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Why People Are Rushing for Iodine Amid Nuclear Concerns

Articles by Dr. Joseph Mercola ✓ Fact Checked

March 31, 2022

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STORY AT-A-GLANCE

- Fear of Russian invasion of Ukraine causing a nuclear incident has resulted in Europeans stockpiling iodine. In the case of a serious nuclear accident, radioactive iodine can be released into the air, increasing your risk of thyroid cancer and acute radiation sickness when inhaled
- Non-radioactive iodine supplements help to prevent the radioactive iodine from concentrating in your thyroid gland, thereby reducing the risk of thyroid cancer
- The conventional recommendation is to start off some of the health dangers of radiation exposure is to take supplemental potassium iodide. In addition to potassium iodide tablets, you could use Lugol's solution, which includes both potassium iodide and iodine in water
- The recommended daily dosage of potassium iodide for an adult in the case of acute nuclear radiation exposure from a nuclear reactor accident or a nuclear weapon detonation, is 130 milligrams (mg), which is relatively high and far in excess of the normal daily requirement of 1 mg or less per day
- For optimal protection, the iodine would ideally be taken one hour before the radiation exposure, and no later than 12 hours post-exposure
- Other supplements that can help reduce damage associated with radiation exposure are vitamin D3, spirulina and molecular hydrogen

Fear about potential nuclear fallout has resulted in Europeans stocking up on iodine. As reported by Agence France-Presse (AFP), March 8, 2022:[1]

> *"European countries have seen stocks of iodine fly off the shelves due to fears it may be needed to counter the risks of thyroid cancer if Russia's invasion of Ukraine causes a nuclear incident. France said it would send 2.5 million doses of the chemical compound to Ukraine after Russian forces there seized the defiant Chernobyl nuclear site and damaged Zaporizhzhia, Europe's largest atomic plant.*
>
> *Your thyroid gland needs iodine to make hormones that influence your metabolism and other vital functions. Since your body does not produce iodine, you must get it through your diet on a daily basis. When your body lacks sufficient iodine, it cannot make enough thyroid hormone.*
>
> *If your deficiency is severe, your thyroid gland will become enlarged, a condition also known as a goiter. Iodine deficiency can also cause hypothyroidism (low thyroid function). On the other hand, excessive levels can result in hyperthyroidism (excessive thyroid function), elevated blood pressure and abnormal rhythm.*
>
> *In some cases, lack of sufficient iodine can trigger intellectual disabilities and developmental problems in infants and children whose mothers were iodine-deficient during pregnancy.*
>
> *Iodine deficiency has also been linked to poor information processing, diminished fine motor skills, visual problems, fatigue, depression, weight gain, low basal body temperatures and more.[2] It's also been known for some time that iodine can kill viruses, including influenza viruses.[3]*

General Health Recommendations

The recommended dietary allowance (RDA) for iodine ranges from 110 micrograms (mcg) for babies from birth to 6 months of age and up to 150 mcg for men and women over 19 years. Women who are pregnant or breastfeeding have an RDA of 220 mcg and 290 mcg, respectively.[4] I always recommend that you get as many nutrients as possible from your food, and iodine is no exception. Foods that are naturally iodine-rich include spirulina,[5] sea vegetables, prunes, raw dairy products, eggs and Himalayan pink sea salt.[6] Eating these foods on a regular basis will help ensure adequate levels year-round.

In the case of nuclear fallout prophylaxis, however, you may need higher doses than these foods can immediately provide — especially if you have not been getting sufficient amounts on a daily basis.

Recommendations in Cases of Acute Radiation Exposure

The conventional recommendation to ward off some of the health dangers of radiation exposure is to take supplemental potassium iodide. In addition to potassium iodide tablets, you could use Lugol's solution, which includes both potassium iodide and iodine in water.

The recommended daily dosage of potassium iodide for an adult in the case of acute nuclear radiation exposure from a nuclear reactor accident or a nuclear weapon detonation, is 130 milligrams (mg).[7] For optimal protection, the iodine would ideally be taken one hour before the radiation exposure, and no later than 12 hours post-exposure.

Why Use Iodine in Case of a Nuclear Accident?

In the case of a serious nuclear accident, radioactive iodine can be released into the air, increasing your risk of thyroid cancer and acute radiation sickness when inhaled.[8]

> **Thyroid cancer seems to be the only cancer whose incidence rises after a radioactive iodine release. Potassium iodide protects only the thyroid, but it is the organ at greatest risk from radioactive iodine. – Thyroid.org**

Non-radioactive iodine helps prevent the radioactive iodine from concentrating in your thyroid gland, thereby reducing the risk of thyroid cancer. As your thyroid gets saturated with non-radioactive iodine, the radioactive iodine gets flushed out of your body through your urine. As explained by thyroid.org:

> *"The thyroid gland cannot distinguish between stable (regular) iodine and radioactive iodine and will absorb whatever it can … Babies and young children are at higher risk. The risk is much lower for people over 40. Thyroid cancer seems to be the only cancer whose incidence rises after a radioactive iodine release. Potassium iodide protects only the thyroid, but it is the organ at greatest risk from radioactive iodine."*

Nuclear radiation can be measured in milliseverts, millirads, or millirems. Rem is an older unit measure still frequently used in the U.S. For reference, 100 milliseverts are the equivalent of 10,000 millirems, or 10 rem. Acute radiation sickness begins at exposures at or above 100 rem (1,000 milliseverts or 100,000 millirems).[9] Spikes recorded at the Fukushima Daiichi nuclear power plant in 2011 measured up to 40,000 millirem, or 40 rem.

The American Thyroid Association recommends that anyone living within 50 miles of a nuclear plant have potassium iodide in their household at all times in the event of a radiation emergency.[10]

However, you should only take potassium iodide if you are near active radiation fallout. This is NOT a strategy that should be used as a long-term preventive because it only protects your thyroid for one to three days, no longer, and taking it when not absolutely necessary could result in thyrotoxicosis.

Iodine Does Not Protect Against Other Radioactive Elements

It's also important to realize that iodine does not offer all-around protection in the case of nuclear fallout. As mentioned, it only protects against radioactive iodine, it only protects one organ: your thyroid. It does not protect against any other radioactive elements.

Authorities typically recommend sheltering inside a hard building in the case of nuclear fallout. But there may also be some other things you can take to help your body protect itself against radiation. Three supplements that come to mind are vitamin D3, magnesium and molecular hydrogen.

