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Iodine: A Misunderstood, Multi-Purpose Nutrient

For many, this is probably the first time you've heard of iodine as anything other than part of a first aid kit. When it comes to mainstream medicine, this is certainly not a commonly prescribed or even suggested remedy despite its vital role in the human body. So, you may be surprised to learn that iodine plays a crucial part in hormone regulation; which in turn is responsible for something many of us struggle with daily.

How many of you have tried to lose weight -- feel like you have done all the right things -- but still have nothing to show for it? I know it sounds hard to believe, but your problem might just be due to a hidden nutritional deficiency. That's right: Iodine. And in today's environment it's nearly impossible for your body to get sufficient amounts let alone hold on to it.

In addition, Dr. Guy Abraham, one of the world's foremost experts on iodine, discovered that you most likely need to take 100 to 400 times the RDA to keep your body in balance. The fact is that iodine does a lot more than assist in losing weight. More than 90% of us are low in iodine. Dr. David Brownstein, who has written books on the subject, is convinced that whole body iodine insufficiency is the cause of numerous health problems ranging from hypothyroidism to fibromyalgia.

Iodine is more commonly recognized for its role in thyroid function - often being placed into the category of "emergency radiation intervention" - but it is responsible for so much more. This simple nutrient is utilized throughout the entire body and assists in normalizing several biological functions. It is found in breast tissue, ovaries, testes, parotid glands, and salivary glands (to name a few).

Water containing halogens such as chlorine, fluoride, and bromine, utilized internally or externally, interferes with iodine molecules and causes your body to excrete the iodine it so desperately needs. Since chlorine exists in most city water supplies, unless you dechlorinate your water, you are exposed to thyroid-lowering gases whenever you bathe, shower, or have a drink of water. For those of you who have a hot tub or whirlpool spa, you most likely use chlorine or bromine as water purification agents, which both affect you in the same way.

Bromine is used as a flame retardant, in pesticides, as a gasoline additive, as a developing agent in photography, and in numerous pharmaceuticals. It might also interest you to know that many carbonated beverages (a.k.a. cola, soda, pop, etc.) contain bromide in the form of brominated vegetable oils. Although manufacturers say the amount is negligible, some practitioners have observed that drinking sodas with bromide generated low thyroid function in some of their patients.

Here is a brief list of critical functions iodine is responsible for throughout the body:

- Normalizes hormone receptors. These receptors need to have iodine attached to them for optimal function. A shortage of iodine, and your hormones do not work at their peak.
- Thyroid- Regulates the thyroid. Your thyroid gland needs iodine whether it is working normally, underactive, overactive or enlarged.
- Diminishes fibromyalgia in people with low thyroid function. This could be because an overabundance of bromide often displaces iodine. Since iodine removes bromide from the body, the fibromyalgia is improved.
- Breast protection. When bromide gets into breast tissue, it displaces iodine, which is critical for breast health. Some women with fibrocystic breast tissue find their cysts and tenderness disappear after using iodine.
- Supports the adrenal glands and stress. Our adrenal glands require sufficient iodine to function properly and boost your natural ability to deal with stress and stressful stimuli.

- Assists in generating HCl in our stomach. Low hydrochloric acid production is often caused by iodine insufficiency. Without enough HCl, we cannot digest protein, or use calcium, magnesium or iron efficiently.
- Auditory function. Recent studies have shown a correlation between iodine deficiency, impaired hearing, thyroid dysfunction.
- Cognitive development and function. In randomized trials, both children and mothers who were supplemented with iodine showed advantage over those that were not in cognitive development and function (primarily in non-verbal domains of cognitive function such as reasoning).

Where does iodine come from?

Although compounds of iodine occur in a variety of places in nature, only two sources are currently utilized for commercial production. Chile is the largest producer of iodine, currently, due to their extensive mining of caliche deposits (Caliche is a sedimentary rock of hardened calcium carbonate), which is what we utilize.

The other commercial source of iodine is from iodine-containing brines of oil and gas fields sourced primarily from Tokyo and Oklahoma.

Any impurities are ultimately removed as iodine is isolated into its elemental form.

*Although sea-derived iodine sources such as kelp may have been used [commercially] in the past, they were abandoned long ago due to lack of economic viability.

Nascent Iodine

Nascent Iodine is a consumable iodine in its atomic form rather than its molecular form. It is an iodine atom that has an incomplete number of electrons. It is paramagnetic. What does that mean? Well, it means that the iodine atoms can hold an electromagnetic charge. While this all might sound a little like a flashback to chemistry class, the most important thing to understand is that Nascent Iodine has a huge energy release when consumed. This "charged" state is held by the atom until diluted in water and consumed, whereby it gradually loses energy over a 2-3 hour time span. During this time, Nascent Iodine is recognized by the body as the same iodine that is produced by the thyroid and is absorbed effortlessly by the body.

What separates our iodine even further from other supplements on the market? Well, the most significant difference is that our alcohol base has been upgraded and exchanged for something we feel to be much more synergistic to the product and delivery system: Demeter Certified Biodynamic Grape Alcohol.

What is "Biodynamic"?

The principles of biodynamic farming are based on the view that nature is interconnected and cyclical, and this belief and concept is what drives each practice from seed to harvest. The avoidance of pesticides, recycling of organic materials, efficient use of water, maintaining of biological diversity, observation of the lunar phases, and minimal dependence on imported materials (self-sufficiency) are what set this class of farming above even the strictures of organic certification and into a class all their own.

Along with this innovative formula upgrade, we have also improved upon the droppers to ensure that the corrosive nature of alcohol does not negatively affect the rubber dropper. Our new droppers will prevent any degradation over time.

Those of you who know our core values as a company, know that we pride ourselves in offering the "best of the best" to our customers - and we're very confident that this shines through in the thought we put in to perfecting the fine details such as these.

As far as we know, there isn't another iodine supplement quite like this, so look for the Nascent Iodine logo and brand the next time you shop for an iodine supplement!



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Adapted from our ancestors, our genetic legacy intimately connects us with the earth, its seasons, and its resources. Enviromedica provides foundational support from the purest sources.

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