

Beyond Iodine Supplementation

When it comes to health, Iodine is a superstar; but just like any superstar it has its competitors. More specifically Iodine is in constant competition with its kin, the halogens (elemental classification from the periodic table); three of which need to be considered... Fluorine, Chlorine and Bromine.

Contact or ingestion of any of these halogens follows a known law referred to as “The Law of Halogen Displacement”. This law states that a Halogen of higher weight will displace those at a lower weight. And, guess what... Iodine may be the superstar, but it's the lightest in weight of the four; it's therefore being displaced by the others. *Why is this an issue... exposure to Fluorine, Chlorine & Bromine is quite prevalent, and can have deleterious implication to one's health.*

- **Fluorine (Fluoride) is commonly found in drinking water, oral hygiene products such as mouthwash & toothpaste, and is used in conjunction with various dental procedures;**
- **Chlorine and chloramine are being used to treat municipal and drinking water, it can be vaporized and inhaled during a hot shower, and is commonly used as a disinfectant in hot tubs and swimming pools;**
- **Bromine is used in breads & baked goods, many OTC medicines, toothpaste, mouthwashes, flame retardants, cosmetics and is in some popular brands of bottled water;**
- **and the list goes on.**

Anyone researching Iodine will stumble-upon the myriad of sub-clinical conditions that can be accredited to its deficiency. If Iodine is not present where it is required, it's unable to perform its necessary actions in the body.

- **Iodine plays the supporting role in the proper functioning of the thyroid gland as a constituent part of thyroid hormones;**
- **Iodine has a major role in blood filtration and cellular cleanup;**
- **Iodine is an anti-proliferative utilized to treat and prevent cancer cell growth;**
- **Iodine has the ability to thin viscous mucus;**
- **Iodine works directly to modulate your immune system, and is an effective combatant against most bacteria and viruses;**
- **Iodine is considered a specialized type of antioxidant that neutralizes cellular inflammation;**

When considering a potential Iodine depletion, it would be wise to enlist a two-pronged approach to ensure your levels are adequate.

- **First, and in consideration of *The Law of Halogen Displacement*, do your best to eliminate any ongoing exposures to the competing halogens.**
- **Second, consider regular iodine supplementation.**

Supplemental Iodide for Purchase

STANDARD PROCESS PORTAL



FULLSCRIPT PORTAL

