

# Iodine References

<http://tinyurl.com/iodine-references>

[Our new Website](#) Iodine References

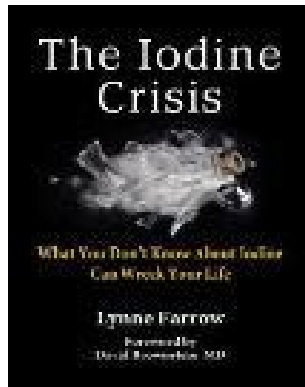
[Index To All Grizz Files](#)

[Go to the Curezone Iodine Group](#)

Fibrocystic Breast Pain gone in minutes? YES ! Special thanks to Dr. Kruse and his [AMAZING story](#), located in Nashville, TN who made this entire Document possible.

## Important Notices:

- 1) If you have problems loading this document, use the [Google Chrome Browser](#)
  - There are known problems with some versions of Windows Explorer Browser
  - Chrome is lightning fast & a joy to use.



### [The Iodine Crisis: What You Don't Know About Iodine Can Wreck Your Life](#)

- By Lynne Farrow, Director of [BreastCancerChoices](#)

The Iodine Crisis explains how we became so deficient, then shows the time-tested solution to reversing many serious health conditions, with fascinating history of iodine & testimonials. See how Lynn cured her own breast cancer and iodine deficiency disease. This book belongs in every home...

Interview with the author, Lynne Farrow

<http://www.wishsummit.com/pinkribbon/lynne-farrow>

More excellent [iodine books](#)

- 2) New [Facebook Iodine Group](#)

3) Bargain Lugols Iodine from a [Reputable Ebay Dealer](#),  
Recipes to make your own iodine for pennies on the dollar & [More bargains](#)

4) How mothers can deliver SUPER SMART BABIES & prevent ADD/ADHD  
[Dr. Jorge Flechas: Total Body Iodine Sufficiency](#) - Medical Conference Presentation

5) ☆ ☆ ☆ [Body pH](#) should be [near optimum to absorb iodine](#) & other minerals.  
• [Adjust diet](#) until the [Urine pH](#) reads between 6.75 to 7.25

6) [Disclaimer](#): Always consult with your healthcare professional  
Send your suggestions to Grizz at the [Curezone](#)

7) If you are skeptical of iodine, see our [MIRACULOUS testimonials](#)

8) If you are hypothyroid, do not take iodine until you read this  
<http://tinyurl.com/iodine-hashimotos>

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## Preface

Everything in this document is related to explaining the [Dr. Brownstein Iodine Project](#), for training & educational purposes only. Why [we need iodine](#) and the many health problems that result from iodine deficiency:

Fibromyalgia, Fibrocystic Breasts, PCOS, Endo Cysts,  
Prostate Problems, Migraine Headaches, Depression, Fibroids, Thyroid,  
and a [Pandoras Box](#) of [additional health problems](#). These are fully described by doctors in this document. **See Chapters [Recommended Reading](#) & [Testimonials](#).**

### THERE IS A PANDEMIC OF IODINE DEFICIENCY [REPORTED](#) IN THE USA - Why?

Caused by the sea of [Halide toxins](#) we live in, that are displacing vital iodine out of the cells in our body. Our vital organs such as the thyroid, prostate, testes, ovaries, uterus, skin, breast & brain [require iodine to function properly](#). Iodine **with [required supplements](#)** will detox these nasty chemicals out of our body to restore required iodine levels & improved health. Required supplements cost approx \$1 per day

### **\* VERY IMPORTANT**

Everyone is likely to have some detox problems. Everyone is different, and many people can minimize detox by blasting through it with 100mg iodine to start, and others need to start with small doses. Many thanks to iodine expert Trapper at the Curezone for doing his research on iodine doses to help people get through detox. See the Testimonials for [high starting dosages here](#).

For those who need to start SMALL with 1 drop or less Lugols iodine daily and Titrate SLOOOWLY . . . please see "[Starting Dosages for Minimal Detox Symptoms](#)."



### Bromoderma Photo

This photo is Bromoderma or Fluoroderma Detox Symptoms. Do the salt flush & Pulse Dosing to get quickly through these detox symptoms.

- Taking iodine with [required co-supplements](#) will detox your body of Bromides, Fluorides & Chlorine and make your body optimum with essential iodine levels.
- Send suggestions to improve this document to [Grizz at the CureZone](#)

**Please freely distribute this file:** <http://tinyurl.com/iodine-references>

**\* Use this material as research to write your own magazine articles & books.**

Please help to get the word out to tens of millions of suffering women.

- These files are FREE, in the Public Domain, no copyrights
- Send them out to Facebook, Twitter and everyone on your email list.

## Qualified Iodine Doctor Listings

[National listing of Iodine Qualified Doctors](#)

[How to find a good doctor](#) for thyroid problems sttm

[National listing of Holistic Doctors](#)

## Introduction To Iodine

[Forward, Credits, Help, Basics & Introductory Files](#)

## How to get started with iodine

- Simplified guide .
- Recipes, how to make Lugols Iodine, \$800 worth of iodine for \$50
- Where to get iodine outside the USA
- Starting with large doses of iodine testimonials
- **Bargain prices for Iodine**

[Instructions, Proper Dosage, Supplies, How to make Lugols & more](#)

## The Required Co-Supplements

- With research
- Reasons why they are needed
- Why choose one supplement over another
- When to increase dosage

[Complete listing of Required Co-Supplements](#)

## Why Boron/Borax?

Senior members of the [Curezone Iodine Group](#) have recommended Boron or Borax as part of the Iodine Protocol for over 4 years, mainly because it helps to detox Fluoride from our body.

