symptoms have become a chronic, modern-day malady. Many people visit their doctor for unexplained symptoms that have begun to compromise their quality of life, some of which may include dry skin, fatigue, constipation, and hair loss related to a sluggish thyroid, when an underlying mineral deficiency is at the source. Dr. Linus Pauling, two-time Nobel Laureate, was famously credited for associating the root of all sickness and disease with mineral deficiency.

There is much more to this underestimated mineral that I will cover within this book, but one thing is clear: Iodine — your body can't live without it.

## How Your Body Depends on Iodine

- Supports fetal development through pregnancy and breastfeeding
- Supports brain function during childhood
- Supports brain alertness and IQ
- Synthesizes thyroid hormones to prevent hypo- and hyperthyroidism
- Regulates the thyroid to support healthy metabolism
- Maintains optimal energy
- Helps to maintain a healthy weight
- Supports healthy hair, teeth, and nail growth
- Helps prevent fibrocystic breast disease
- Helps prevent heart disease
- Decreases the need for insulin among diabetics
- Supports protein synthesis in the body
- Supports healthy immune function
- Regulates estrogen production through the ovaries
- Improves wound-healing and provides inflammation and pain relief



*“The brain can't develop without iodine. The classic name for such shortfall is cretinism. A baby without iodine will be mentally retarded.”*

*- Dr. Richard Olree, Minerals for the Genetic Code*

## The Top 10 Iodine Health Studies at a Glance



*Looking for further proof that your life depends on iodine?*

*Here's a quick look at what I believe to be some of the most intriguing studies that demonstrate how iodine affects your health:*

### 1. Autism

In 2013, researchers took a closer look at a modern phenomenon with very few solutions and without a cure: the rise of autism in children. The study, published in the *Annals of Neurology*, confirmed that pregnant women who don't produce enough thyroid hormone are almost four times more likely to have autistic children compared to women with healthy thyroid hormone levels. It should be noted that the body needs ample iodine each day to convert into thyroid hormones T3 and T4. (*Ann Neurol*, 2013)

### 2. Breast cancer

Iodine has long been suspected of lowering breast cancer rates since Japanese women, who eat a diet high in iodine-rich seaweed, have low breast cancer rates compared to the rest of the Western world. Researchers supported this theory in 2000 when they discovered that human breast iodine tissue levels were lower in patients with breast cancer versus the iodine levels found in normal breast tissues or in breasts with benign tumors. Fibrocystic breast disease, a painful and inflammatory cystic condition that may be a risk factor for breast cancer, has also been linked to iodine-deprived breast tissue. (*J Clin Endocrinol Metab*, 2000; *Arch Pathol Lab Med*. 1979)

### 3. Eye health

A 2014 study conducted by the Massachusetts Eye and Ear Infirmary highlighted an interesting link between iodine intake and healthy vision. Sufferers of retinitis pigmentosa (RP) — part of a group of retinal diseases that normally cause the loss of night and side vision as well as impaired central vision — found relief in retinal swelling after increasing iodine intake. Researchers confirmed that this common complication of retinitis pigmentosa, cystoid macular edema that causes retinal swelling, is inversely related to iodine intake. Taking an iodine supplement could reduce or limit this visual side effect of RP. (*JAMA Ophthalmology*, 2014)

### 4. Fetal development

Iodine deficiency during pregnancy may be more damaging than we have been led to believe. A 2013 study confirmed that even a *mild* iodine deficiency during pregnancy could compromise the intelligence of a child. Children who were born to mothers with low iodine levels in the early months of pregnancy had a lower IQ by the age of 8 (reduced by three points on average) and poorer reading skills compared to children of mothers with a healthy iodine intake while pregnant. (*Evid Based Nurs*, 2014)

### 5. Gastric cancer

In 2006, researchers examined how iodine levels in the body could impact the development of gastric cancer. Since iodine is found to be concentrated in the gastric mucosa, potentially acting as an antioxidant, iodine deficiency could be associated with a greater risk of gastric cancer. In a Chinese cohort of close to 30,000 adults that analyzed the association between upper gastrointestinal cancer and self-reported goiter, the researchers' hypothesis was confirmed: Iodine deficiency was linked with an increased gastric cancer risk. (*Int J Cancer*, 2006)

*"During pregnancy, the amount of iodine you need increases. This is because you have to make sufficient thyroid hormones to transfer to your baby to help its brain develop correctly. You also supply all the iodine that the baby needs."*

- Dr. Sarah Bath, Dietitian, and Professor Margaret Rayman, University of Surrey



## 6. Goiter

Endemic goiter, an enlargement of the thyroid gland caused by iodine deficiency, is considered one of the most critical health problems in Turkey. In 2002, researchers established in a study conducted on 73 healthy schoolchildren from ages 7 to 12 years old that both iodine and selenium have a significant impact on thyroid size and function. Researchers believed that instances of goiter found in 76.7 percent of the children were related to iodine and selenium deficiencies — iodine needs its critical cofactor and supporting mineral selenium to “activate” in the body. (*J Pediatr Endocrinol Metab*, 2002)

## 7. Heart disease

Researchers explored in a 2006 review how iodine deficiency can begin to burden the cardiovascular system and potentially contribute to heart disease. After researchers observed this symbiotic relationship between iodine and the heart, they suggested that a higher iodine intake could help to benefit heart function. Further investigation is needed to determine how hypertension and heart disease may relate to or be made worse by mild to severe iodine deficiency. (*J Am Coll Nutr*, 2006)

## 8. Iodine deficiency disorders

Even generally low iodine levels can pose a health risk. Iodine deficiency disorders, which may develop due to hypothyroidism or low thyroid function, can produce chronic symptoms even when low thyroid hormone levels have not been detected. Within the umbrella of iodine deficiency disorders, mild to moderate iodine deficiency has been associated with fibromyalgia, obesity, psychiatric disorders, and cognitive impairment. (*Med Hypotheses*, 2008)

## 9. Lupus

More than 100 years ago, the *British Medical Journal* published an astonishing study that examined the use of Nascent Iodine (in its atomic form) to treat the autoimmune disease lupus. In the article, Dr. P.W. Bedford regarded Dr. Pfannenstill's iodine study results to be “so imminently successful,” related to the cosmetic and cure effect, that he recommended Nascent Iodine receive greater publicity and be used to treat lupus across the country. (*BMJ*, 1913)

## 10. Prostate cancer

In another comparison of the Japanese to Westerners, the Japanese diet wins yet again. The seaweed-rich Japanese diet with a naturally high iodine content has also been associated with remarkably lower rates of prostate cancer in men. Men in Western countries who increase their iodine intake could receive protective health benefits. Results from the First National Health and Nutrition Examination Survey suggested that men with the highest iodine intake in the group had a 29 percent lower risk of prostate cancer. (*Nutr Cancer*, 2007)




*“Our data suggest the UK is now iodine-deficient, indicating an urgent need for a comprehensive investigation of the UK iodine status. We need to look into this now to decide whether public health bodies need to step in.”*

*- Dr. Mark Vanderpump, Consultant Physician and Honorary Senior Lecturer in Diabetes and Endocrinology at the Royal Free Hampstead NHS Trust*

