



Iodine - Bringing Back the Universal Medicine

Mark Sircus

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This book tells the iodine story that has become especially important as radiation levels increase because of the nuclear disaster in Japan. Everyone needs to hear the iodine story for there is nothing more important in the entire world now than taking our daily iodine supplements. An appropriate public health response to the nuclear disaster in Japan starts with iodine because any lack of the nutritional type will attract the radioactive type like honey attracts bees. The last thing anyone wants to be walking around with is a thyroid so starving for iodine it will take on the nasty radioactive isotope of iodine instead. It is very important to know that Dr. David Brownstein has tested 5,000 of his patients and has found out that 95 percent of them are iodine deficient and other iodine researchers he has talked to have found similar trends in their patients as well.

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