



The Solari Report

August 08, 2019

The Solari Wellness Report
Keeping Your Thyroid Healthy
with Iodine
with
Dr. Kae Thompson





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Brigitte Mouchet: Hello. This is Brigitte Mouchet with The Solari Report Wellness Series. I have the pleasure to welcome today Dr. Kae Thompson, naturopath. Although Dr. Kae is retired, she is still passionate about what she focused on during her practice.

Iodine is one of the areas in which Dr. Kae has developed a real expertise as she has been studying iodine for 19 years.

Dr. Kae, welcome to The Solari Report Wellness Series.

Dr. Kae Thompson: Thank you. I'm excited to be here.

Mouchet: Me, too. Before we talk about iodine, could you tell us a little bit about your background and share why you developed such an interest for iodine?

Thompson: It started in the early 1990's. I decided to go into natural health because it actually saved my life. I was in my late 20's, and they started cutting on me and surgeries and medications to the point where I wasn't even feeling human anymore. I turned to alternative health, and it completely turned my health around, including my infant daughter's as well.



Later on in my life I decided that I would become a naturopath. One of the things that really frustrated me was the fact that we were taught to ask questions of our clients, and pertaining to their answers, we would make a diagnosis and decide on the protocol. But sometimes those protocols weren't right because a lot of symptoms are cross-symptoms with other disorders.

It was very frustrating because I like to be very precise. So I developed a process called 'VoiceBio'. In that process we can take a sampling of someone's voice in about five minutes, and we can see the actual condition of the organs – which ones are working, which aren't, which are inflamed, which are overworking, etc. Knowing that, it takes the practitioners' opinions out of the way, it takes the clients opinions out of the way, and we just get a picture of the human body – kind of like a hologram of the organs.

As I was doing this, the first couple of years that I did it, I had to work backwards where I would go to meetings of MS patients and Parkinson's and Alzheimer's, etc. and work with abuse centers and VA hospitals and try to get patterns of disorders and diseases so I knew where to work from.

One of the things that I started finding is that 80% up to 90% of these people would have low thyroid issues. I thought that maybe I was off because back in the 1990's not too many people had thyroid issues; it wasn't the big thing that it is now.

I started investigating, and what is true of my whole life is synchronicity; ——



— every time I need to find something, it gets dropped into my life. That's what happened in this case. I was so concerned about the thyroid. Why was I seeing so many imbalanced thyroids? Why was I seeing so many people coming to me with thyroid issues where I would do a voiceprint – and by the way, we don't ask any questions of that client because we want to see a pure screen of what your organs are doing – and I would take a sampling of their voice, and then I would come back to them and say, “Here is what is going on with you. You have a lot of fatigue going on and brain fog, your hair is thinning, you have aches and pains, cold hands and feet, brittle nails, dry skin, etc.”

They would have all of the issues of thyroid, and they would say, “Oh my gosh! That is me! How come you knew that and my doctor didn't? I went to my doctor with every single one of those symptoms, he tested me for thyroid, and my thyroid is normal.”

Well, that made me think that perhaps my testing was off. Then I started investigating, and I was living in Virginia Beach at the time. As with all synchronicity, a doctor happened to be going to the same seminar that I was going to. She was an MD who was disillusioned with traditional medicine so she went to China and studied as a Chinese medical doctor. She understood that everything is attached. You can't take the thyroid out because it's got a lot of other loopbacks to other organs.

She explained to me a lot of things about the thyroid that I wasn't aware of. That led me to understand that we truly have a lot of thyroid issues in the United States and other countries as well. But here in the United States I'm seeing between 80 and 90% of the prints that we do coming back with thyroid issues.



A lot of those people have been told by their medical doctors that they are absolutely fine, but their testing is incorrect.

Let me give you an idea of how important the thyroid is.

Mouchet: That would be great.

Thompson: We once thought it was the hypothalamus which was the most important organ, but now alternative medicine is really considering the thyroid as being so important. So it's your daytime energy. It's what gets you up in the morning and carries you through the day. If it's unbalanced, you are going to have a lot of fatigue.

It's also your enzymatic processes. In the United States when someone does a thyroid test, they usually only test for TSH, which is your Thyroid Stimulating Hormone, and T4, which is storage and transportation of the thyroid hormones. That's it. That is all that they test for.

But we forget that there are other thyroid hormones. In the United States we don't test for T1. This is crazy because T1 is all of your enzymatic processes, and we don't test for that.

Your brain-based amino acids are the backbone of thyroid issues. Those are run with enzymes in your liver. So how important is brain health to your thyroid? That's T1, yet we don't test for it.