## Iodine and Your Thyroid

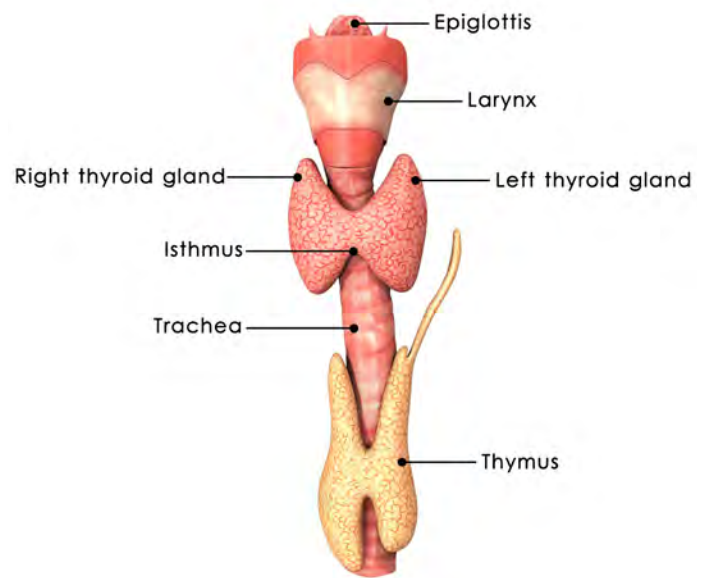
We often hear the thyroid tossed around in health and medical-related conversation, but do you really know what the thyroid does? Do you know where it is located in the body? For most of us, these questions are difficult, if not impossible, to answer. Yet the health of the thyroid steers the health of the entire body.

 *The thyroid also has a special relationship with the critical mineral iodine.*

The thyroid is a small, butterfly-shaped gland found in the neck, and it can impact almost all systems in the body.

**Many of us may experience the effects of an under or over-functioning thyroid, called hypo- or hyperthyroidism, without even knowing it:**

- **Hypothyroidism** occurs when the thyroid does not produce enough thyroid hormone. The most common trigger of hypothyroidism comes from thyroid damage caused by autoimmune disease — like Hashimoto's thyroiditis. Hypothyroidism may cause a collection of "unexplainable" symptoms, like changes in menstruation, constipation, hair loss, dry skin, fatigue, depression, sensitivity to cold, slowed heart rate, and unexplained weight gain or difficulty losing weight.
- **Hyperthyroidism** occurs when the thyroid produces too much thyroid hormone. In most cases, hyperthyroidism is triggered by an overactive thyroid nodule or Graves' disease. Since the thyroid regulates metabolism, hyperthyroidism can cause symptoms like weight loss, rapid heartbeat, hair loss, fatigue, shakiness, sweating, and moodiness.



The thyroid produces a hormone called thyroxine. When levels of thyroxine are imbalanced by hyper- or hypothyroidism, body temperature, heart rate, metabolism, muscle tone, and almost every healthy tissue will be affected.

While the medical community may explain that an over- or underactive thyroid is "caused" by another disorder, these conditions are only contributing factors to thyroid imbalance. The truth is that your body desperately needs iodine to regulate and restore thyroid health, along with iodine's essential cofactor and supporting trace mineral selenium that helps to activate iodine in the body.

Taking iodine and selenium supplements can help to restore thyroid health. Working together, these minerals can help to improve thyroid function — potentially alleviating many or all of the symptoms listed above — and even improve metabolism, detoxification, daily energy levels, heart and immune health, and reproductive function. The anti-parasitic, antiviral, and antibacterial properties of iodine may also help to repair much of the damage caused by thyroid imbalance in the body.

*"If you do not have enough iodine in your body, you cannot make enough thyroid hormone."*

- American Thyroid Association

## Iodine Deficiency Destroys Your Body One Day at a Time



*Would you believe that in Western countries, up to 40 percent of the population is iodine deficient?*

It's safe to say that iodine deficiency will affect you or someone you love. This essential mineral is required by the body to survive and to thrive. There is an important reason that iodine deficiency goes unnoticed and unchecked — often, until it is too late. Many of us are under the misconception that iodine deficiency is a non-issue because the mineral has been “added” to fortified cereals and grains. But unfortunately, fortified iodine levels in packaged foods can vary greatly, not to mention the fact that *all* nutrients from processed foods are difficult to absorb.

Even in our natural food supply, where iodine may be naturally found in soil and seawater, adequate levels of iodine can still be hard to come by. If you hope to get your iodine from a natural food source, like seafood, seaweed, cranberries, strawberries, or yogurt, iodine deficiency is still a distinct possibility.

Farmed foods, both organic and non-organic, have drastically lower mineral content than they did hundreds of years ago because of mass soil depletion. University of California Berkeley researchers believe that this mass soil erosion is occurring at such a rate that our population may not be able to replenish it, and human security could be at risk. And while choosing organic over non-organic foods is highly recommended, University of Santiago de Compostela researchers discovered in 2013 that organic milk on store shelves had even lower levels of iodine than milk produced by conventional farms.



*In light of this, modern-day iodine deficiency seems almost inevitable. Deficiency in this critical mineral and antioxidant can open the door to dysfunction and chronic disease.*

We now know that daily iodine is essential for healthy thyroid function. Long-term thyroid dysfunction can result in a number of the unpleasant, debilitating, and perplexing symptoms mentioned above, and it can also lead to heart disease if left untreated. As an antioxidant, the body relies on iodine to neutralize free radical damage and protect against oxidative stress, which can guard against the development of chronic diseases like arthritis, atherosclerosis, and diabetes.

*“The foundation of human health is the quality of the food we eat, which relies ultimately on the vitality of the soil on which it is raised.”*

*- Martin Hum, Institute for Optimum Nutrition*

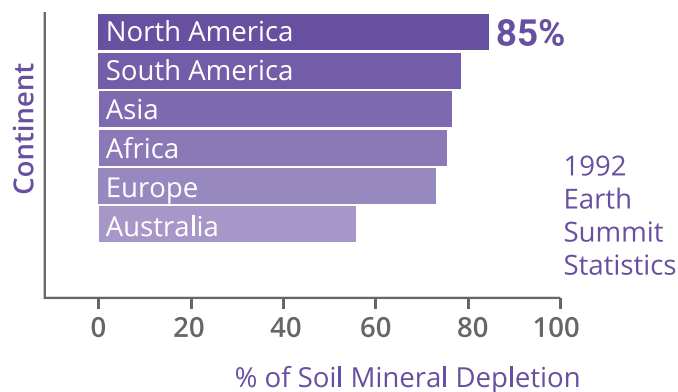
## Are You Iodine Deficient?

*There are a few explanations as to why your body isn't getting the iodine it needs:*

### 1. Mineral depletion in soil

Yes, iodine levels in the food supply have been dropping for decades. In what many have called a ground-breaking study, Donald Davis and his research team at the University of Texas at Austin examined the nutritional data from 43 different types of fruits and vegetables, spanning from 1950 to 1999. For a wide variety of nutrients tested, including critical vitamins and minerals, the researchers found "reliable declines" in the food supply. As I already mentioned, much of this is caused by mass soil depletion. Modern farming robs even the healthiest foods of essential vitamins, minerals, and antioxidants. It is entirely possible that no matter how healthy you eat, iodine intake from food may not be enough.

### Soil Mineral Depletion: Past 100 Years



Source: Acupuncture Today

### 2. Western Un-Natural Food Diet

Another big reason many of us may be iodine deficient is because of the poor state of our gut. An unhealthy digestive tract bogged down with processed foods, starchy carbohydrates, and sweets (coming from the Western Un-Natural Food Diet) disturbs our body's naturally efficient digestive process. If you aren't eating Really Healthy Foods *and* boosting your gut with friendly bacteria from a probiotic supplement, your body won't be able to effectively break down food and utilize vital nutrients, like iodine.

### 3. Deficiency in selenium

As you consider correcting a potential iodine deficiency, it helps to remember the perfect partnership between the minerals iodine and selenium. This critical cofactor relationship cannot be overstated. Like iodine, selenium is an important mineral found in the soil, as well as in water and some foods. Your body relies on selenium to regulate metabolism and also provide protection as an antioxidant.

