

## The Unfounded Iodine Phobia

Who told you iodine was bad for you? Most likely it was your doctor, but whoever it was, it is important to trace the originators of this false campaign. The unscientific 1948 UC Berkeley Wolff-Chaikoff study and the 1969 Wolff review of the same 1948 study, both a blasphemy to the scientific method, are most likely the culprits.

Doctors have bought into this unfounded 1948 study, which happened to coincide with the release of synthetic, patentable drugs comprised of synthetic iodine, even though non-radioactive, non-toxic, elemental iodine had been used for myriad conditions by U.S. physicians before World War II, and some conditions such as Fibrocystic Disease of the Breast and hyperthyroidism, were treated with natural iodine with 90% success. Interestingly, since the thyroid is unable to distinguish radioactive from non-radioactive iodine, and it builds a reserve of iodine in its tissues, if enough non-radioactive iodine is absorbed before exposure to radioactive iodine, it will have minimal negative effect.

It is guesstimated that more people have died from iodine deficiency (potentially spawned by the false premise of this 1948 study) compared to the deaths in both world wars combined! Iodine deficiency has been further exacerbated by "halogen displacement". Fluorine, chlorine, bromine, iodine and astatine are called "halogens" or "salts" in Group 17 on the Periodic Table and they all have exactly 7 electrons in their outer shells. Based on atomic weight, fluorine, chlorine and bromine are able to "displace" iodine because they can attach to the same receptor sites. E.g., an important thyroid hormone called thyroxine, comprised of one tyrosine molecule plus 4 iodine molecules (hence it also being named T4), can be constructed with 4 molecules of fluorine, bromine and/or chlorine instead of iodine—but it renders the T4 absolutely useless. Since our current environment is flooded with fluorine, chlorine and bromine with a deficiency in iodine, we have a lot of catching up to do.

An example of halogen displacement would be the effects of chlorine intake on the body's small reserve of iodine. Table salt, by definition, is mostly "sodium chloride" (what chemists call a "halide" - or a halogen tied to a mineral, making it a "salt" of a halogen). Although bound to sodium, the use of table salt as a delivery vehicle for iodine ironically presents a situation where you ingest far more chlorine, which displaces iodine, than you do the iodine itself. Chlorine, which has been used extensively since 1904 to allegedly control microbes in public drinking water, belongs to the same class of elements as iodine: the "halogens" - or elements that are one step removed from the "inert elements" (or gases) because they have just one electron missing from their outer shell to make it inert (non-reactive). This makes halogens quite *readily* reactive.

Halogens and their relative atomic weights																	
																	F
																	Cl
																	Br
																	I
																	At

Fluorine 18.99  
Chlorine 35.45  
Bromine 79.90  
Iodine 126.70

The mechanism behind "halogen displacement" was probably best described by J.C. Jarvis, M.D. (Folk Medicine, Henry Holt & Co., 1958, HB, p. 136), who wrote: *"The clinical activity of any one of these four halogens is in inverse proportion to its atomic weight. This means that any one of the four can displace the element with a higher atomic weight, but cannot displace an element with a lower atomic weight. For example, fluorine can displace chlorine, bromine and iodine because fluorine has a lower atomic weight than the other three. Similarly, chlorine can displace bromine and iodine because they both have a higher atomic weight. Likewise, bromine can displace iodine from the body because iodine has a higher atomic weight. But a reverse order is not possible. A knowledge of this well-known chemical law brings us to a consideration of the addition of chlorine to our drinking water as a purifying agent. We secure a drinking water that is harmful to the body not because of its harmful germ content but because the chlorine content now causes the body to lose the much-needed iodine..."*

Both chlorine and fluoride were added to the U.S. water supply in 1904 and 1945, respectively. Chlorine is in most swimming pools, and bleaches the whole wheat and sugar cane into the "white" flour and "white" sugar with consumption of these processed foods at an all time high. Bromate replaced iodate in bread ~10 years ago and bromine is used in spas now as an "alternative" to chlorine. The prevalence of fluorine, chlorine and bromine has become pandemic, especially in the U.S.

Other sources of chlorine whereby free chlorine is released in the body during digestion include the artificial sweetener "sucralose", also known as Splenda, that misleadingly sounds naturally good for you.

Other sources of fluoride besides fluoridated tap water include: Toothpaste, fluoridated drinking water, dental fluoridation treatments, infant formula, processed cereals, juice, soda, tea, wine, beer, mechanically deboned chicken, fish/seafood, non-stick Teflon pans, fluoridated salt, anesthetics (enflurane, isoflurane & sevoflurane) and cigarettes.

Once the importance of adding iodine to the diet is understood, let alone the need to increase it in order to overcome its extreme displacement in the body by the ubiquitous fluorine, chlorine and bromine in our environment, then obtain it from a pure, natural, ionic/electrolytic/chelated/true colloidal, almost 100% bio-available, detoxified source. That's EnerG-Iodine. **To learn more about EnerG-Iodine please call San Antonio Wellness Center, 4823 Fredericksburg Road, San Antonio, Texas, Sam Rodgers, 210-240-7721. For appointment, call 210-602-0578. Visit our website at [www.samsherbalnutrition.com](http://www.samsherbalnutrition.com)**