

The J.F.K. Health and Welfare Fund, Inc.

J.F.K. International Airport

Jamaica, New York 11430

A Nonprofit Local Social, Civic, and Fraternal Association of U.S. Customs and Border Protection Employees.

Founded in 1986 by Inspectors of the U.S. Customs Service . Incorporated in 1998

Web Site :<http://www.jfkhealthandwelfare.org>

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Your Health

Iodine

Here is a substance which, if you are of a certain age, you will remember as an antiseptic. Today, if you know Iodine at all, it is probably as Betadine, an excellent microbicide. But aside from the foregoing, most people know little or anything about Iodine and human health. Iodine in nature exists as iodide ions, I-, and it is as iodide that it is taken into our bodies. Iodine is an essential component of the human diet and in fact appears to be the heaviest required element in the diet. Lack of iodine in the diet is a cause of goiter (Derbyshire neck). This condition is rare now as table salt is dosed with a little iodide. This is where most people come in contact with Iodine in their diet. However, the amount of Iodine available in salt is just enough to keep goiter at bay as it is estimated that 95% of the population is Iodine deficient.

Median Urinary Iodine Concentration (mcg/L)	Corresponding Approx. Iodine Intake (mcg/day)	Iodine Nutrition
<20	<30	Severe deficiency
20-49	30-74	Moderate deficiency
50-99	75-149	Mild deficiency
100-199	150-299	Optimal
200-299	300-449	More than adequate
>299	>449	Possible excess

The International Council for the Control of Iodine Deficiency Disorders (ICCIDD) came into existence in 1985 with the single purpose of achieving optimal iodine nutrition worldwide. In cooperation with international organizations such as UNICEF, WHO and others, countries with

previously severe iodine deficiency now appear to be virtually sufficient; e.g., China, Nigeria, Congo, Iran, Peru, Ecuador, and Thailand. From reading the last sentence, one might assume that Iodine deficiencies is a third world problem, so why read any more. **Cancer!** Did I get your attention? We need to know more about Iodine because, frankly, our Standard American Diet "sucks". Most of the remaining material comes from Dr. David Brownstein. 95% of his patients are Iodine deficient. He suspects the same deficiency exists throughout the entire population, and it's a major contributor to cancer. Just because you don't have goiter, does not mean you have an optimal Iodine levels. We have an epidemic of "iodine deficiency" in this country, and Dr. Brownstein believes it's a major contributor to the increasing rates of cancer of the thyroid, breast, and prostate. Iodine is essential to every cell in our body, but it's especially important to your thyroid gland, which makes the hormone that regulates your entire body's metabolism. Iodine is also essential for healthy breast and prostate tissues, which require more iodine than other body tissues except your thyroid gland. Obesity, which is just 20% over your ideal body weight, also puts you at greater risk for cancer. And this is just one result of a goiter-hampered thyroid gland. If your ideal slim weight is 163 pounds, you're obese and at risk for cancer if you weigh 195 pounds.

In a five-year study almost 90 years ago, an Ohio physician, Dr. David Marine, was able to prove that the epidemic of goiter was caused by an iodine deficiency. Thyroxines are iodine-containing hormones that justify the worldwide use of iodized salt. But, Dr. Brownstein's research has shown that the amount of iodine in iodized salt is insufficient. And here is why. In the 1970s, the baking industry replaced the iodine in bread with a cheaper substitute, bromine. And, today, the vast majority of breads, pastas, and baked goods are made with **brominated** flour.

In a long list of dumb moves, replacing iodine with bromine was possibly the dumbest move ever made by food manufacturers because it has caused the epidemic of iodine deficiency that we are currently experiencing.

The problem is that **bromine binds to iodine receptors** in your body, **which inhibits the absorption of iodine**, and that's a recipe for a health disaster. Chlorine and Fluoride are in the same family as Bromine, and will also inhibit iodine absorption. Our agricultural soils have long been depleted and are deficient of a number of trace minerals in addition to Iodine, so the

crops they produce are Iodine deficient as well as deficient in other minerals such as Zinc, Boron among others. Making matters worse, the FDA has set the RDA for iodine too low, which means you can't get enough iodine in your diet from iodized salt or a multivitamin because your uptake of Iodine is being blocked.

This iodine deficiency epidemic we are experiencing is causing serious problems with our thyroid and prostate glands and also is leading to diseased breast tissue. This is why we have a 30-fold increase in fibrocystic breast disease (lumpy tissue), which is often a precursor to breast cancer. And bromine is now ubiquitous in our modern world: It's used in medicines, as a disinfectant for swimming pools and spas, and in hundreds of consumer products, including the interior parts of automobiles. Buy a new car today and you'll immediately be exposed to a large amount of bromine.

