

Terry Talks Nutrition

Compliments of Terry... Naturally

Before World War II and the advent of the introduction of new high powered drugs that are used today, iodine was one of the most beneficial and universal medicines used by physicians around the world. Iodine could do everything; heal wounds, disease, destroy bacteria and viruses and all pathogens and improve cellular function. It was the most commonly used medicine in the world. It got pushed aside based on the scientific evidence that the new drugs were more beneficial and more powerful. We are now entering an era when iodine is making a comeback because of its highly effective medicinal benefits with virtually no side effects whereas the modern drugs have value but come with a long list of serious side effects that need additional drugs to treat the side effects. I absolutely believe that there are cases and times in which drugs are extremely important, in fact, life saving. But today drugs are used for every condition even including vitamin and mineral deficiencies. We are not deficient in drugs. We are deficient in vitamins and minerals, a healthy diet and a healthy lifestyle. Albert Szent-Györgyi, the discoverer of vitamin C, always used and highly recommended iodine, which at the time was not fully understood. He stated that iodine did everything and everything good so when you didn't know what else to give, give iodine. He personally took 1,000 mgs a day of iodine. It is one of the most non-toxic and safest minerals that one could consume for good health. One could consume 100,000 times the RDA with absolutely no side effects. Why have we not been informed by those in authority about the benefits of iodine? Well, the number one reason is that iodine is natural and cannot be patented to allow the drug companies to make huge profits. Just



IODINE: The Old/New Medicine

recently a report came out where 21 studies supporting drug therapy were falsified to get the drug passed through the FDA. Profit is the #1 driving motivation for all drug companies.

Another example is vitamin D. For years we were told never to consume over 400 IU's of vitamin D per day because it was oil soluble and toxic. Some very wise and interested scientists did a meta-analysis of the studies on vitamin D and found that 3,000 to 5,000 IU is a more normal dosage for good health and up to a level of 10,000 units are safe. Scientists now believe that a deficiency of vitamin D can account for 77% of all cancer with 17 different forms of cancer positively responding to vitamin D therapy. Now that's a far cry from 400 IU per day. We are the most over medicated country in the world and the unhealthiest. The United States consumes over 40% of all drugs manufactured worldwide and yet we are 42nd in world health. That means that 41 other countries are healthier than the United States. That is a sad accomplishment in spite of all the drugs that medical authorities believe will heal this nation. We never advocate healthy food, healthy lifestyle, exercise and nutritional supplements. It's big Pharma, big profits, big money and a sick country.

Let's get back to the iodine story. Iodine and L-Tyrosine produce the thyroid hormone thyroxin and are responsible for improving low thyroid. Not only is the thyroid supported by iodine but every cell in the body cannot function without sufficient quantities of iodine on a daily basis. The thyroid needs approximately 5 mgs of iodine per day and the rest of the iodine is used by the cells of the breast, ovaries, uterus and prostate. Many holistic physicians are now treating fibrocystic breast disease which includes the cyst, nodules and hardness of the breast with iodine. They have also had significant success in treating breast cancer with high doses of iodine. This is also true for the nodules, cysts and cancer that can be found in the ovaries, uterus and

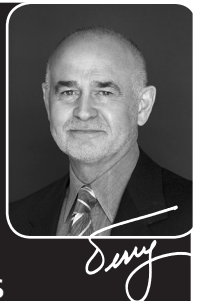
prostate. The recommended dosage for a child is 6.5 mgs of iodine per day which can make a dramatic effect in behavior and brain function. A maintenance dosage for an adult would be 12.5 mgs. The sicker the individual, the higher the dosage of iodine is recommended by holistic physicians, therefore, up to 50 mgs per day, and for breast cancer possibly 100 mgs per day. There are virtually no side effects except for a slight moistening of the nasal passages and more frequent sneezing. The majority of the doctors who use iodine therapy believe that there are really no adverse side effects but what one might see as an annoying associated condition is based on the detoxification of three toxins, chlorine, fluoride and bromide. Iodine is a powerful alkaline substance, a superior detoxifying agent of the harmful chemicals in the body and a healing agent that literally cannot be duplicated by modern medicine minus any side effects. Iodine is the choice to improve low thyroid function and should be used before any other thyroid hormones are recommended. If thyroid hormones are still needed, the dosage will be far less once the thyroid and body is completely saturated with iodine. Low thyroid is one of the most commonly misdiagnosed disorders in medical treatment. Blood tests are not the answer to diagnose a low thyroid. Blood tests can indicate what agents are there at the time of the blood draw. However, that tells nothing as to how they will affect the body's function. It would be similar to checking the gas tank of a car to determine the function of the engine. Just because we have a high or a low agent in the blood is not the full story as to how it's utilized. For example, vitamin D is necessary to carry calcium from the gut to the bloodstream. However, with a deficiency of essential fatty acids, the calcium would never reach the cellular level. Thyroid hormones can be ineffective because they are bound to proteins or they are not converted to their active form. The best way to tell if a person has a low thyroid is the way physicians did it years ago. Talk to the patient, observe the patient's features, take a medical history and yes, this will take more than 5 minutes. **So what does the doctor look for to determine if you have a low thyroid?** **Test yourself for iodine deficiency:** I'm sensitive to cold **Yes__No__**.

My hands and feet are always cold **Yes__No__**. In the morning my face is puffy and my eyelids are swollen **Yes__No__**. I put weight on easily **Yes__No__**. I have dry skin **Yes__No__**. I have trouble getting up in the morning **Yes__No__**. I feel more tired at rest than when I'm active **Yes__No__**. I'm constipated **Yes__No__**. My joints are stiff in the morning **Yes__No__**. I feel like I'm living in slow motion **Yes__No__**. I have foggy brain **Yes__No__**. The outer 1/3 of my eyebrows is missing **Yes__No__**. My lips are swollen and protruding, particularly the lower lip **Yes__No__**. I have ringing in the ears **Yes__No__**. My hair is coarse and falls out, it is dry, thick and brittle and slow growing **Yes__No__**. My hair is dull and lusterless **Yes__No__**. I have frequency of urination **Yes__No__**. I have impaired hearing **Yes__No__**. I have reduced initiative **Yes__No__**. My calves are big **Yes__No__**. My legs and ankles are swollen in the morning **Yes__No__**. My buttocks and thighs are too well padded and when I look in the mirror I'm pear shaped **Yes__No__**. I have high blood pressure and high cholesterol **Yes__No__**. My heart is weak and I have a weak heartbeat **Yes__No__**. My stomach sags and is pushed forward by the curvature of my spine **Yes__No__**. My body temperature is below 97.8 **Yes__No__**. You may not have all of these characteristics but if you have several of these and they are constantly plaguing you, you may want to consider supplementing your diet with high dose iodine. I will continue the subject of iodine therapy because of the huge positive impact it can have on human suffering. I believe every man, woman and child should be on a high dose supplement of vitamin D and iodine.

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Terry recommends this formula for your best health:

Iodine (from Kelp and Potassium Iodide) 30 mgs, L-Tyrosine 400 mgs