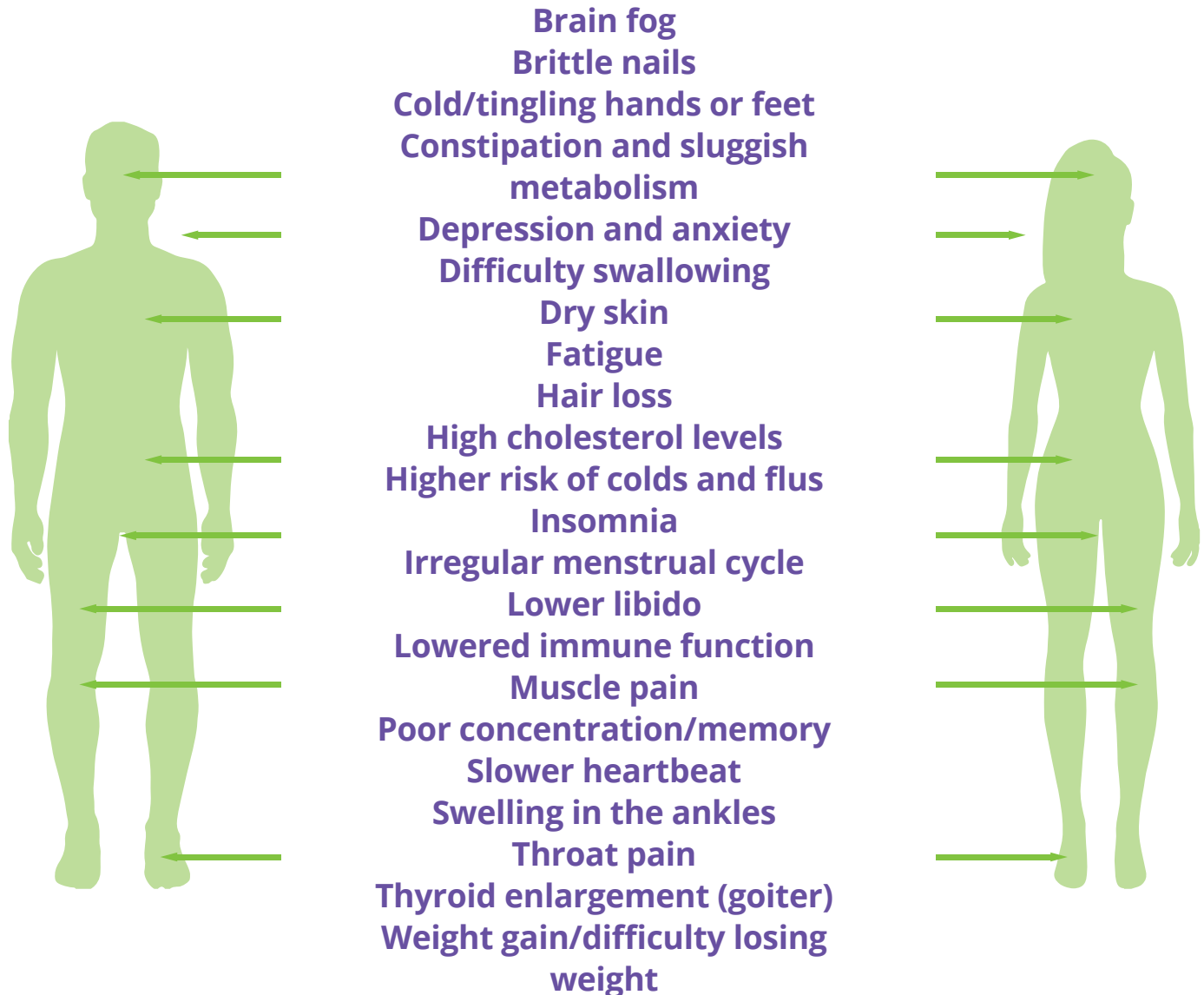
Selenium works hand-in-hand with iodine to shield healthy cells from the devastating free radical damage that can lead to chronic disease. As with iodine, selenium is also not naturally produced by the body, and levels of selenium may likewise be depleted in soil and in our food supply. Yet the body relies on selenium as iodine's cofactor to support healthy levels of thyroid hormone and to balance the metabolism. Not getting enough selenium each day may be one underlying reason for iodine deficiency — even when taking a daily iodine supplement.

*"The thyroid is the organ with the highest selenium content per gram of tissue."*

- Clinical Endocrinology, 2013

## Short-Term Symptoms of Iodine Deficiency

*These are the classic physical signs of low iodine levels in the body:*



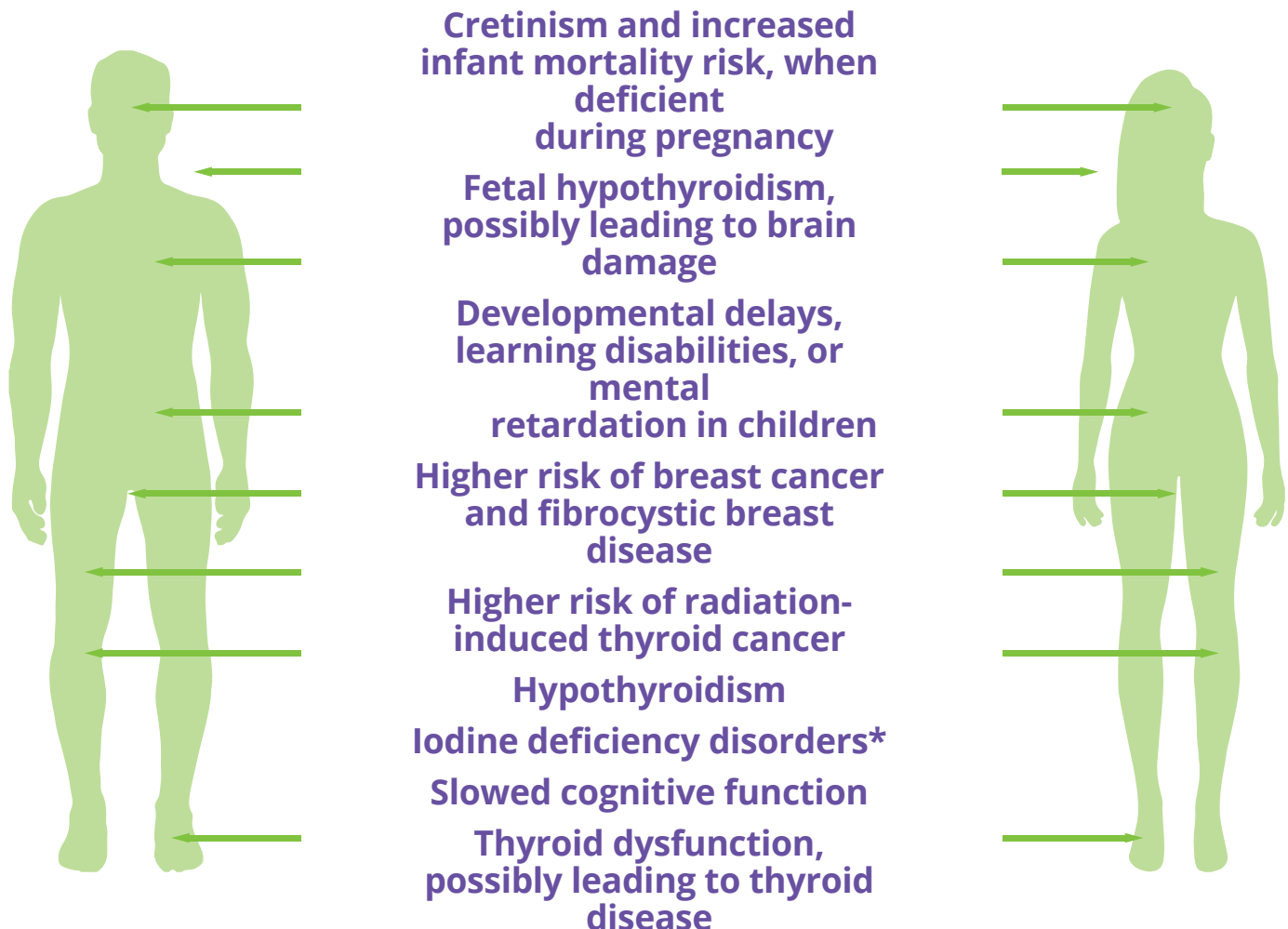
*"Many physicians would be surprised to learn that more than a hundred years ago, iodine was called 'The Universal Medicine' and was used in several clinical conditions. Nobel Laureate Albert Szent Györgyi, the physician who discovered Vitamin C in 1928, commented: 'When I was a medical student, iodine in the form of KI was the universal medicine. Nobody knew what it did, but it did something and did something good.'"*