Sadly, conventionally trained doctors are completely unaware of this deficiency, even as more and more people develop thyroid, breast, and prostate cancer.

And remember, once a patient is referred to an oncologist and they enter the "Cancer Industrial Medical Complex," they will receive ineffective treatment programs which rely on: • Surgery • Radiation • Chemotherapy

No conventional doctor will prescribe iodine, unless it's radioactive iodine designed to kill a thyroid tumor, and that is a harmful treatment. The simple and effective solution is supplementing with inorganic, non-radioactive iodine, which costs just a few pennies a day.

But here is the catch. Going out and buying an Iodine supplement and taking the FDA's 150 mcg. RDA (Recommended Dietary Allowance) is simply too low to undo the damage done by the intake of Bromine, Chlorine and Fluoride, which are in your bodies blocking and/or inhibiting the uptake of Iodine. In order to do that and remove these substances, you first have to find out if you are deficient in Iodine and how deficient. **And now my disclaimer.** Get yourself checked. If you are found to be deficient and your doctor recommends a 150 mcg supplement, find another doctor because 150 mcg. per day will not rectify the deficiency. To give you a quick analogy, two of my relatives were found to be deficient for Vitamin D. The FDA's RDA for Vitamin D is 400iu (international units). In the above, both my relative's doctors recommended additional Vitamin D. One relative was severely deficient, under 20 ng/mL, and the other moderately, 20-29 ng/mL. Both doctors prescribed the same supplementation. But not 1,000 iu, or 5, 10, or 20,000 iu, but 25,000iu per day! (6,250% the RDA) That is because to get the levels up to the 60 to 70 ng/mL optimal levels you need to overload or the therapy will be useless. The same is true of Iodine because if levels are severely, moderately or mildly deficient, taking 150 mcg per day will do nothing. The amount of Iodine has to be many times the RDA in order to replace and Bromine blocking the iodine receptors and flushing out both Chlorine and Fluoride from your body. Your doctor will determine that proper dosage.

Cancer. How does inorganic, non-radioactive iodine prevent cancer? It promotes apoptosis, or cell death. And this is very important to understand — a healthy cell has a predetermined life cycle. It divides several times and then dies. Cell death is called apoptosis. Healthy cells eventually experience apoptosis and are replaced by new cells. That's normal. Cancer is an abnormal cell that keeps dividing, skipping the necessary step of apoptosis. And as it multiplies, it forms a tumor, and then parts of it break off and spread and metastasize throughout the body. And when it comes to cancer, apoptosis is the difference between good health and a potentially fatal cancer diagnosis. Iodine causes cancer cells to die and everyone has abnormal cells in their bodies. You want those cells to DIE. As you age, you are going to have to make an effort to keep your immune system strong by getting proper minerals and vitamins not commonly found in our food supply and avoiding those substances that can compromise your health.

For additional information on Iodine including Dr. Brownstein's paper on the subject, go to this link:

http://www.optimox.com/pics/Iodine/opt_Research_I.shtmls (There are 23 publications to look over. All interesting.)

Now, are you ready for the SHOCKER? Here are the five signs you're likely to be diagnosed with cancer in your lifetime . Your body, and in particular your immune system, cannot function at optimal levels if . . .

1. You are deficient or imbalanced in key nutrients and hormones. (This is very broad category which includes both vitamins and minerals which are key in keeping your system balanced and in the production of hormones.)
2. You are overweight or obese.
3. You smoke or chew tobacco.
4. You eat too many refined sugars and grains.
5. You're ingesting toxins in your food, water, air, and medicines. (Fluorine, Chlorine, Bromine among others.)

A little history.

Many years ago the JFK Health and Welfare Fund purchased water filters and provided those filters at near cost. These water filters removed Chlorine from drinking water in addition to lead and a host of other chemicals. The filter I am using today for drinking and cooking purposes, is the same filter I have used since 1999. The filter element is rated at 20,000 gallons, which, if we used 5 gallons of filtered water per day, the filter would last 11 years. We don't use 5 gallons of water from this filter, but after such a long run, I am about to replace this filter, not because it is used up, but the water volume is failing due to sediment build up from the municipal water supply, (rust, grit and silt)

Two years ago I installed a whole house sediment filter. This filter was a very cheap addition. I am currently using 10 micron filter elements. When I install a new drinking water filter cartridge, sediment build up will be less of a problem (if you consider 14 years as being a problem.) A year ago, I also incorporated second filter on the drinking/ cooking water line.