Vitamin D Can Help Reduce Radioactive Damage

Vitamin D's protective action is carried by a wide variety of mechanisms, including cell cycle regulation and proliferation, cellular differentiation and communication, and programmed cell death (apoptosis). Scientists have identified a total of nearly 3,000 genes that are upregulated by vitamin D, so it makes sense that it would have multifaceted protective actions against cellular damage.

A paper on the subject argued that vitamin D should be considered among the prime nonpharmacological agents that offer protection against low radiation damage and radiation-induced cancer — and perhaps even the primary agent. According to the paper, published in the International Journal of Low Radiation:[11]

> *"In view of the evidence that has been presented here, it would appear that vitamin D by its pleiotrophic-acting actions should be given serious consideration as a protective agent against substantial radiation injury, and in particular that induced by low radiation."*

Ideally, the BEST way to get vitamin D is from sun exposure on your bare skin. This typically requires going out every day in the sun around noon to get enough UVB to generate vitamin D. We are entering the time of year where most people in the U.S. can do this for the next six months.

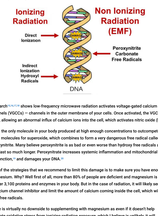
Sun exposure will also increase melatonin in your mitochondria, which is yet another fantastic method to reduce excess oxidative stress that can be exacerbated by exposure to ionizing radiation.

Rather than focusing on a specific dosage, your best bet is to measure your vitamin D level (which is done through a simple blood test) and then take whatever dosage required to raise or maintain an optimal level, which is thought to be between 40 ng/mL and 60 ng/mL. In one investigation, compared to having a blood level below 20 ng/mL, having a level of 60 ng/mL or higher resulted in an 83% reduction in breast cancer.[12]

Getting tested, ideally twice a year, is really the only way to determine if you have a protective level and are taking the correct dosage. If you are not getting sun exposure, you may need about 8,000 IUs of vitamin D per day. Please remember though that this is a vastly inferior way to get vitamin D and in no way shape or form will increase your mitochondrial melatonin levels.

How Magnesium Can Help Protect Against Radiation

One of the interesting facts I learned when I wrote my 2020 book, "DNA 911" was that nonionizing radiation from cell phones cause cellular harm nearly identical to that of ionizing radiation. As you can see by the image below.



Research[13,14,15,16] shows low-frequency microwave radiation activates voltage-gated calcium channels (VGCCs) — channels in the outer membrane of your cells. Once activated, the VGCCs open, allowing an abnormal influx of calcium ions into the cell, which activates nitric oxide (NO).

NO is the only molecule in your body produced at high enough concentrations to autoompute other molecules for superoxide, which continues to form a very dangerous free radical called peroxynitrite. Many believe peroxynitrite is as bad or even worse than hydroxyl free radicals as they last so much longer. Peroxynitrite increases systemic inflammation and mitochondrial dysfunction,[17] and damages your DNA.[18]

One of the strategies that we recommend to limit this damage is to make sure you have enough magnesium. Why? Well first of all, more than 80% of people are deficient and magnesium is part of over 3,100 proteins and enzymes in your body. But in the case of radiation, it will likely serve as a calcium channel inhibitor and limit the amount of calcium coming inside the cell, which will limit free radicals.

There is virtually no downside to supplementing with magnesium as even if it doesn't help mitigate oxidative stress from ionizing radiation exposure, which I believe is unlikely, it will benefit you in thousands of other ways. It is one of the few supplements that virtually everyone needs to be on.

Molecular Hydrogen and Radiation Protection

Last but not least, molecular hydrogen may also be helpful in cases of low-level radiation exposure. As explained in the 2012 paper, "Molecular Hydrogen and Radiation Protection":[19]

> *"Molecular hydrogen (dihydrogen, H_2) acts as a therapeutic antioxidant by selectively reducing hydroxyl radicals (OH) and peroxynitrite (ONOO-). It has been well-known that ionizing radiation (IR) causes oxidative damage and consequent apoptosis mainly due to the production of OH that follows radiolysis of H_2O.*
>
> *Our department reported the protective effect of H_2 in irradiated cells and mice for the first time, and this effect is well repeated by us and another laboratory in different experimental animal models.*
>
> *A randomized, placebo-controlled investigation also showed consumption of H_2 can improve the quality of life of patients treated with radiotherapy for liver tumors. These encouraging results suggested that H_2 has a potential as a radioprotective agent with efficacy and non-toxicity."*

A simple way to protect against this damage is to upregulate your Nrf2 pathway, which can be accomplished by drinking molecular hydrogen water and making sure you're getting enough magnesium.

Incidentally, molecular hydrogen tablets are actually an excellent source of ionic elemental magnesium. Each tablet provides about 80 milligrams of ionic elemental magnesium, so molecular hydrogen serves double duty.

In a study[20] from 2015, the researchers suggested hydrogen therapy "may be an effective and specific novel treatment for acute radiation syndrome." The key mechanism by which molecular hydrogen protects against radiation is by reducing hydroxyl radicals, which are responsible for more than half of the cellular damage associated with ionizing radiation.

One of the easiest and most effective ways to take molecular hydrogen is to use molecular hydrogen tablets, which you simply dissolve in water for about 60 to 90 seconds, and then drink while the bubbles are still visible. Molecular hydrogen is one of my go-to, must-have daily supplements.

How to Optimize Your Iodine Absorption

While women have a greater incidence of iodine deficiency related to their hormone production, the bodies of both men and women are subject to the poor absorption of iodine and suboptimal use due to environmental contamination that end up in the food supply.

Common contaminants that compete with iodine include the following. By avoiding or eliminating these from your diet, you can help optimize iodine uptake from the iodine-rich foods you eat, some of which were listed earlier.

- **Bromide** — Bromides are known endocrine disruptors found in baked goods, pesticides and plastics, among other sources. Because bromide is a halide, it competes for the same receptors used in your thyroid gland and other body areas to capture iodine, thereby inhibiting thyroid hormone production and resulting in iodine deficiency.
- **Fluoride** — Fluoride has long been known to displace iodine. As cited by the Fluoride Action Network, "Chemical researchers have repeatedly found that an iodine deficiency coupled with fluoride exposure produces a significantly more damaging effect on neurological development than iodine deficiency alone."
- **Nitrates** — While there are healthy nitrates, the ones found in processed meats such as bacon, hot dogs, lunch meat and sausage may interfere with your uptake of iodine, so be sure to avoid them. Nitrates from agricultural fertilizer, present in contaminated drinking water, have also been implicated as a potential cause of thyroid cancer.[21]
- **Perchlorate** — A contaminant found in groundwater across the U.S. and in measurable amounts in milk, fruit and vegetables. In high doses, perchlorate may inhibit the function of your thyroid gland. Even in low doses, it inhibits the uptake of iodine by your thyroid gland, leading to hypothyroidism.[22,23]