*- Dr. Guy E. Abraham, former Professor of Obstetrics, Gynecology and Endocrinology at the UCLA School of Medicine*



## Long-Term Symptoms of Iodine Deficiency

*These physical conditions, in addition to the symptoms listed above, may be related to chronic iodine deficiency:*




\*It should be noted that some of the most serious consequences of long-term iodine deficiency are grouped into a collective spectrum known as iodine deficiency disorders (IDD). These entirely preventable conditions may include hypothyroidism, goiter, mental retardation, and various other developmental and growth abnormalities. Other iodine deficiency disorders within this spectrum may include miscarriage, stillbirth, congenital abnormalities, goiter in babies and children, goiter and hypothyroidism in adults, and impaired mental function in people of all ages.

*"Iodine deficiency depresses IQ by 10-15 points."*

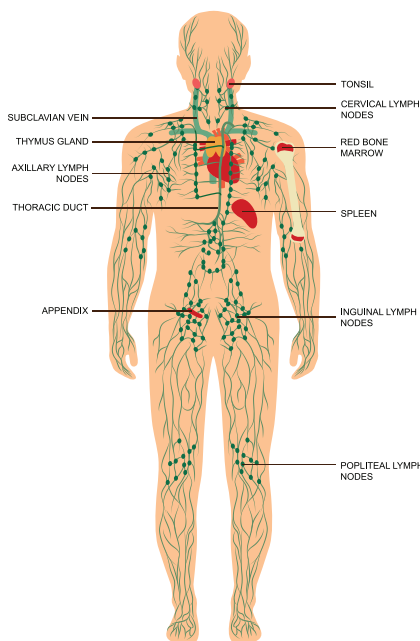
*- Iodine Global Network*

## The Symptoms You Can't Ignore

As evidenced by the short-term and long-term symptoms of iodine deficiency, when your body is deficient in this essential mineral, you will begin to notice the effects immediately. It's no coincidence that thyroid diseases have become more commonplace in Western countries as iodine levels have declined since the 1980s.

 *Taking thyroid medication has become so common, in fact, that we no longer consider thyroid hormone imbalance to be a disease.*

## LYMPHATIC SYSTEM



When the thyroid does not get the daily iodine it needs, every cell may suffer, as iodine deficiency ripples slowly throughout the body. Thyroid hormones are used by each cell in the body to regulate weight and metabolism by controlling how the body burns fat to use for energy and heat. Babies, children, and young adults also rely on adequate levels of thyroid hormones to support healthy growth and development.

Iodine may play a role in healthy cell replication, as well as waste removal in the body. Ancient Ayurvedic medicine considered the mineral iodine to be a natural mover of lymph, a clear fluid made of white blood cells that circulates through the lymphatic system. A body that is low in iodine may also have a congested lymph system that is not able to flush waste efficiently. For this reason, iodine deficiency may also present as toxicity — seen in swollen breast tissue from poor lymph drainage — and weakened immunity caused by a sluggish lymphatic system.

## Causes of Iodine Deficiency

I already explored the three primary causes of modern-day iodine deficiency on **page 11** — mineral depletion in our soil and food supply, eating a processed food diet that inhibits true nutrient absorption in the gut, and a deficiency in the critical cofactor selenium needed to “activate” iodine in the body.

On top of this, there are several other factors that can trigger and worsen iodine deficiency in our Western world. Iodine deficiency can occur when environmental toxins compete with iodine receptors in the body to block uptake and absorption. Drinking and bathing in chlorinated and fluoridated water can also contribute to iodine deficiency over the long-term. A growing number of health experts believe that adding fluoride to our tap water has exacerbated iodine deficiency and the now-widespread epidemic of thyroid disease.

*“2 billion people worldwide have insufficient iodine intake.”*

*- ‘Tired and over 40? Seaweed and your thyroid,’ by Monica Wilde, Royal Botanic Garden Edinburgh, 2013*

## How to Reset Your Body with Iodine

**I** If iodine deficiency is the problem, then what is the solution?

Global iodine deficiency affecting billions of men, women, and children is, fortunately, quite easy to fix — by supplementing the body with the form of iodine that it can use most effectively.

The baseline RDA, or Recommended Daily Allowance, of iodine for adults in most countries and in Europe is 150 µg (with higher and lower recommendations for pregnant women and children), as confirmed by Raymond Francis, registered nutritional consultant, MIT-trained scientist, and host of the *Beyond Health Show*. “However, recall that the RDAs are based on preventing obvious deficiency disease, such as goiter, and are lower than the amount needed for good health. Mainland Japanese get almost 100 times the RDA, which is one reason why they have significantly less disease than Americans. In fact, more than 90 percent of those suffering from Graves’ disease and Hashimoto’s thyroiditis have a measurable iodine deficiency,” Francis says.

Dr. Lawrence Wilson of The Center for Development has also called the low RDA for iodine at 150 µg a “disgrace,” saying, “It may be enough to prevent a goiter, but it is not enough for optimal health. The ideal dosage of iodine today is much higher, probably between 5 and 15 mg daily.”

While Francis is absolutely correct in his assessment of an underestimated Recommended Daily Allowance for iodine — as Dr. Wilson confirmed, the body needs *much* more than 150 µg a day to function and support thyroid activity — Francis’s recommendation to take both iodine and iodide as a supplement is where I disagree.

**Warning:** Official Iodine Recommendations May Be Much Lower Than What Is Healthy for the Human Body

### Recommended Dietary Allowance (RDA) for Iodine

Life Stage	Age	Males (mcg/day)	Females (mcg/day)
Infants	0-6 months	110 (AI)	110 (AI)
Infants	7-12 months	130 (AI)	130 (AI)
Children	1-3 months	90	90
Children	4-8 months	90	90
Children	9-13 years	120	120
Adolescents	14-18 years	150	150
Adults	19 years and older	150	150
Pregnancy	all ages	-	220
Breast-feeding	all ages	-	290

\*AI = Adequate Intake

**I** Many, many people who are iodine deficient make the mistake of taking potassium iodide as a supplement.

This same potassium iodide (found in Lugol’s Iodine) is what can be found in tablet supplements, iodized table salt, and mineral-supplemented farm animal feed. But make no mistake — potassium iodide is elemental iodine (not organic iodine) that has bound to potassium in the hopes of making it more absorbable. As such, potassium iodide is not food state iodine and is not recommended as a daily supplement.