We also don't test for T2. T2 is one part tyrosine and two parts iodine. That is what your hormone is made up of. T1 is one part tyrosine and one part iodine. Tyrosine is an amino acid.



So we do not test for T2 in the United States, and this is what is so crazy to me because T2 is mitochondrial health. Mitochondria make ATP, and that is your energy in all of your cells. So not only will you be fatigued in the morning because the thyroid is not working right, but if your mitochondria aren't working right, you are going to be fatigued on an internal basis. You can't even explain it to people. And yet we don't test for that.

T2 is also part of the human growth hormone. That's important, particularly for all these little kids who are being born with low birth weight and not growing properly. So those two things are most important. We do not test for it, and I don't know why because mitochondrial health is connected to a lot of chronic diseases – cancer, heart disease, metabolic syndrome, diabetes, Alzheimer's, Parkinson's, Huntington's, ALS, you name it. All of those are attached to mitochondria.

In fact, there is a really good book out by Dr. Lee Know who wrote a book called *Mitochondria and the Future of Medicine*. That's how important mitochondrial health is, and yet we don't test for it at all. It's crazy.

Mouchet: That is fascinating. So where can we go from where? What are some solutions?

Thompson: We do test for T3 in the United States, which is your metabolism. That is really important. That is one part tyrosine and three parts iodine. And we do test for T4 which is storage and transportation of all of the thyroid hormones. So we do test for that, and we test for the TSH.



Importantly – and we will get into this a little bit later – a lot of times the doctors will do a blood test, and they will come back and say, “You have plenty of TSH in your body; you’re fine.”

Wrong! TSH does not belong in your blood; it belongs in your cells. And it’s been proven with the Hunts study out of the University of Alabama in 2006 – so since 2006 we have known this – that if you have high amounts of TSH in your blood, it’s equal to a 70% chance of having a heart attack. So you have someone going to the doctor with all of these symptoms, and they come back with a blood test that says, “Hey, you’re fine. Go home. There’s nothing wrong with you. It’s all in your head.”

It’s not in your head. One of the other things I saw with this pattern of very low thyroid is that it also connects to chronic fatigue and cancer pattern and MS, etc. But that’s as if it’s the beginning. It’s the beginning of the waterfall that will end up leading into some major diseases.

What happens is that your adrenals are the backup to your thyroid. Our bodies are intelligent. They are so much more intelligent than we are. They know what to do. We’ve got backup systems for everything. So if one organ gets sick, the other organs can help. So you can’t just take an organ out and expect the rest of the body to think, “Oh, that’s fine. We’re fine now.” You can’t.

What we saw with these patterns was a non-existent thyroid or a low-functioning thyroid, and we saw very high adrenals.



There are a couple of things about adrenals. We all think as laypeople that your adrenals are your stress glands, and that they handle all of your trauma and your stress. That is true; they do. One of the key components here is that when you get into a very stressful situation like a divorce or an argument with your husband or a fight with a boss or a car crash or financial issues, it starts everything. The adrenals get hit really hard and the thyroid gets hit really hard. The thyroid cannot be taken apart physically without addressing the emotional issues because when you have a low thyroid, you tend to be a caretaker of other people. You tend to put other people first. You never take care of your own needs within that structure.

There are a lot of things that the thyroid does – a lot of loopbacks. Emotional issues, depression, and anxiety are all tied into the thyroid as well.

Going back to the adrenals, the adrenals normally monitor blood pressure, monitor your immune system, and they are your stress and trauma hormones. They also monitor cortisol levels. Remember: Cortisol is an anti-inflammatory and a painkiller. So when you stub your toe and you think your toe is going to fall off, it's the adrenals that send the cortisol down to your toe and it calms the pain, and pretty soon it's gone. Then you can go your own way.

The adrenals are also the backup to the endocrine system, believe it or not. So those two little tiny organs do a whole lot more than just handling your stress. What happens is when the thyroid starts to deteriorate, the body knows how important that energy is.



You need that energy because the thyroid is attached to heart issues and female reproduction issues. It's attached to your mitochondria, which is your cell energy. It's attached to your daytime energy, etc.

So the adrenals will start to back up. What I started to see is very low thyroid and very high adrenals, yet these people were coming in and they were taking adrenal stimulating nutritional supplements because their doctors or other people were thinking that all their symptoms that were attached to the adrenals. Remember that when the adrenals have to do the thyroid's job, they have to stop doing little tiny jobs that they normally do, and it prioritizes the thyroid. So the first thing that goes is blood pressure. Now you have high blood pressure. It will keep on working to support the thyroid, and then it will stop monitoring the immune system. So now you will get more colds and flus. Then it stops monitoring the cortisol levels, so now you get aches and pains and fibromyalgia. It's not in your head. It is truly in your body

The body understands how important the thyroid is, so that is how the adrenals drop off some of the smaller jobs and take care of the major job, which is the thyroid backup.