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RichJedi
Joined On 3/17/2006 1:23:08 PM
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Here is an article about numerous supplements to help with radiation:
www.naturalnews.com/039371_radiation_antidotes_supplements.html
www.naturalnews.com/039371_radiation_protection_supplements.html

Reply · Mark as Spam · Posted On: 3/31/2022 5:06:19 AM
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Guillermo
Joined On 12/10/2014 8:48 AM
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Thank you Rich Jedi. Iodine, Magnesium, vitamin C, molecular hydrogen and all nutrients and supplements that provide direct antioxidants or enhance endogenous antioxidants can be effective in avoiding DNA damage and the risks of cancer and diseases resulting from radiation. Thinking the Nrf2 production pathways will protect the DNA. NrfO+ levels decrease with age and oxidative stress. Furthermore during aging, decreased function of genes that control circadian rhythm can reduce NrfO+ levels. Nrf2 is a transcription factor that binds to antioxidant response elements in promoters NrfO+ During the aging process, increased DNA damage reduces NrfO+ causing mitochondrial dysfunction.

Industrial metabolic processes to produce NrfO+ for human consumption from microbes, diseases and genetics. As Dr. Mercola reports, the first company for producing NrfO+ (metabolic processes) that the body needs to make (endogenous) NrfO+ ? Nicotinamide Riboside (NR), 2 - Tryptophan 2, Trp2, 3 - Nicotinic acid, 4 - Nicotinamide. 5 - Nicotinamide mononucleotide (NMN) Supplementation with NrfO+ precursors increases NrfO+ in human cells and tissues and is more effective in increasing cellular levels of NrfO+ compared to those treated in the 'de novo' pathway. www.ncbi.nlm.nih.gov/...PMC4117143 (2014) jotmed.com.tw/en.php/view/1000-0313 (2020)

Mark as Spam · Posted On: 3/31/2022 5:22:01 AM
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Guillermo
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Joined On 12/10/2014 8:48 AM
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Iodine and selenium work together for the well-being of the thyroid and against radiation. Selenium is a trace mineral in the body that has shown powerful antioxidant and radioprotective effects for many years. Selenium can powerfully stimulate the production of glutathione, which is the most abundant antioxidant in the human body. Selenium also has a very high bioavailability, meaning it can be easily absorbed and used by your body. Selenium also has powerful detoxification and anti-cancer properties. These studies suggest that selenium may be a useful nutraceutical for an accelerated radiation event. Molecular and cellular studies have revealed that selenium protects different normal cells against radiation. The thyroid is the organ with the highest selenium content per gram of tissue because it expresses specific metalloproteins.

Additionally, selenium is found in the parathyroid glands and selenium deficiency has been proposed the thyroid from free-radical damage. Thus, selenium deficiency can exacerbate the effects of iodine deficiency. The value of selenium supplementation in autoimmune thyroid disorders has been questioned. Selenium attributes thyroid hormone synthesis and metabolism in the immune system to the regulation of the production of reactive oxygen species and their modulation. In Graves' disease, selenium supplementation has been proposed to be effective in reducing thyroid antibodies and improving quality of life in mild ophthalmopathy.

Iodine and selenium work together for the well-being of the thyroid and against radiation. Selenium is a trace mineral in the body that has shown powerful antioxidant and radioprotective effects for many years. Selenium can powerfully stimulate the production of glutathione, which is the most abundant antioxidant in the human body. Selenium also has a very high bioavailability, meaning it can be easily absorbed and used by your body. Selenium also has powerful detoxification and anti-cancer properties. These studies suggest that selenium may be a useful nutraceutical for an accelerated radiation event. Molecular and cellular studies have revealed that selenium protects different normal cells against radiation. The thyroid is the organ with the highest selenium content per gram of tissue because it expresses specific metalloproteins.

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Guillermo
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pulsed-radio.sitv.com/t=59994174#p-1324382%20%20%20

PS - Justsnow - thinking Crazy Train is also just as applicable :)

Mark as Spam · Posted On 3/11/2022 4:42:02 AM

justsnow
Joined On 1/5/2011 11:13:54 AM
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Hey Lonesome, might sound crazy but the link is also there ; Sure seems like the more things change, the more they stay the same.

Mark as Spam · Posted On 3/11/2022 4:44:20 AM

grafu
Joined On 1/17/2012 8:03:55 AM
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"...American media and their most European puppets have intentionally spinned the fact. ..." Then you'll probably find this morning's Bucharest article by Steve Bryant, the Sovietologist that, whenever "The Media is the Number One Cause of the Since 1890s" www.lexrex.blogspot.com/2022/03/simon-black-the-media-is-the-number-one-ca...

Mark as Spam · Posted On 3/11/2022 9:01:13 AM

Pete Smith
Joined On 10/11/2013 8:18:59 AM
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US Navy veteran and independent street-funded journalist reports from inside Mariupol. Aiding Mariupol Residents About Russian Attacks On Civilian Areas, they assessed not Russian, but Ukraine forces attacking them, shooting at them, forcing to force them out. Ukraine forces fail weapons in Rivne Rivne, at kindergartens, at school, they said: www.youtube.com/watch 05:06 "Ukraine forces are firing from Rivne Rivne, from the Ukraine forces, from the Ukrainian forces. They rob and kidnap their fellow people. It already stopped at a traffic light and fired at a home building."

Then he drove on. - Reporter: Ukrainian? - Inhabitant: Ukrainian, yes. It was March 6th. An older Ukraine man said at 07:30 min. in the video: They (Ukraine forces) occupied schools. The tanks were just around schools. - They put them also very close to kindergarten. - Reporter: Did you know the kindergarten? - Man: Yes! - Reporter: Who? - Man: Ukrainian! - They occupied the kindergarten. - Reporter: Who? - Man: Ukrainian tanker! - Reporter: How is it possible? - Man: Ukrainian! - They put them on the territory of schools, kindergartens, near the residential buildings. - 09:28 - It has been 3 days since the DPR occupied Irmino in Donetsk.

Such a relief. Ukraine army committed terrible things here! Terrible! How are only managed to survive! - And they said to everybody. - They are terrorists! - And where is go? - How can I abandon my flat and go away? - We stayed and they bombed everything too. - They (Ukraine forces) kicked out people from their houses in the settlements. They occupied the positions and put there their guns, mortars. - You can't see, it's so cut off. It's Donetsk city. DPR did just a lot. While Ukraine not its equipment. - Between the houses, near residential houses.