Potassium iodide, like Lugol’s, may be painted on the body and used as a skin disinfectant, but it can’t be effectively absorbed into the bloodstream and recognized by the body. For the most effective absorption, your body needs a form of iodine that the thyroid identifies and that all body systems can use. Nascent Iodine, in its atomic form, is the closest form of iodine available to food state and can also be painted on the skin to use as an antiseptic.

When it comes to meeting your RDA for iodine, this is one case where more is better — as long as you are taking a form of iodine that your body can use. Research has confirmed that high iodine intake has been linked to a lower risk of breast cancer, while low iodine intake has been linked to liver cancer. Men, women, and children of all ages need a **daily organic iodine supplement**, along with a supplement that contains selenium as a cofactor, every day for the rest of their lives. I will provide my recommended iodine dosage in the supplement chart on **page 25**.



“Iodine is the most misunderstood nutrient. After 17 years of practicing medicine, I can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels.”

– Dr. David Brownstein, *Iodine: Why You Need It, Why You Can’t Live Without It*

## Iodine in the Diet

The first and most logical choice is to increase the iodine-rich foods you eat. After all, it just makes sense that if you may be at risk for an iodine deficiency, you would eat more foods that contain iodine.

## Iodine and Table Salt: The Great Mineral Myth

But please don't make the grave mistake of thinking that iodized table salt is enough to correct a lifelong iodine deficiency. While the World Health Organization (WHO) has publicly stated that iodine deficiency is the "world's most prevalent" and most easily preventable cause of brain damage, the WHO has also perpetuated a dangerous iodine myth.

Today, most Western countries use iodized table salt as a standard because it is believed to help eliminate this pervasive deficiency-turned-epidemic. But upon further examination, it is plain to see that iodized table salt, which I refer to as "junk salt," has done more harm than good. Iodized table salt contains the inorganic potassium and iodine compound potassium iodide, which I already discussed, known to cause thyroid and liver toxicity when taken in high doses. Because iodized table salt is advertised as "iodine" instead of the potassium iodide that it truly is, most people think they are getting the daily iodine their body needs.



*While your body needs natural salt for balance, along with essential iodine for good health, processed table salt made with potassium iodide only burdens the body.*

## Iodine and Dairy Products

It may be possible to get some iodine from dairy products — but there is a catch. As we have already discovered from supporting research, many store-bought dairy products do not contain as much iodine as we have been led to believe. Along with grains and processed meats, dairy is also an inflammatory food that should be avoided.



*"Yet, in the U.S... the food industry is not required to list the iodine content on food packaging."*

*- Linus Pauling Institute*




In place of processed and inflammatory foods, you can substitute other iodine-rich foods known to promote good health by calming disease-causing inflammation in the body. Sea vegetables are an excellent source of iodine, with kelp containing the largest amount of iodine of almost any food on earth. Eating seafood, like fatty fish, can help to supply iodine in the diet, though it should be noted that some species of fish are high in mercury. High levels of mercury are not only toxic, but they can displace iodine levels in the body. You can also enjoy dark-skinned fruits, including cranberries, and navy beans as prime sources of dietary iodine.


However, it is important to point out that most dairy products (milk, cheese, and yogurt), meat, eggs, poultry, and farm-raised fish come from animals fed GMO-sourced foods, even in Europe and the UK. To avoid GMOs entirely, only organic meats and dairy products – or a Paleo-based diet that excludes dairy and encourages grass-fed meats – can be trusted.

Restoring gut health can help to improve iodine absorption from the foods you eat. This can be achieved by cutting out starchy carbohydrates altogether, i.e., breads, pastries, cookies, breakfast cereals, refined and wheat pastas, and potatoes, as well as processed foods and milk products. Low stomach acid (which can be balanced by a daily probiotic); pharmaceutical drugs; excess coffee, alcohol, and soda consumption; excess sugar and grains (containing phytic acid that is known to block mineral absorption); and chronic stress are all known to deplete levels of essential minerals, including iodine, in the body.

While eating Really Healthy Foods, rich in vitamins and minerals, is vital to good health, it's still important to be aware of the subpar iodine levels in our food supply. Remember, mass soil depletion has robbed even our healthiest foods of nourishing vitamins, minerals, and antioxidants. What's more, processing and cooking foods can deplete nutrient content even further.

 *As I have explained, even a perfect diet full of nutritious, iodine-rich foods may not be enough. Really Healthy Foods lay the foundation, but it is almost impossible to correct a lifelong iodine deficiency with diet alone.*

## TOP 10 IODINE FOODS

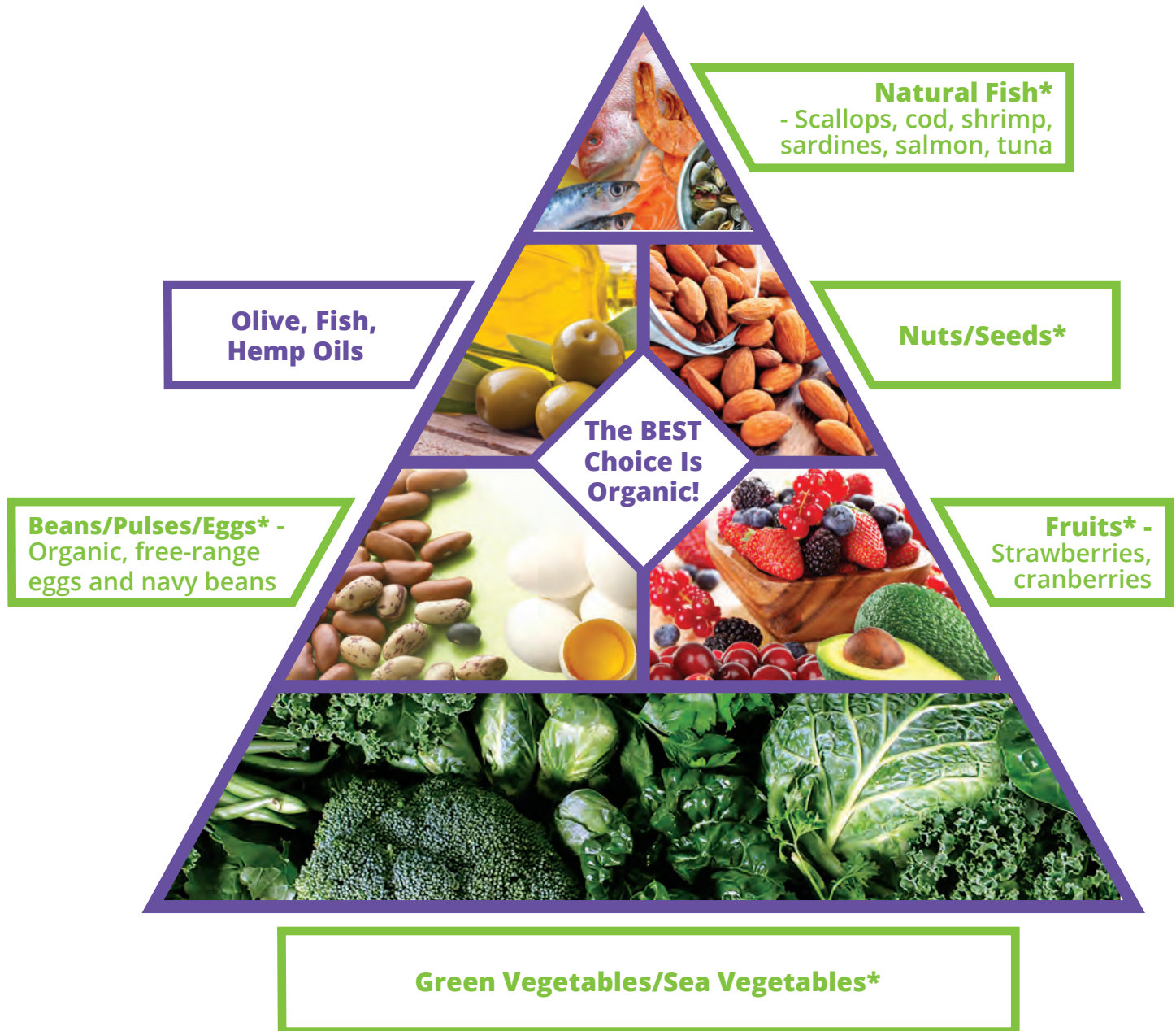
1	Dried Seaweed		4500 mcg (100% DV) 1/4 oz
2	Cod Fish		99 mcg (66% DV) 3 oz
3	Cranberries		90 mcg (60% DV) 1 oz
4	Yogurt		87 mcg (58% DV) 1 cup
5	Baked Potato		60 mcg (40% DV) 1 medium
6	Turkey Breast		34 mcg (23% DV) 3 oz
7	Navy Beans		32 mcg (21% DV) 1/2 cup
8	Tuna		17 mcg (11% DV) 3 oz
9	Strawberries		13 mcg (8.6% DV) 1 cup
10	Eggs		12 mcg (8% DV) 1 large

