

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”

- ***The Holy Bible, Romans 8:28***

I love this Bible verse...for many reasons. The most important one is because I know I've been called to share health information with as many people as I possibly can. I'm sure a lot of you won't like what I'm about to say and that's ok, because God is moving me to say it. Too many people in the medical establishment are corrupt because it's more about the all-mighty dollar than it is about helping people get and stay well. God gave us an immune system for a reason. We just have to know how to feed it. I'm sure at least 90% of the information I provide you every month won't be found in the mainstream. They want us sick because they benefit from it. I want us to be well. Our ancestors didn't have access to the plethora of medicine that we do, but as a society, we just get sicker and sicker. We rely on medications that cause side effects, which results in the need for more medication to "cure" those issues. It's an endless and vicious circle. We're taught to rely on vaccines we don't need to treat illnesses that are easily curable. Please stop listening to what the mainstream media is telling you and start thinking for yourself. Do your own research. I truly believe there is a natural treatment for just about everything. But the problem is that we are an "instant gratification" society. We want everything fixed now! Natural medicine often takes a little longer. But please, take the time to do your own research. Be your own advocate. Stop listening to people and organizations that don't have your best interest at heart. Too many of you have been asleep for much too long. It's time to wake up!

Yours in health,

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Why We Need Iodine



Most of us are pretty familiar with minerals such as selenium, magnesium and zinc that are so important to our overall health. But there's another one that's equally, if not more important, to your health and it's probably not on your radar. It's not common knowledge that Iodine is needed for just about every single function in our body. Sadly, a deficiency in this vital nutrient is a worldwide issue. A whopping 74% of Americans are deficient and they probably don't even know it! As you're aware, I'm always seeking data on how to get and stay well naturally. I recently finished watching the new documentary series called "Quest for the Cures, Final Chapter," hosted by Ty and Charlene Bollinger. You may remember me writing about Ty in a previous newsletter because from one of his books, I learned how to cure my own skin cancer (Jan 2016). This husband and wife team travels the globe to interview doctors and patients to learn how to SUCCESSFULLY treat cancer naturally. It's troubling how so many options are available, but the information is hidden and/or suppressed. Why? The reason is because there's no money for the pharmaceutical companies in natural treatments. You can't patent Mother Nature. How I wish I knew back in 2009 what I know now. Armed with all the information that's now in my brain, my dad wouldn't have been killed by the chemotherapy he was told would save him. That was a BIG FAT LIE. One of these days, I'll write about why chemo doesn't work.

But I digress. I'm giving you this background because the importance of iodine was mentioned in one of the episodes of Ty and Charlene's recent documentary, which I highly recommend. I honestly had no idea how crucial it is to our health, so I decided to start digging in to see what information I could find to share. Here's what I have for you.

Iodine provides the nutrition needed for the thyroid, the master control panel for all your hormones. Because of the thyroid's very big job, it's important to feed it properly. There are many foods that contain iodine, including seaweed, eggs, seafood, strawberries, cranberries, dark leafy green vegetables and dairy products. Iodine is added to salt, but as you learned last month, iodized salt is NOT a good option.

Here are some of the important benefits of iodine.

Protects our Body From Toxins. You know I've written about how toxic fluoride and chlorine are. They also negatively impact thyroid function. To that list of toxins, I'll add lead, bromide, cadmium, mercury and aluminum. If you keep levels of iodine at a healthy level, it can help keep these toxic chemicals from accumulating in your body. By having sufficient levels of iodine, you can actually help detoxify your body from the toxic chemicals listed above, which can build up (1). Remember, foods like tuna and swordfish can increase mercury levels, which is a not a good thing.

Acts as a Natural Antiseptic. For all of you baby boomers out there, you may remember your mom putting a brownish-looking liquid on your knee when you scraped it. At the time, I'm sure you didn't know that it was iodine. So you probably didn't realize it can be used for things like cleaning cuts and purifying water. I actually put a couple drops of iodine in a natural gargle I make my when Luke's or my throat starts to hurt. It fixes us up in no time. The reason is because iodine helps kill bacteria and viruses naturally.

Helps Maintain Strong Bones. Iodine plays an important factor in your body's ability to absorb calcium. There's actually a connection between low levels of iodine, low absorption of calcium and hypothyroidism that's been out there for about 100 years (2). But I'm sure you won't find anything about this in the mainstream media.

Helps With Your Emotions. Not only do low levels of iodine have an effect on your brain, but recent studies have shown a link between low levels of iodine and mild cases of depression and anxiety. Iodine is certainly a much more natural (and safe) treatment than anti-depressants like Wellbutrin or anti-anxiety drugs like Xanax.

Acts like an Antioxidant. Some natural health experts are convinced that iodine may be just as good as Vitamin C in helping reduce free-radical damage in our bodies. Iodine is also a super-strong anti-inflammatory, which means it could potentially take the place of prescription drugs like diclofenac or over-the-counter medicines like Ibuprofen.

Helps Treat and Prevent Cancer. One of the most important articles I came across was one from Dr. David Brownstein, who states that iodine has apoptotic properties. This means it can cause death to cancer cells and keep them from dividing. The article is pretty fascinating as it goes into some detail about the link between oxygen (or lack thereof) and cancer, which I've known about for years. Just like cancer can't live in an alkaline environment, it can't live in an oxygenated environment and iodine seems to help. The article is worth the read and can be found here: <https://drsircus.com/iodine/iodine-treats-prevents-cancer/>

The list of benefits is certainly much longer than this, but I've provided a few to whet your appetite and hopefully push you to want to learn more. Some of the symptoms of an iodine deficiency include feeling tired and sluggish, weight gain, constipation, depression and dry skin.

How much iodine should you take? Everyone has their own requirement, but personally, I take 6.25 mg daily. An alternative doctor can help determine your iodine profile and recommend the right dosage for YOU. Remember, as with most things, too much of a good thing can be bad. But iodine is certainly an important nutrient to help strengthen our immune system.

Have a wonderful month!

- (1) https://drsircus.com/detox/iodine-and-detoxification/#_edn1
- (2) <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/542133?redirect=true>