This filter neutralizes Fluoride. This filter cartridge will not last 14 years and overall will be costlier. This additional Fluoride filter also contributed to the diminished water pressure from the Chlorine+ filter which was already compromised by 12 years of sediment trapped by the filter before the whole house sediment filter was placed into service.

At the same time we were providing water filters, the Health and Welfare Fund was also testing water all over JFK where our personnel worked and found that levels of lead were unacceptable in almost all of the drinking fountains. The testing was done by myself with a supervisor assigned as a witness. (That testing cost the Fund \$450) The results were provided to Customs and as a result bottled water started to show up all over the airport where our personnel worked and water fountains were retrofitted with filters to remove lead.

Your Fund also worked to have smoking banned from the Customs FIS area long before smoking was banned from commercial flights and long before smoking was banned from all buildings at JFK by New York State Law.

We have addressed water quality, mold, and air quality among others and gotten good cooperation from local management and had health concerns resolved to our satisfaction.

So there you have it. As short and bitter sweet as I could make it. (Just over 2,000+ words)

Any questions or comments, let me know.

As always, any feed back on this or any other "Your Health" issues would be appreciated.

If there is something going on OTJ which may be of a health concern, let us know .

Yours in Good Health,

Ray Ciccolilli

PS. Several years ago a substance, BPA (Bisphenol A) was being used in hard plastic, sport, water bottles. This compound was found to be water soluble and was being leached into the water in the containers. Studies revealed that this substance had the likelihood of causing breast cancer in women, birth defects and causing early puberty in females. As a result, as soon as this link was identified Canada and the EU banned BPA and the US FDA banned the use in baby bottles.

Sport water bottle manufactures removed BPA from their bottles and tens of millions of these bottles were trashed.

Bromine affect on human health has been understood for a much longer time and yet we are continued to be bombarded with compounds containing Bromine. Bromine does not cause cancer, therefore it is not banned outright. However, bromine blocks the absorption of Iodine and the lack of Iodine allows cancer to take hold. I just don't get it?

Our biggest and most dangerous exposure to Bromine is found in the form of **brominated** flour. Canada, the UK and the State of California have banned the use of **brominated** flour! California considers brominated flour carcinogenic. What does that tell you?

So, until the rest of the US and world catches up, it would be advisable avoid Bromine when possible. But, since Bromine is used in many items including as a flame retardant in plastic in cars, we are constantly coming in contact with Bromine. Since the most detrimental effect of Bromine exposure is the lowering of Iodide (Iodine) levels in our bodies, we should have Iodine levels checked. More than likely, our Iodine levels are not going to be optimal for good health. If this is the case, confer with your doctor and see what he or she suggests. The problem here is the "cause and effect" relationship. If a five year old females starts developing breasts, that become apparent right away and things start to move very quickly. Iodine deficiency and its consequences may take a couple of generations and the industries pushing the use of Bromine, (just as Tobacco, Inc. did) will claim that there is no direct cause and effect. You now know better, so protect yourselves. I, myself will be tested for Iodine levels within the next week as my T3 level is slightly elevated, which indicated that my pituitary is prompting my thyroid to produce more Thyroxines. Iodide is the most important trace substance in Thyroxines and your body MUST have adequate levels of Thyroxines or else. But, if my Iodide level is low because my intake of iodine is insufficient or my system is being denied Iodide uptake by Bromine and Chlorine and Fluoride are inhibiting the bioavailability of Iodide, then I will need to take action to get my Iodine level up to speed and thereby increase my production of Thyroxines to adequate levels. When that happens, my T3 level will drop to within the normal range. (Test results are in, 43 in a blood screening for Iodide. Normal range 53 to 109) I have now increased my Iodine intake to 600 mcg per day.

Just keep this fact in mind: Everyday at least two or more new "safe" chemical compounds are being approved for use in our environment. And, everyday two or more chemical compounds that were approved for use 20 or 30+ years ago, are being removed, in some cases because a better compound has been developed, but in most cases, the compounds are being removed because they were never really "safe" and only now have they been found out, and are quietly being removed with as little fanfare as possible so that any damage done will go unnoticed and/or no connection will be apparent. I know, it is so wrong of me to suggest that industry would ever put their profit ahead of your health! Think again!

Additional reading for all: <http://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>

Especially for females: http://www.lef.org/magazine/mag2011/oct2011_The-Silent-Epidemic-of-Iodine-Deficiency_01.htm

A web site on supplementation: <http://www.1-thyroid.com/?gclid=CMrj3NWW7rcCFUyY4AodESgA7g>