"The food grown in iodine deficient regions can never provide enough iodine to the population and live-stock living there. Unlike nutrients such as iron, calcium, or vitamins, iodine does not occur naturally in specific foods; rather, it is present in the soil and is ingested through foods grown on that soil."

- Sultan Qaboos University Medical Journal, 2007



## Healthy Food Pyramid: Garden of Eden



\*Good sources of iodine

"Iodine Deficiency Disorder (IDD) are caused when a person does not receive enough iodine in their diet. As a result, the Thyroid Gland increases in size (development of a goitre) and hypothyroidism can occur."

- The Australian Thyroid Foundation, Ltd.

## Iodine as a Supplement

If diet is not enough to give you the iodine you need, then a supplement must be the only choice. This is true, but not just any iodine supplement will do. The key to choosing the right — and the most effective — iodine supplement is all in the delivery system.

## 3 Iodine Supplement Myths BUSTED

Shopping for an effective iodine supplement, with the ability to regulate, repair, and nourish the body, is much harder than it looks at face value. For starters, there are dozens, if not hundreds, of iodine supplements available.



*Each formulated by a different manufacturer, each containing different amounts of iodine, each produced with a different form of the mineral — where do you begin?*

*Let me point you in the right direction by clearing up some of the most common iodine supplement misconceptions for you:*

### 1. Doctors say you don't need an iodine supplement.

**FALSE.** Many people do not even consider taking an iodine supplement because their doctor has told them that the thyroid produces all the iodine the body needs. This damaging recommendation spread throughout the medical community only serves to make our global iodine crisis worse. As you might remember from physics, chemistry, or biology class in school, iodine is one of the 118 basic elements found in the periodic table. The body does not produce this element and critical mineral on its own. Iodine must come from an outside source, like food or a high-quality supplement, and be taken with selenium to help regulate the thyroid in the body.

### 2. Potassium iodide is healthy and effective.

**FALSE.** I touched upon this common fallacy on a previous page, but it is worth mentioning again. Potassium iodide, like Lugol's Liquid Iodine or those found in tablet form, is not the same food state iodine that you can find in sea plants. Lugol's, for example, which technically contains a mixture of potassium iodide and elemental iodine, cannot be absorbed by the body since it is not food state iodine. Elemental iodine that cannot be absorbed may even be toxic to the body in large amounts.

### 3. Iodized table salt is enough to correct an iodine deficiency.

**FALSE.** Sadly, iodized table salt contains the same potassium iodide (elemental iodine bound to potassium) found in Lugol's Liquid Iodine and other such formulas. As we already know, potassium iodide is not the same as organic iodine that can be easily recognized by the body. Doctors suggested adding 150 µg of this un-natural form of iodine, potassium iodide, to processed salt over a century ago in the hopes of correcting widespread iodine deficiency. However, this increased sodium intake from table salt has created a new set of health problems *without* providing the organic iodine needed to correct deficiency.

### Table Salt Dangers

- **Heavily processed**
- **Stripped of minerals**
- **No nutritional value**
- **Harder for the body to metabolize**
- **Contains anti-clumping additives**
- **Can increase blood pressure**
- **Has been linked to osteoporosis**
- **Artificial form of iodine added**

*"Table salt is created by taking natural salt (or crude oil flake leftovers) and cooking it at 1200° Fahrenheit. Once the unprocessed salt is heated up to this temperature, it starts to lose the majority of the eighty important elements that are naturally occurring. Other naturally occurring forms of sodium, including sea salts and himalayan salts, are harvested and dried in the sun."*

- Dr. Edward Group, DC, NP, DACBN, DCBCN, DABFM, Global Healing Center

## How to Get More Iodine



*Remember, every person at every age needs to take an organic iodine supplement every day for the rest of their lives.*

Iodine also requires the mineral selenium to activate it as a cofactor, each day without exception. While a daily organic iodine supplement is important for everyone, we can't overlook the fact that women will always need more iodine than men. As you saw in the supporting research, breast tissue accumulates and requires even more organic iodine than the thyroid gland. This is precisely why serious conditions of the breast, like fibrocystic breast disease and potentially breast cancer, respond so well to an iodine supplement.



## Iodine Supplements: What Are the Options?

As I discussed previously, iodine supplements that contain un-natural forms of iodine, like Lugol's Liquid Iodine, iodine tablets, and even table salt, are not recommended. To receive any benefits from a daily iodine supplement, it must be taken in a form that your body can use.

Organic iodine is the basic element iodine, found as a mineral in the soil. Pure organic iodine from the earth is predigested by the yeast found in rich and healthy soil and then converted into a mineral salt. This mineral salt is absorbed through healthy plant roots and converted into the natural, non-toxic form of iodine as an atomic element. An atomic element is also referred to as a colloidal or organic mineral.



*All minerals found in plants, such as iodine, are 100 percent organic and non-toxic in any quantities.*

Yes, it is atomic iodine that your body needs to regulate the thyroid, balance metabolism, increase energy levels, protect against disease, and so much more. Atomic iodine as a supplement, also known as Nascent Iodine, is created when high-voltage electricity is used to break down iodine's particle size and electrical charge so that it most closely resembles the soil-derived, organic mineral.

Aside from Nascent Iodine, the only other safe iodine supplement option is kelp tablets, containing organic iodine. The catch is that, while naturally beneficial to the body, kelp supplements contain iodine in such low quantities that you would need to take up to 20 per day (or eat 2 cups of kelp or kombu seaweed per day) to get the amount of iodine your body needs. Not only is this *over four times* as expensive, but consuming that amount of supplements or seaweed each day can be cumbersome and inconvenient for most people. It is also important to source your seaweed carefully since some seaweed may contain high levels of arsenic.

*"Iodine supplementation has a wonderful effect on all the toxic metals in the body. It can also help remove toxic chemicals and infections."*

- Dr. Lawrence Wilson, The Center for Development

## What Is Nascent Iodine?


*When it comes to transdermal magnesium supplements, there's something for everyone:*

Remember, a daily iodine supplement is for everyone — as long as it is in a form that your body can use. Nascent iodine is consumable iodine in its atomic form, as opposed to its molecular form. This means that the iodine atoms in Nascent Iodine have an incomplete number of electrons and are paramagnetic, or can hold an electromagnetic charge.