Mark as Spam · Posted On 3/11/2022 9:07:07 AM

rendrose
Joined On 1/16/2011 8:39:01 AM
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An alarming quantity of false information is spoiled by serious media - you can find one point and the opposite further down the page! Initial war footage from 4 weeks ago was faked, no surprise this is still occurring. Suggest finding 3 or 4 sources to verify anything you may think. Right now, look up a media and remove slant. One major concern has been the Ukrainians may use a nuclear or biological attack, blaming the reverse on the Russians. The Russian appear to have targeted Mariupol 14 to 15 BIL labs. Assume when Putin declared Ukraine Nazi he was referring these being run by Americans. But who knew? Very too much overflowing bile.

Mark as Spam · Posted On 3/11/2022 10:38:46 AM

frogger
Joined On 6/26/2008 11:46:59 AM
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I have Neanderthal blood so I want my European lands back too.

Mark as Spam · Posted On 3/11/2022 4:55:02 PM

rendrose
Joined On 1/16/2011 8:39:01 AM
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Reagan, you may want to read some of the links before you post. We are now the sole owner of Sub Ukraine labs. "We have betrayed the nobody can imagine, and I'm going to tell you this is 100 percent why Joe Biden had to go get that [Ukrainian] prosecutor fired, 100 percent why Joe Biden had to become president. Burisma, Burisma, Burisma. Burisma, Burisma, Burisma. Burisma. Burisma." Burisma, Burisma, Burisma." Burisma, Burisma, Burisma." Burisma, Burisma,

Almond
Joined On 2/26/2008 4:25:23 PM
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jumbyte... It will not be achieved because nature will take over and whistle the human race before it can occur. Short of a nuclear winter turning the planet into a barren surface like Mars.

Mark as Spam · Post Link · 3/31/2022 11:17:02 AM
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Almond
Joined On 2/26/2008 4:25:23 PM
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ayn-ozan and ulss... Reminds me so life as a child. We lived near a major nuclear target. I attended a school where one wall was all windows as schools were built back then to let in sunlight and not conserve energy or as fallouts rain down on children. Of course, the would have nuclear drills where we would all huddle under our lightweight writing platform desks for 30 seconds or so until we were told it was safe to come out. Looking back, I realize that was just to give us the false confidence that we could survive a nuclear war.

The truth is we never would have survived that kind of war. Where there are large budgets, there is also large fraud and graft. We are this globally. Money is being siphoned off by the elites while the common people die without. I think the only reasonable approach would be to remove most of the current world leaders and turn the future of society over to a consortium of grandmothers with the wisdom to deal with the world's differences and problems: budgeting, settling disputes, feeding and caring for the children.

the things grandmothers have learned to do well this life experience. They may have more expertise than many politicians. Grandmothers know how to budget because they have had to budget their families for years and have had a definition. They also learned how the increase between the people are not going to pay for it. If you want to get out a job and pay for it yourself. Or, "But, you cannot have Gimbo. They are junk food." Or, "You are brothers. Now shake and make up."

Mark as Spam · Post Link · 3/31/2022 11:32:41 AM
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lovestosingit
Joined On 8/28/2013 8:49:25 AM
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Ohn - hahahahahaha! You crack me up! Almond - I was told by a friend that, in the 80's during the cold war, Russia had the first washout painted with the name of my city and state on the side. Lovely. And here we go again! ... I should go ju-ju a deck also!

Mark as Spam · Post Link · 3/31/2022 11:58:51 AM
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ulis101
Joined On 7/10/2010 6:30:32 PM
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Almond, your link to "the latest from Anonymous" IMHO is a link to the Deep State act of propaganda. If one knows what is going on in Ukraine and Russia, not always easy with the mainstream MSM, one sees the Ukraine MSM propaganda as a lie, otherwise or something tried to hack into my computer.

Mark as Spam · Post Link · 3/31/2022 1:50:12 PM
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antrack
Joined On 1/3/2012 9:36:04 AM
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Russia isn't going to take anyone. They're in Ukraine draining the swamp, the **** and biolabs. The western media is full of crap.

Reply · Mark as Spam · Post Link · 3/31/2022 1:07:24 PM
Like · Dislike

briandian1
Joined On 6/17/2021 10:12:38 AM
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Yes, antrack. Stress and fear work wonders to weaken immune systems and promote depression and disease.

Mark as Spam · Post Link · 3/31/2022 2:19:19 PM
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wolfguy
Joined On 12/19/2019 12:22:35 AM
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If you are a big city slacker, and begin a lefty short of all the "WHERLEY" that are known as toxins or depleting to human shelf life such as Glyphosate, Fluoride, Chlorine, Aluminum, Mercury, Lead, Cadmium, Arsenic, Radioactive Isotopes, Pesticides, Herbicides, products in commercial construction (antimicrobials) that are so retardi-tomorrow can actually rot, so unavoidable! Then add to the list of the visible items we regularly plus into a digestive track so fouls and will "sh" this up on the daily scrotoscat so positively cumulative only to realize just how complex the body is having to adapt to all that is are to utterly age and kill you. Amazing we don't drop dead in our shoes. Prepare to meet the challenge of the New Frontier. I would worry about Blue virus more than bombs.

Reply · Mark as Spam · Post Link · 3/31/2022 8:01:11 AM
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Stepitupik
Joined On 10/25/2015 8:00:04 AM
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Sadly as pathetically, many people will panic buy lotion on their way to the vaccine centre to get the latest shot shed booster.

Reply · Mark as Spam · Posted On : 3/31/2022 5:00:14 AM
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Antonioplus
Joined On 12/13/2020 12:11:20 PM
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Stepitupik, I actually said that to my friend at breakfast this morning!

Mark as Spam · Post Link · 3/31/2022 10:02:13 PM
Like · Dislike

Sunbrunn69
Joined On 10/3/2021 8:49:08 AM
Add as Friend · Send Message

Ah! My wife and I will go to the Tibesch and live our best life! We are far enough away from DC and Moscow that we will be fine! What the Wind? What Sanctions? Why? Go the Hard Chaser!

Reply · Mark as Spam · Posted On : 3/31/2022 7:09:01 AM
Like · Dislike

designer56
Joined On 6/19/2006 3:02:23 PM
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We can. I will just close our ears and pretend nothing is happening. I am sure those whispers are praying that everyone on the planet is watching what is happening over there.