See Boron References for the many reasons to supplement this mineral:

<http://tinyurl.com/Boron-References>

## Our Urine PH Levels & Why They Are Important

We measure for BODY pH which is not the same as blood pH. Blood pH is kept at a constant level by stealing minerals & nutrients from bones & the body.

- PH 6.8 to 7.2 = Healthy with STRONG immune System
- PH 6 to 6.8 = Sickly & lowered immune system
- PH 5 to 6 = very sickly & poor immune system
- PH below 5 = Cancers, Chronic disease & Autoimmune Disease are very likely

**Dr. Brownstein recommends we have optimal pH to better absorb iodine & minerals**

It is important to occasionally monitor our Saliva & Urine PH Levels for optimal health.

Also, [what to do if our pH](#) is too low.

<http://tinyurl.com/Iodine-PH-Levels>

## Detox Symptoms

- How to clear up pimples, bloat, headache & other detox symptoms.
- What to do when detox symptoms appear
- [Detox Symptom Listing](#) from BreastCancerChoices

[Introduction, Help with detox, Detox Symptoms](#)

## Iodine Deficiency Symptoms

[Symptoms Listing](#) with links to research

## Recommended Reading References

- Dr. Articles organized by subject
- Documents,
- Research by Subject

- Why Iodine cures Cancer
- Iodine deficiency disease by subject
- Tips
- Videos

[Important References.](#)

## Recommended Iodine Books

[Important Iodine Books](#)

## Additional Guides to Supplement with Iodine

The following iodine guides also describe the Dr. Brownstein Protocol

\* Download the latest FREE “Guide to Supplementing With Iodine” [at this location](#)

- - - [Older version here](#);

- - - Written by Dr. Buist from the [Yahoo Iodine Group](#)

\* Guide to Supplementing Iodine at [BreastCancerChoices](#)

- - - Written by Lynne Farrow, Director of BreastCancerChoices

- - - Moderator of the [Breast Cancer Think Tank](#)

\* Guide to supplementing Iodine at the [Curezone](#)

\* New [Iodine Research Website](#)

## Q&A

[Q&A With JDW on HIGH dosage](#) JDW takes 100+mg of iodine. See why.

[Q&A Files at the CureZone](#)

## Testimonials prove that Iodine is a MIRACLE from God

- All testimonial are in the public record, available via google search.
- These amazing testimonials are real, from members of our own discussion groups.

[Complete Listing of Testimonials](#)

## Vitamins for the Pillar of Good Health

[See which Vitamins are most highly recommended by doctors](#)

## Handout for Family & Friends

- Only 1 page double sided
- Perfect for friends, relatives, co-workers

- Ideal for seminars & meetings
- **Help us spread the word**
- 200+ million women need to know about iodine for their lumpy bumpy breast disease, thyroid, ovary cysts, uterus fibroids & more.
- Millions of men need to know about iodine for their prostate problems, low Testosterone & erectile dysfunction.

[This handout is designed to be printed on 1 double sided sheet, contains all of the basics.](#)

## **Additional Research Reports**

### **Master Index to Iodine Resources**

<http://tinyurl.com/iodine-index>

### **Iodine Testimonials**

<http://tinyurl.com/iodine-testimonials>

### **Iodine Cures Prostate Problems**

Procedures, Dr. Reports & Testimonials

<http://tinyurl.com/Iodine-Cures-Prostate>

### **Iodine Kills Cancers**

Procedures, Dr. Reports & Testimonials

<http://tinyurl.com/Iodine-Kills-Cancers>

### **Vitamin D3 Report**

Optimal immune system requires Vitamin D3 at 8,000 to 10,000 IU Geltabs daily

<http://tinyurl.com/Vitamin-D-Report>

### **Boron Cures & Prevents Arthritis**

Rids body of fluoride

Also cures **Insomnia** & [other health problems](#)

### **Rejuvenate Your Septic Field, Save \$30,000**

Also How to prevent future clogged up septic fields

<http://tinyurl.com/Septic-Solutions>

## Measure Your PH for Optimal Health

<http://tinyurl.com/Iodine-PH-Levels>

## Wheat Causes Serious Health Problems

The devastating health problems caused by wheat

<http://tinyurl.com/Wheat-Health-Problems>

## Adding Solar Power

2 Projects explained - Powering a 100 mile Parmak RM-1 Electric Fencer 24/7, and powering a well pump. Complete [Solar details with photos here](#)

- BE PREPARED FOR AN EMERGENCY. Join with us to [Become a Prepper.](#)

## Required Disclaimer:

Send your suggestions to Grizz at the [Curezone](#)

**DISCLAIMER** - Do not take any vitamins or supplements without consulting with your doctor. Always consult with your healthcare professional before taking supplements. We recommend working with an iodine trained ( or a Naturopathic/Holistic ) doctor for all problems. Traditional doctors know nothing about iodine & were never trained in Med School about iodine. They have even deleted their entire 100+ year history of iodine being a MAJOR medicine for major disease. List of iodine trained doctors:

<http://breastcancerchoices.org/ipractitioners.html>

These files are for educational purposes only