While the description of Nascent Iodine may sound complex, this highly absorbable supplement is anything but. When taken as a supplement, the “charged” Nascent Iodine atoms provide a huge release of energy after being consumed. Nascent Iodine atoms will remain charged in this state for roughly 2-3 hours after being diluted with water and consumed, as they gradually begin to lose energy.

It's in this 2-3 hour window that Nascent Iodine has its remarkable effect on the body. After it is taken as a supplement, Nascent Iodine is recognized by the body as the same type of iodine that is used by the thyroid. It is then absorbed effortlessly.

As you begin to take Nascent Iodine as a daily supplement, you may notice an immediate impact on your energy. Many people who take Nascent Iodine have reported a boost in energy after the first day of use, especially when an iodine deficiency is already present.

 *Nascent Iodine is the preferred iodine supplement because it is the closest to the food form of iodine.*



- *Supports normal thyroid function*
- *Regulates immune system responses*
- *Maintains general energy levels*
- *Aids in detoxification*
- *Encourages healthy metabolism*

### Ingredients:

- Iodine (in its atomic form) - 2% by weight – 400mcg (amount per serving).

### Dosage:

Take 5 drops, 3 times per day in 25ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take first dose on waking, second mid-morning, and third mid-afternoon. Note that iodine needs a supplement containing selenium to activate it such as Active Life™.

*“Iodine is not made in the body, and it is essential for health – therefore, it needs to be consumed regularly.”*

- Dr. Joseph Vomero, D.C., Vomero Chiropractic and Holistic Health Center



## Iodine and Selenium: The Perfect Pair

*When it comes to transdermal magnesium supplements, there's something for everyone:*

Taking a daily iodine supplement, in the right form, is critical for everyone, but it is only one piece of the puzzle. Many people make the mistake of overlooking iodine's partner and cofactor, selenium, a mineral that I have discussed several times in this book. Like iodine, selenium is an essential mineral that can be found in soil. Selenium may also be found in water and some foods.

The body relies on selenium for more than one reason. Selenium, along with iodine, supports daily metabolism and also provides protection against disease-causing free radical damage as an antioxidant. In fact, selenium is the only supplement with allowable health claims that have been approved by the FDA for its potential to reduce the risk of cancer.

Since selenium and iodine are not naturally produced by the body, they must be taken in food or supplement form. We already know that mineral levels in the soil have been drastically depleted. Yet when selenium is taken as a supplement alongside its "co-mineral" iodine, it can improve health and have a restorative effect on the body. Selenium as a cofactor to iodine helps to support a healthy thyroid and balance thyroid hormone levels.

**I** Even more importantly, selenium helps to protect the thyroid gland by keeping iodine in check — guarding against iodine exposure in excess.

*"Selenium supplementation is protective and prevents thyroid damage from iodine."*

- Dr. Jeffrey Dach, TrueMedMD

Click  
for more  
details



- May help to support a healthy immune system and normal recovery processes
- Provides balance to a healthy daily nutritional program
- Includes the critical minerals selenium and chromium that the body needs
- Can be used by the whole family

### Ingredients:

Vitamin A (Palmitate/10% Beta-Carotene)	5000 IU	100%
Vitamin C	500 mg	833%
Calcium (from DiCalcium Phosphate)	100 mg	10%
Vitamin D3 (from Cholecalciferol)	400 IU	100%
Vitamin E	400 IU	1,333%
(as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)		
Vitamin K2 (K2 - Menaquinone)	80 mcg	100%
Vitamin B1 (Thiamin)	10 mg	666%
Vitamin B2 (Riboflavin)	10 mg	588%
Niacin - Vitamin B3 (from Niacinamide)	80 mg	400%
Vitamin B6 (Pyridoxine Hydrochloride)	10 mg	500%
Folate	800 mcg	200%
(as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt****)		
Vitamin B12 (Methylcobalamin)	100 mcg	1,666%
Biotin	300 mcg	100%
Vitamin B5 (from Pantothenic Acid)	20 mg	200%
Phosphorus	191 mg	19%
(from DiCalcium Phosphate & DiPotassium Phosphate)		
Iodine (from Potassium Iodide)	150 mcg	100%
Zinc (from L-OptiZinc®)**	25 mg	166%
Selenium (from Selenomethionine)	200 mcg	285%
Copper (from Copper Gluconate)	2 mg	100%
Manganese (from Manganese Gluconate)	4 mg	200%
Chromium (from Chromium Polynicotinate)	120 mcg	100%
Molybdenum (from Molybdenum Citrate)	75 mcg	100%
Chloride (from Fulvic Trace Minerals)	16 mcg	<1%
Potassium (from DiPotassium Phosphate)	250 mg	7%
Potassium (33% as Amino Acid Chelate)	250 mg	5%
Boron (from Boron Citrate)	1 mg	*
Aloe Vera Powder (200:1)	2 mg	*
Bilberry Extract 5:1	300 mg	*
Choline Bitartrate	25 mg	*
Fulvic Trace Minerals	200 mg	*
(77 trace minerals and elements, electrolytes and 18 amino acids)		
Inositol	40 mg	*
Lutein (from the Marigold flower - ZanMax®)	20 mg	*
Zeaxanthin (from the Marigold flower - ZanMax®)	4 mg	*
L-Cysteine	10 mg	*
L-Glycine	10 mg	*
L-Taurine	400 mg	*

### Dosage:

Take 3 capsules x 2 times daily. This is a full-spectrum multivitamin/mineral with essential selenium which you should already be taking for good health.



Remember, it is still possible to be iodine deficient when taking an iodine supplement if you don't have enough selenium to go along with it. Many people who have begun taking iodine and selenium together have seen most, if not all, of their chronic symptoms clear within a matter of hours or days.

It's easy to get the iodine-balancing dose of selenium your body needs with a daily multivitamin and mineral supplement. Nascent Iodine is best taken with all-in-one Active Life™ Capsules — which contain 130 minerals and elements, 18 amino acids, folic acid, vitamins, and electrolytes, along with selenium. Taken in a convenient daily capsule, it becomes almost effortless to get a daily dose of iodine's essential cofactor needed to protect the thyroid and balance mineral levels in the body.

**I** *"I try to follow my own advice as much as possible, and I take at least 3,000 mcg of iodine every day. I am now in my 70th year and feel great."*

*- Robert Redfern*

### **Nascent Iodine and Active Life™ Capsules**

*can be taken as part of the Thyroid Health Pack for best results and optimal thyroid health!*



**Thyroid  
Health  
Bundle**

## In Conclusion

I have said it before, but it is worth repeating. Iodine is a mineral that is often overlooked and rarely talked about, but it is one of the most important minerals for maintaining DNA function and supporting healthy development in each stage of life. Iodine is a basic building block that can keep metabolism, immunity, endocrine function, and heart health running strong, along with the help of its cofactor selenium.



*Iodine can be found almost anywhere in the body.*

And without ample iodine, health quickly begins to decline. Far too many people suffer through life with an untreated iodine deficiency that may develop into a full-blown thyroid or iodine deficiency disorder. People who have been led to believe that chronic symptoms like dry skin, brain fog, insomnia, hair loss, fatigue, muscle pain, and even high cholesterol have no treatment and must be endured have been short-changed indeed. In many cases, a compromised quality of life can be traced back to an iodine deficiency that is easy to correct.



*Nascent Iodine is the solution.*

If you have been feeling less than your best for far too long, or have been struggling with chronic disease, daily iodine and selenium supplements may be “just what the doctor ordered.” For sustained energy, for thyroid hormone production, for mental development, for healthy cell growth, and for immunity, look to the trace mineral iodine, and good health is sure to follow.