Mark as Spam · Post Link · 3/31/2022 10:24:14 AM
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briandian1
Joined On 6/17/2021 10:12:38 AM
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Designer: and if everyone in the world is watching what is happening (via the corrupt media) over there, how will that help the suffering people? Many of us watched live feeds from Ukraine to see what was really happening at the nuclear's protest. How did that help the persecuted there? We couldn't even get donations to them. Evil doesn't care who witnesses and what there are no consequences. Whether ignore the 'news' or become obsessed with it, the result is the same.

Mark as Spam · Post Link · 3/31/2022 4:50:59 PM
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Randyfast
Joined On 5/6/2010 8:42:42 PM
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"In some cases, lack of sufficient iodine can trigger intellectual disabilities and developmental problems in infants and children whose mothers were iodine-deficient during pregnancy. Iodine deficiency has been linked to poor information processing, diminished fine motor skills, visual problems,[Fatigue, depression, weight gain, low basal body temperatures and more." Haven't the cold "measures" already done this to society? Doesn't humanity have enough evil to worry about, without having to be concerned with protecting themselves from nuclear fallout? Humanity already has its future. If the Luciferians start dropping bombs, we are going to start to worry about our future. Until then, we have our future. Why would we let the Luciferians steal our future? I think it continue to live my life as if I will live, for as long as possible. The lesser of two evils? It's ironic that bridge when is collapsed.

Reply · Mark as Spam · Post Link · 3/31/2022 4:22:33 AM
Like · Dislike

Andrewsol
Joined On 8/20/2020 12:34:03 AM
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Also Forgot sodium bicarbonate among agents that mitigate radiation exposure: See here: FROM: US Department of Health and Human Services Radiation Emergency Medical Management: www.hhs.gov/ohep/emt/ Nice are here: Home > Managing Internal Contamination > Sodium Bicarbonate Sodium Bicarbonate (NaHCO3) - Indications and Usage Indications and Usage - Used to alkalinize the urine after uranium intake, which protects the kidneys from uranium deposition - Suggested IV dosing is 2 ampoules (2 mEq/kg) over 4 hours followed by 1 mEq/kg/hr for 24 hours - Suggested PO dosing is 1 mEq/kg every 4 hours for 24 hours (150 cc (1-2 mEq/kg) in place of Potassium Iodide Prepaq solid urine pH to 8.0; monitor urine pH hourly to Continue Rx for 3 days

Suggested PO dosing is 2 bicarbonate tablets PO q 4 hrs in Administer therapy until urine pH is 8.0; monitor urine pH hourly to Continue Rx for 3 days - For suspected high level uranium intake, consider diff dxtr use of PO diuretics and/or dialysis + bicarbonate (Sidmond) 400 mg PO QD or Diamox 500 mg PO BID; o Continue Rx for 3 days. - Therapy efficacy and safety can be monitored and guided by o Collecting 24 hour urine and measurements and analyzing for uranium content as well as for chemical toxicity (e.g., proteins, microglobulin, casts) o Monitoring serum renal function tests (.....)

Mark as Spam · Post Link · 3/31/2022 1:05:47 AM
Like · Dislike

Undatnic
Joined On 4/23/2009 11:50:25 AM
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Much of the spirulina offered online comes from China. It is not advertised, but I always ask for the source. The vendors reply that it has been tested for purity, so it safe to consume spirulina from China?

Reply · Mark as Spam · Posted On : 3/31/2022 7:31:01 PM
Like · Dislike

Ginger2
Joined On 8/30/2011 7:20:48 AM
Add as Friend · Send Message

I wouldn't.

Mark as Spam · Post Link · 4/1/2022 12:19:39 AM
Like · Dislike

Kuwa1169
Joined On 3/29/2021 5:34:31 AM
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Here's a link to the work of Dr. Akizuki in Japan after Hiroshima and his use of miso soup and the traditional Japanese diet in response to radiation poisoning. jyhsandiation.org/...Pure.pdf

Reply · Mark as Spam · Post Link · 3/31/2022 6:11:14 AM
Like · Dislike

lovestosingit
Joined On 8/28/2013 8:49:25 AM
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Oh I love this, and adding Kombu to the water first. this was instruction to me when I had hyperthyroidism and holy moly, did it make me feel like I was 18 again! Well, that and the diet I was put on. I was told hyperthyroidism is the body searching for iodine, but the mold industry thinks it should come out of his not asking counsel. Ugh. Its like there's been no advancements in medicine yet!

Mark as Spam · Post Link · 3/31/2022 6:29:07 AM
Like · Dislike

SawyEjecta
Joined On 3/31/2022 1:41:29 PM
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I'm glad you brought that up. I'm aware of that story of that doctor whose patients all recovered from radiation poisoning, thanks to his feeding them not only miso, which was important, but seaweeds played a huge role, and in an article where I learned about him, they explain how different seaweeds protect as well as heal from different of the toxic materials from nuclear fallout. If anyone is interested in this extremer article, send me a message and an email address, and I can attach the article to a reply

Mark as Spam · Post Link · 3/31/2022 8:50:11 PM
Like · Dislike

electeyboscor
Joined On 11/12/2010 3:21:45 AM
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this link says it all - en.wikipedia.org/ ../Dr._Shengqilian

Reply · Mark as Spam · Posted On : 3/31/2022 4:27:55 AM
Like · Dislike

Guillermus
Joined On 6/17/2011 5:47:42 AM
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The basis of the war in Ukraine is continuous with the cold war. We may recall that the Russian Communist Socialist State was part of the Rockefeller plan plan to spread socialism, in many forms, throughout countries around the world. Under the false guise of helping the oppressed establish a new and better world for all, the socialist goal was, as usual, control from the top down. Equality, liberty and fraternity were the slogans used to hide the real intent.

That powerful matrixing was a gigantic cash cow. It was also created as a threat to Europe, which justified the rise of the European Union - another grand Rockefeller/CFR/Bilderberg plan to further the control agenda of Socialist Globalism. Russia revaulted Ukraine and the conflict displaced COVID-19 as the world's most urgent concern. But instead of shelving the Great Reset agenda, it was just given a new name. Build Back Better.

www.deanesmay.com/2021/09/12/Russia-reports-threatens-of-ukraine-war... (03/11/2022)
blog.nomorefoolishness.com/2022/03/18/the-real-us-russian-connection-both... (03/18/2022)

Mark as Spam · Post Link · 3/31/2022 4:57:32 AM
Like · Dislike

Guillermus
Joined On 6/17/2011 5:47:42 AM
Add as Friend · Send Message

This documentary from March 2022 exposes how we arrived at a new Cold War with the second-term Catholic Democratic President Joe Biden and the Russian President Vladimir Putin. Ukraine was the pretext for the Cold War and the sanctions were unprecedented by the CIA and his henchmen in an essential ploy that Kissinger curated onwards. While Kennedy was the last US president to genuinely seek peace at the cost of his life, all of his wanted successors and fully aware that the promotion of war and the military industrial complex were on top. The great if we and have documented countless around the world with the glee of sadists and madmen. The long history of provocations against Russia in Eastern Europe and Ukraine that has resulted in the current Russian attack on Ukraine is no surprise anything.

