

# Zest for Life

Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

## IODINE

Iodine is an essential component of the thyroid hormones thyroxine (T4) and triiodothyronine (T3). Thyroid hormones regulate many important biochemical reactions, including protein synthesis and enzymatic activity, and are critical determinants of metabolic activity. They are also required for proper skeletal and central nervous system development in fetuses and infants.

Other glands/organs/systems with high iodine uptake include breasts, ovaries, cervix, blood, lymph, bones, gastric mucosal, salivary, adrenal, prostate, colon, thymus, lungs, bladder, kidney and skin.

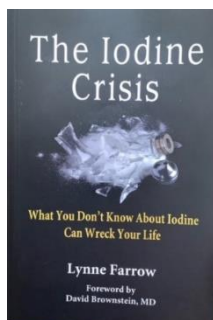
The Japanese consume about 13mg of iodine per day whereas the average American intake is 425micrograms. Japan has significantly less breast and prostate cancer and better health and longevity than in the US.

According to the WHO (World Health Organisation) 72% of the global population is iodine deficient but obviously not the Japanese! A study published in July 2020 by Cancer Epidemiology, Biomarkers and Prevention showed that a combination of high levels of selenium and iodine is associated with a lower risk of breast cancer. The presence of selenium is essential. Figures indicate that the incidence of breast cancer is higher in the US where selenium is high and iodine is low and Northern Europe where both selenium and iodine are low.

Sources of iodine – Seaweed (kelp, nori, kombu, wakame) is one of the best sources of iodine. Other sources include fish and other seafood, eggs, Greek yoghurt.

### Interesting Reading

The Iodine Crisis by Lynne Farrow



Lynne Farrow is a journalist, former college professor and speaker. Her own experience with breast cancer led to the discovery that someone had stolen a medicine, iodine, with proven benefits for many diseases. The research she found stretched back 15,000 years and not only helped her but millions of other people.



## References

<https://cebp.aacrjournals.org/content/29/7/1335.abstract>

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