## Is Your Iodine Supplement Right for You?

**Here's a quick checklist to use to determine if you are taking the right iodine supplement, at-a-glance:**

- ✓ **Is an atomic?** Yes, Nascent Iodine is highly absorbable as a consumable iodine in its atomic form, instead of its molecular form. Nascent Iodine is the closest form to organic iodine available as a supplement.
- ✓ **Does it contain potassium iodide?** No, Nascent Iodine is completely different from standard, over-the-counter forms of iodine, sold in the denser state as an antiseptic, or as iodine tri-chloride which claims to be atomized, or added to potassium iodide so that it is soluble in liquid. Taking synthetic iodine as potassium iodide, found in iodized table salt, tablets, and Lugol's, is never recommended.
- ✓ **Is it highly absorbable?** Yes! Nascent Iodine is the form of iodine that is best recognized by the thyroid and rapidly absorbed by the body, with each use.
- ✓ **Is it convenient?** Yes, Nascent Iodine is a quick and easy iodine supplement to take daily, when several drops are combined with a small amount of water and swished around in the mouth for 30 seconds.
- ✓ **Does it have any side effects?** No! While man-made potassium iodide may have side effects of toxicity when consumed in excess, food state iodine, like Nascent Iodine, is safe for men, women, and children to use.

## Daily Iodine Rehabilitation Plan

### BREAKFAST

TIME	ACTION	AMOUNT
30 minutes before breakfast	Nascent Iodine	Take 5 drops in 20ml of water, swish around the mouth for 30 seconds before swallowing.
With breakfast	Active Life™ Capsules	Take 3 capsules with water.

### LUNCH

TIME	ACTION	AMOUNT
30 minutes before lunch	Nascent Iodine	Take 5 drops in 20ml of water, swish around the mouth for 30 seconds before swallowing.

### EVENING

TIME	ACTION	AMOUNT
30 minutes before 5pm	Nascent Iodine	Take 5 drops in 20ml of water, swish around the mouth for 30 seconds before swallowing.
Before 5pm*	Ionic Selenium*	Take 1.25ml per day with 1 dose of Nascent Iodine preferably.*
Before 5pm	Active Life™ Capsules	Take 3 capsules with water.

*\*An evening dose of Ionic Selenium Drops can be taken as an alternative to morning and evening Active Life™ Capsules, which contain selenium.*

#### Recommended Dosages for Children:

For children aged 12+, the recommended dosage of Nascent Iodine is half the adult standard dose (2-3 drops, 2-3 times per day). For children under 12, administer half that amount again (1-2 drops, 2-3 times per day). The recommended dosage of Active Life™ Capsules for children aged 6 and under is 1 capsule per day.

For children 6-12, 2 caps per day is suggested. This recommendation is for general maintenance only, not therapeutic conditions, and is a suggestion, not an official guideline.

## General Wellness

*"Hello Mr. Redfern, I am writing a few words to thank you, I followed your advice and the nodule is gone. I use still Nascent Iodine, 2 to 3 a day, and I feel much better. Thank you again."*

- Odette B., Good Health Naturally

## Menopause Symptoms

*"Been getting hot flushes, having bad moods trouble sleeping and focusing due to menopause. Since I've taken Serranol and Nascent Iodine and cut down on starchy carbs, I've been managing it much better. Thanks so much."*

- Linda C., Good Health Naturally

## Low Thyroid Function

*"I've known for at least 30 years that I have low thyroid output. A couple of years ago, I tried Lugol's for a few weeks. Not much happened. A few years before that, it was Kelp Tablets for a few weeks. No improvement. My annual physicals always showed Low (but in the Normal Range) Thyroid Function. My 'Normal' oral temperature when well, has been, for my whole life, 98°F.*

*When I researched Nascent Iodine, I read that it was more easily absorbed than Lugol's. This is exactly what I've experienced... In the afternoon of the second day, I noticed a mental clarity and an ability to focus my mind, that I had not known I'd been missing. Now, on Day 24, it's getting a bit better, nearly every day. I just checked my oral temperature. It's 98.6°. And my arthritis seems to be letting go of me."*

- Geo, Amazon.com

## Hair Loss

*"I have been taking this for a year, and first thing that started to happen is my outer eyebrows started to grow back. Then I noticed my hair stopped falling out by the hands full. You could see my scalp. It was a nightmare. Now I have 3 to 4 inch hairs filling back in, and my scalp is almost invisible. The main thing is that I slowly have kept increasing my dosage. In the beginning, I didn't see much change, and I almost quit, but I decided to give it a real try and monthly keep increasing until I saw a change."*

- Pollyanna, Amazon.com

## Anti-Aging, Energy, and Vitality

*"This is a great product. My wife is 47, and she was having hormonal issues. She did the research, and we thought we'd give this a try. Our energy has shot through the roof. Her hormones are back to normal level, and she says she feels like she was in her 20s. We cannot say enough about how great this has worked for us. We take a couple of drops in water on empty stomach in the morning. It is like the fountain of youth."*

- Michael, Amazon.com



**53  
I  
126.90** *The Essential  
Iodine Your Body  
Needs!*

**Products you see in this book can  
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**Good Health Naturally UK (and Europe)**

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(Open Mon-Fri 9am-5pm)

**Good Health USA**

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Tel: 1800 455 9155  
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**Good Health Australia**

[www.goodhealthoz.com](http://www.goodhealthoz.com)  
Tel: + 61 (0)7-3088-3201  
From 9am to 5pm AEST

**Good Health India**

[www.goodhealthnaturally.in](http://www.goodhealthnaturally.in)  
Tel: +91 9640428251  
From 10am-6pm IST



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# ABOUT THIS BOOK

## My Good Health Club

Robert Redfern – Your Personal Health Coach  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. Included within Robert's mineral book series starting with *The Magnesium Manual*,

this book combines all of Robert's work and research on iodine deficiency into a simple rehabilitation plan that can be used for naturally improved health.

For more information, you can join My Good Health Club (MGHC) for dedicated Good Health Coaching from Robert Redfern.

Visit [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) today to find more information on health conditions related to:

- Acne, eczema, and psoriasis
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- Autoimmune disease
- Diabetes
- Digestive disorders
- Heart disease
- Infertility
- Lung health
- Premature aging
- Prostate health

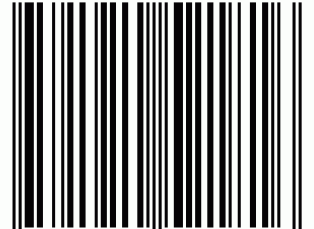
*And more!*

*"Like many of today's females, I had decided to leave having babies to later in life, but then I discovered I had numerous problems with spontaneous miscarriages, which the medical system had no successful solutions for. Like many women, I was getting desperate, and so I started on my father-in-law Robert Redfern's plan. It was not an obvious move for me, but I did ask for help and took the supplement plan and diet recommendations on board. The plan was fine, and I became pregnant. Things were okay at first, but on my first scan, the medics noticed a growth, and they said this was probably a fibroid. I increased the iodine drops and started following the diet to clear this, but I miscarried. I then decided to keep to the plan, and the growth was gone in as little as eight weeks. After this, I took the plan extremely seriously and followed the diet, which is critical. I stopped all carbohydrates and sugar, along with alcohol, and kept to the Really Healthy Foods plan as advised by Robert. The supplement plan was also tightened and improved. I became pregnant again and kept to the diet and plan meticulously. This time everything went like a dream, and my son Jacob finally started his new life."*

- Sian Redfern, Robert Redfern's Daughter-in-Law



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