While Kennedy embraced dialogue and negotiations that recognized the humanity and validity of the views of the leaders of other countries, he embraced confrontation and shift the cold war. Chapter One begins with an emphatic point: Robert F. Kennedy, Jr. recounts how his father immediately suspected that the CIA was involved in the assassination of President Kennedy. CLICK FOR DOCUMENTARY: THE PATH TO ULTIMATE THE PREDATOR" , JFK 2021 MOVIE REPORT" www.globalresearch.ca/ukraine-ukraine-illuminatus-tomorrow-today-jfk-movie/ ... (03/30/2022)

Mark as Spam · Post Link · 3/31/2022 4:56:30 AM
Like · Dislike

Guillermus
Joined On 6/17/2011 5:47:42 AM
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Where are we now? The Russian-Ukrainian discussions did not seem particularly enamored with the Russian peace proposal that could bring much needed relief to the war-torn country because, as seasoned American politician and peace activist Ron Paul rightly observed, Washington policy seemed to be "fighting Russia". Alum to the last Ukrainian." WASHINGTON INTENT ON HARPERING RUSSIA UKRAINE PEACE NEGOTIATIONS" www.globalresearch.ca/washington-intent-on-harpering-russia-ukraine-pe... (03/31/2022)

Mark as Spam · Post Link · 3/31/2022 4:59:25 AM
Like · Dislike

pamandiane
Joined On 6/20/2006 1:36:48 AM
Add as Friend · Send Message

You are lucky to be able to buy it off the shelf. Its been removed from Chemists in AU and very hard to track down anywhere else.

Reply · Mark as Spam · Posted On : 3/31/2022 9:07:57 PM
Like · Dislike

MarkPhil
Joined On 6/29/2009 4:17:42 AM
Add as Friend · Send Message

Hmmmm... I just happen to have 400, 120mg tablets of potassium iodide, in my work fridge, that I laid away after the Fukushima event (.06 MG they're expired) I'll take my chances that Ukraine and Russia will not release nukes and will still work after the Vogus expiration date stamped on them. I just pray that I won't have to find out if they work...

Reply · Mark as Spam · Posted On : 3/31/2022 4:11:30 PM
Like · Dislike

Almond
Joined On 2/26/2008 4:25:23 PM
Add as Friend · Send Message

Most people would agree that one thing wrong with the world today is the educational system. To quote the late Noah Linbaugh, "young adults filled with mush". For over Rong, there needs to be more emphasis on some of the more challenging studies with real science, real math, great world literature, etc. How much would it change the world if before graduation each student was required to take classes in Critical Thinking, Logic, Rhetoric, Philosophy, Ethics, Comparative Religions, Comparative Political Systems, Economics, Psychology and Propaganda of advertising and mass media? Or, would we prefer to continue to let our kids be mind-numbed by the pablum that passes for education?

I attended a rather progressive high school and took mostly college prep classes. My goal was always to take the hardest classes I could because of because I understood my education was preparation for life. I think this focus on rigor was crucial depend on my productivity and it could be a competitive world in which I could not expect to just "get by". However, during my senior year, I was able to swap out a mess media class for one concerned with issues of senior English.

That has been very useful in understanding mind-control techniques. It was appropriate - I figure if you cannot tell a room from a wolfs and wins a decent essay within a few months of your graduation date, there is little hope for you learning much more by then. Unfortunately, I had a lousy civics class (only 3 of us even passed it!) and I did not learn much about the constitution, bill of rights or government, so I had to educate myself later.

Self-education is also important. By the time you reach adulthood, you are responsible for knowing certain things. Teach children to read and embrace it as a lifelong skill, along with the notion that your education is never complete and you should keep on learning - and even using various sources to educate yourself. Recognize that a lot of important education also occurs outside the classroom... online, mentors, by doing, experimenting and even failing.

Mark as Spam · Post Link · 3/31/2022 12:19:54 PM
Like · Dislike

CMTMT
Joined On 10/19/2018 8:06:43 AM
Add as Friend · Send Message

You cover a lot of territory in this comment, Almond. As Sam Clemens (aka Mark Twain) said: "never let schooling impede your round education" (paraphrase). This is more true that ever now, with society plastered around the total cyber-tech edifice. As the Dylan song goes, "the times they are a changin'" and some aspects of nature should NOT be tinkered with. Yes, I mean the mRNA technology non-sensical, confusing vaccine.

Solar_Flame
Joined On 7/8/2019 11:00:45 AM
Add as Friend · Send Message

What's the best quality preferred iodine supplement?

Reply · Mark as Spam · Posted On : 3/31/2021 11:34:25 AM
Like · Dislike

Ringer2
Joined On 8/30/2011 7:20:48 AM
Add as Friend · Send Message

Eh using Lugols solution, I'ts powerful at about 10 drops per gallon of reverse osmosis and additionally filtered water. Dr. David Brownstein has a book on iodine, and he publishes a newsletter to which I subscribe.

Mark as Spam · Posted On : 4/1/2022 12:12:38 AM
Like · Dislike

JanetJonssen
Joined On 3/10/2014 12:13:02 PM
Add as Friend · Send Message

Jane, you are correct. Excess iodine can overwhelm thyroid - please go to the current info on Alan Christianson's (a ND endocrinologist) website, and start investigating. This is new information. Iodine is in many cosmetics, shampoos, skin creams, cleaning supplies, you may not need to supplement, unless you live in the goiter belt. And do not uncommon to have Hashi's with Graves. Not an easy nut to crack! Good luck.

Mark as Spam · Posted On : 3/31/2022 1:43:49 PM
Like · Dislike

CMT367
Joined On 10/16/2018 8:46:45 AM
Add as Friend · Send Message

www.integrativehealthcare.com/dr-alan-christianson-2

Mark as Spam · Posted On : 3/31/2022 2:46:29 PM
Like · Dislike

brianallen1
Joined On 12/12/2011 10:28:08 AM
Add as Friend · Send Message

All well and good except I know there is almost a zero chance of nuclear weapons being employed anywhere in the world. You there is pride, ego and vengeance involved in conflicts that all wars are only for gain of the powerful and elite. They are self planned, self orchestrated and self played. The powerful and elite do not need to permanently destroy any part of this world to obtain their objective. Research the bombs that were dropped on Hiroshima and Nagasaki. They were not nuclear. All the bombs were dropped by the B-29 bomber, not a soul could have entered a huge area for many many years. However, they rebuilt in a relatively short time period. Not so the Chernobyl nuclear plant. Yes, it is a mess. But, the surrounding area of the Black Sea is fine for sure. Our enemies have a hard acceptance to keep the people controlled. That was the whole purpose of the Cold War. Wake up. Step out of as the same sole.

