

Germs... Meet the Thyroid

By Bryon Verhaeghe



Our world is full of germs and bugs that cause harm when inside our body. Living in this rich environment of germs is difficult. Our main defence is the complete outer covering of skin. Unfortunately we have to interact with the hostile environment for water, oxygen and food.

The simple act of breathing and eating introduces enormous amounts of germs inside our body. The inner membranes of the lungs and digestive track are easy places for germs to grow and live. When overloaded we have symptoms and ailments that trouble us and are even life threatening.

Over time we found that germs could be killed by fire and heat. The process of cooking food to sterilize the germs before eating became widespread throughout the world. We also noticed that the salty oceans had few germs and that our own blood was as salty as the sea to keep germs from growing.

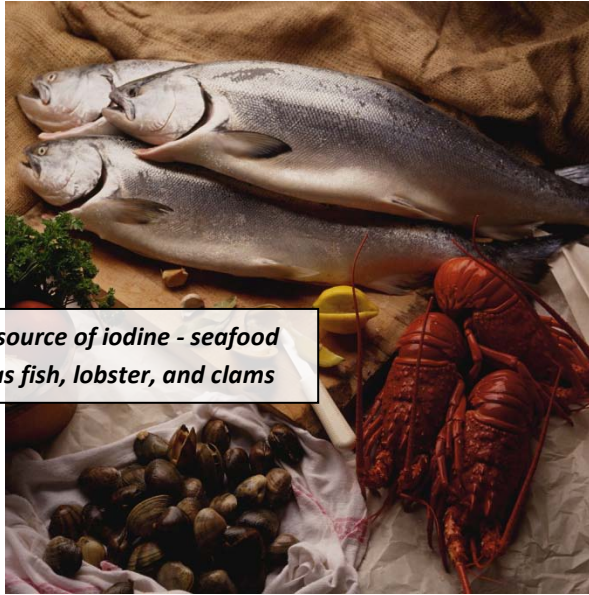
More recently we discovered that alcohol kills germs quickly and in the medical practice, alcohol is used to sterilize the skin before a needle. We often drink white wine with chicken and fish to mix in the stomach and kill the germs. In surgery we found that iodine kills germs even more effectively and last long enough until the skin is mended to heal.

Our body treats everything that enters it with iodine. Air, water and food all pass through the lower throat where iodine is held



*White wine good
for sterilizing
stomach*

in place by the thyroid. Each time we swallow, a small amount is released to clean the food. If the thyroid is working poorly we might develop ulcers from bacteria growing in the stomach. When the blood flows to the head it first passes through the thyroid to pick up iodine to help sterilize the eyes, nose and mouth. The thyroid also keeps the sinus and lungs working well.



Good source of iodine - seafood such as fish, lobster, and clams

When we eat raw food the intake of germs is greater and the thyroid must work harder to protect us. In some cases the thyroid becomes depleted in iodine and disorders begin. Many foods help the thyroid, some of these are fish, sea foods, and sea weed, that all contain sea minerals which includes iodine. Sea weed in soup or a stir fry is good for the thyroid.

When we are young and feel good we take our health for granted. Some foods stress the immune system and some foods improve it. Until we are sick or old, it is hard to tell which ones are good. A look at our diet with this in mind can keep us not only looking younger but living better without the pains of old age.

Many health problems develop when the thyroid is not working properly. It is surprising how many body functions are influenced by the thyroid. Some of these include headache, sleep disorders, eye bags, dizziness, weight changes, skin disorders, swollen ankles and even breast cancer. The thyroid needs iodine, glutathione and selenium to perform well and keep us healthy. The word thyroid is Greek and means shield. This shield is more important to our good health than we realize.



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