Mark as Spam · Posted On : 3/31/2022 8:33:08 AM
Like · Dislike

Ronald_H
Joined On 7/10/2010 1:38:54 AM
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Doing very his preparedness, I have plenty of Potassium Iodide KI23 (better shelf life and better tolerated than KI). In pure powder form, KI is very cheap compared to pill form with bottles and markups. There aren't stockpiles of it ready for distribution, so I had planned on mixing powder with water and bottling it myself. Lugol's solution is 5% iodine, so I'm thinking I'll make a 5% iodine and potassium iodide solution and an equivalent 5% iodine and potassium iodide solution. I'm thinking I'll make a 5% iodine and potassium iodide solution. Iodine is somehow used in the Haupt manufacture of methamphetamine for drug abuse. My entire group of people into preparedness are responsible people who like healthy and certainly wouldn't supply anyone and certainly not the third drug trade and instead just store it around for possible emergency need for the entire population.

Mark as Spam · Posted On : 3/31/2022 2:36:42 AM
Like · Dislike

jeanesolk
Joined On 8/22/2009 11:07:19 AM
Add as Friend · Send Message

What about antacaidin?

Reply · Mark as Spam · Posted On : 3/31/2022 5:05:36 AM
Like · Dislike

jamiijm
Joined On 3/20/2008 11:10:54 PM
Add as Friend · Send Message

It can't hurt anything than iodine supplementation will help your body to keep up with the damage being caused by radiation. That's why I'm taking Lugol's solution and other healing iodine levels. Obesity and elevated insulin levels are two of the most inflammatory conditions a person can have. Fixing these 2 comorbidities is more important than anything else. Most of the people that died from Covid-19 had both of these comorbidities. These 2 comorbidities are responsible for most of the other comorbidities that are the top blood pressure, high cholesterol, high triglycerides, low HI-D, autoimmune disorders, and type-2 diabetes. Unfortunately, I'm severely allergic to antacaidin in supplement form.

I'm allergic to all of the iodide vitamins and supplements like Hi-D, Kal, kelp oil, and IHI-E, but I'm more allergic to antacaidin than any of the others. My medical 'expert' has ever been able to explain why I'm allergic to these supplements, but I can eat any seafood that contains them with no problems. That's why I eat wild Alaskan Salmon. It contains all of the above and it contains the most antacaidin of all the hydrolyzed water fishes.
www.superfoods.com/natural-antacaidin-fluids-best-high-potency-food-s...

Mark as Spam · Posted On : 3/31/2022 7:40:54 AM
Like · Dislike

Tacofjesus
Joined On 1/3/2012 1:41:29 PM
Add as Friend · Send Message

Can anyone answer my question? I had a partial thyroidectomy, since there was a cancerous colloid nodule on one end of it. Afterward, the doc put me on "replacement" hormone, which continue to take. That is effect suppresses the remaining thyroid, and the meds that provide the thyroid hormone for my body. What I'm wondering is: does this mean my remaining thyroid (which must be stimulated) doesn't need to be protected by KI in the event of nuclear fallout?

Reply · Mark as Spam · Posted On : 3/31/2022 8:17:13 PM
Like · Dislike

tcjaye
Joined On 6/20/2008 7:16:51 AM
Add as Friend · Send Message

What about those of us who already have hypothyroidism and are on medication? Will taking potassium iodide on top of our medication be beneficial or harmful?

Reply · Mark as Spam · Posted On : 3/31/2022 5:09:06 PM
Like · Dislike

Vicky5
Joined On 10/4/2021 11:44:02 AM
Add as Friend · Send Message

Iodine etc. but what should people with hyperthyroidism do to help with radiation? They cannot take iodine. Please advise, my 11 year old daughter has hyperthyroidism.

Reply · Mark as Spam · Posted On : 3/31/2022 4:19:07 PM
Like · Dislike

bkmama
Joined On 9/3/2021 7:46:16 PM
Add as Friend · Send Message

A different perspective... pierlecordonez.com/podcast/1/podcast-88-confessions-of-a-homeopath/
pierlecordonez.com/blog/call-call-we've-got-your-ring-the-ring-other/ A good primer...
pierlecordonez.com/...podcast-94-keeping-it-simple

Reply · Mark as Spam · Posted On : 3/31/2022 2:17:08 PM
Like · Dislike

02GD202
Joined On 1/13/2021 8:23:49 AM
Add as Friend · Send Message

Ever listen to the news on The Zone? It's a different view and I'm so glad I found it
www.thezonefreq.com/show/alaine-coates-and-the-romance-with-medicine...

Reply · Mark as Spam · Posted On : 3/31/2022 12:09:27 PM
Like · Dislike

Sindaiesta
Joined On 4/22/2009 11:50:23 AM
Add as Friend · Send Message

The sun is being blocked by chemtrails during the optimal hours 11 noon - 2 pm daily. Is it safe to be outdoors during heavy chemtrails? Can one get vitamin D3 from special lightbulbs?

Reply · Mark as Spam · Posted On : 3/31/2022 12:02:44 PM
Like · Dislike

02GD202
Joined On 1/13/2021 8:23:49 AM
Add as Friend · Send Message

that's condensation, not chem trails.

Mark as Spam · Posted On : 3/31/2022 12:11:31 PM
Like · Dislike

brianallen1
Joined On 8/17/2021 10:12:38 AM
Add as Friend · Send Message

Sorry 02GD202 those are chemtrails containing heavy metals and possibly graphene oxide. Do yourself a favor and get tested for heavy metals, your barium and aluminum will probably be off the charts. Cuttinde dissipate very quickly. They dont block out the sun for hours and days at a time!

Mark as Spam · Posted On : 3/31/2022 2:24:31 PM
Like · Dislike

brianallen1
Joined On 8/17/2021 10:12:38 AM
Add as Friend · Send Message

Sorry 02GD202 those are chemtrails containing heavy metals and possibly graphene oxide. Do yourself a favor and get tested for heavy metals, your barium and aluminum will probably be off the charts. Cuttinde dissipate very quickly. They dont block out the sun for hours and days at a time!

Mark as Spam · Posted On : 3/31/2022 2:24:31 PM
Like · Dislike

sdm101
Joined On 1/16/2016 6:30:32 PM
Add as Friend · Send Message

Thanks brian allen.

Mark as Spam · Posted On : 3/31/2022 4:27:27 PM
Like · Dislike

Sindaiesta
Joined On 4/22/2009 11:50:23 AM
Add as Friend · Send Message

02GD202 Read Geoengineering Transformation or Under an Ionized Sky by Elena Finnefrock. Or go to her website www.elenafinnefrock.com

Mark as Spam · Posted On : 3/31/2022 4:30:18 PM
Like · Dislike

MaxMayhem
Joined On 9/14/2019 8:17:56 AM
Add as Friend · Send Message

I add 1 drop of lugol's oil to my 1% solution of hydrogen peroxide which I nebulize 2 times per week to kill off candid virus which first multiplies in the upper nasal cavity. Is this enough for prevention ? How much Lugol's oil should I use, is what mixture and how often? Thanks.

Reply · Mark as Spam · Posted On : 3/31/2022 8:46:27 AM
Like · Dislike

Shades1Shady
Joined On 3/31/2022 10:04:42 AM
Add as Friend · Send Message

Dosage? How many drops of Lugol's solution how often? When? Thanks.

Reply · Mark as Spam · Posted On : 3/31/2022 5:13:08 AM
Like · Dislike

erlich
Joined On 5/23/2022 2:49:21 AM
Add as Friend · Send Message

Wonder if there's a connection between all the microplastics that have been discovered in blood samples recently and this "war" currently going on.

Reply · Mark as Spam · Posted On : 3/31/2022 3:50:33 AM
Like · Dislike

kenesbonight
Joined On 10/30/2013 8:44:26 AM
Add as Friend · Send Message

Maybe adding it to a drink? Or protein shake? I'm adding liquid cod/veg to mine, I can't stand it haha.

Mark as Spam · Posted On : 3/31/2022 4:26:01 AM
Like · Dislike

designer56
Joined On 6/19/2006 3:02:25 PM
Add as Friend · Send Message

It says not to add anything to it. That is why I am stuck. I can take anything that I know will help my health, but this iodine drops thing is too much. But someone here mentioned Hindsage salt. That I can do!

Mark as Spam · Posted On : 3/31/2022 10:21:10 AM
Like · Dislike

bkmama
Joined On 9/3/2021 7:46:16 PM
Add as Friend · Send Message

Have you tried hydrogen peroxide?

Mark as Spam · Posted On : 3/31/2022 12:50:27 PM
Like · Dislike

designer56
Joined On 6/19/2006 3:02:25 PM
Add as Friend · Send Message

I never heard of it topical iodine. Where do you take it? Pic. Putting it under my tongue is "topical".

Mark as Spam · Posted On : 3/31/2022 2:01:07 PM
Like · Dislike

sjn0214
Joined On 12/11/2010 9:18:31 AM
Add as Friend · Send Message

Dr. Mercola, according to his doctrine your iodine levels are way too low. Because our iodine receptors are filled with Chlorine, Bromine, Fluorine and Mercury. It takes at least 50 mg and possibly 80 mg per day to flush out the toxins and replace them with iodine. He has stated that you can take up to 6 grams of iodine per day with no ill effect. If you do not believe, don't expect to find iodine from your food. Maybe since you moved to Florida you get iodine in your food, but here in the Midwest we don't. That's why it is called the goiter belt.

Mark as Spam · Posted On : 3/31/2022 11:27:44 AM
Like · Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:08 PM
Add as Friend · Send Message

Also lowly flooded out by the deserving sent liberals it might be useful as the 'smart' technology radiation ramps up. Blame the scapegoats, Rahm Emanuel, the self-righteousness, & many ways in bondage & escapism to the rave, in institution of Babylon's uncoiled elite craft under in other gods. Or, what you can to keep body & soul together short of selling out eternity for the temporal. trust & fear God alone & his incorruptible, pure word. the word that springs to eternal life or rapture. it sure is now or never wisdom & guidance given of those sealed by the Spirit & with the power of the Resurrection. Those in Christ are the world's father of lies, all liars, all the children of pride, and all the children of disobedience. Ezekiel 28Isaiah 14; Genesis 3; 2 Cor 4:4; Gal 1:4; 1 John 5:19; Jn 17; Ephesians 4:20.

The one who formed all their corrupted 'wisdom' & they who destroy the earth along w/ their foreskin/ false salvation. the whole of it is to revoke & expose every lie & false way, revolting yes, that it is the devil - the manipulators within & without. & to warn souls. Our hope is in that God, not the imaginary wives in front-faces for Satan the god of this world & father of lies, all liars, all the children of pride, and all the children of disobedience. Ezekiel 28Isaiah 14; Genesis 3; 2 Cor 4:4; Gal 1:4; 1 John 5:19; Jn 17; Ephesians 4:20.

Reply · Mark as Spam · Posted On : 3/31/2022 7:07:37 AM
Like · Dislike

Keydawn

Joined On 8/25/2014 9:18:33 PM
Add as Friend | Send Message

Dear Dr. Mercola, The articles are great but they are not showing. The article about iodine is appearing instead. I would like to be able to see what you intended. Thank you.

Reply | Mark as Spam | Posted On 3/31/2022 11:11:11 AM

Like Dislike

---

lovestosing6
Joined On 8/26/2013 8:44:35 AM
Add as Friend | Send Message

H there - the articles disappear after 48 hours due to the censorship.

Mark as Spam | Posted On 3/31/2022 12:13:29 PM

Like Dislike

Ringer2
Joined On 8/30/2011 7:33:48 AM
Add as Friend | Send Message

After the 48 free hours here, the articles get transferred to Dr. Mercola's substack which you can access above through the portal labelled CENSORED LIBRARY at the top of this page. The substack site is not free, but it's not a profit center for Dr. Mercola who donates any profits to the 13 charities he helps support which are listed at the bottom of his market page. I'm subscribed to his substack at the rate of $50 annually, but he also offers an option of $5 per month either continuously or any month(s) of your choice.

Mark as Spam | Posted On 4/1/2022 12:07:37 AM

Like Dislike

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gruden
Joined On 5/6/2017 11:40:15 AM
Add as Friend | Send Message

Dr Mercola, your H2 supps have dextrose in them! That's not good, especially for those of us with glutamate sensitivity.

Reply | Mark as Spam | Posted On 3/31/2022 10:21:31 AM

Like Dislike

Post your comment

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