As the thyroid further deteriorates, the adrenals will start to pick it up. But then the adrenals start losing their jobs. A normal, traditional medical doctor will focus on the adrenals and say, "Your adrenals are fatigued. We need to build them up."



That is the last thing that you want to do because the adrenals are already overworked. So what are you doing is you're giving them supplements to stimulate the adrenals even more and it's making them go crazy? I mean, you are going to find no daytime energy because the thyroid is not working, but your adrenals are your afternoon energy. Your adrenals pick you up in the afternoon – around 3 or 4pm – and carry you until about 7 or 8pm, and then they slow down so that you start to feel tired and you go to bed about 8pm. That is your normal body function.

Of course, we have TV and electricity and stuff like that, so we override that, but what will happen is not only will you be tired when you wake up in the morning, but you will be tired during the day. And now that the adrenals are doing other jobs, you are going to be tired in the afternoon. That's the 3pm wall that you are going to hit where you are just going to want to lie down anywhere you can to get some sleep because you're so fatigued.

All of it goes all the way back to thyroid issues. So instead of fixing the adrenals, the adrenals aren't going to get better until you fix the root cause, which is the thyroid. What feeds the thyroid? Two things. T1, T2, T3, and T4 are all made up of tyrosine, which is an amino acid, and iodine.

I didn't say 'iodide'. I didn't say 'Lugols'. I didn't say 'combinations'. I said 'iodine'. We were absolutely born with iodine so we can't be allergic to it as some people think.



You can be allergic to iodide – potassium iodide or a combination – because a combination that has other things in it has to go down to the liver, be broken up, and then the liver has to decide where this goes and where that goes. It has to reassimilate it, and then you get to use it. But remember that iodine is highly pH sensitive. So you are sending something down to your liver involving digestive acids that are going to destroy a lot of it, and it's a waste of your money.

So, in fact, you should be taking liquid iodine that is made with the mineral iodine, not dulse, not seaweed, which you don't want anyway. How many times have you heard the story of how toxic our oceans are? There is no place that you are going to get safe seaweed from. You don't want to use Irish moss or kelp. So in effect you need the mineral iodine, and that is what we make and sell on my website, which is www.VoiceBio.com.

We sell iodine made from the actual mineral. It looks like little black rocks. It's the actual mineral that is normal to your body. When taken by the human body, it knows exactly what to do with it. It doesn't have to go down to the liver to be processed and broken up and destroyed by digestive enzymes; it is immediately assimilated into the body.

What happens is it goes straight to the thyroid. Once the thyroid uses it, it goes into nasal cavities.

Let me go back to what iodine is just so you get an idea of why it's so effective. Iodine is found in every cell of the body. It is utilized by every cell in the body. It is utilized by every cell in the body.



In fact, in autopsies of people over the age of 100 who died of natural causes, one of the common denominators was a sufficient level of iodine that was found in their cells. Why is this important? Because iodine is amazing.

Think about this: You have doctors who wash their hands with iodine before they operate, you are scrubbed up with iodine any time you get hurt or have surgery, and that is because iodine is an antiseptic, an antibiotic, an antifungal, anti-parasitic, antibacterial, anti-carcinogenic agent (which I will get to in a minute), an antioxidant, and it is anti-viral. I can't stress this enough. I will get back to it in a second. It is also an anti-proliferative agent. What does that mean? It means that if you do have cancer, it will stop the cancer from becoming malignant. It is also a germicide.

Mouchet: Wow!

Thompson: Think about it: You have something that is natural, the body knows what to do with it, it's got all those characteristics, and people who died of nothing but old age – living past the age of 100 – had sufficient levels of iodine in their system. So it's truly an amazing product, and I can't even tell you how great it is.

Going back to where it goes, it goes into the thyroid first. Then it goes into nasal tissue. Why? Because it's antifungal, and it will help clear out nasal cavities so that you don't have asthma, hay fever, allergies, etc.

From there it goes into breast tissue and prostate tissue and cervical tissue because it's an anti-carcinogen, and it helps flush out extra estrogen so you don't get breast cancer or cervical cancer. For men it cleans out the system.



Remember that it's an antibacterial, antifungal, antiviral, antioxidant – everything. So it helps with all of that.

Then it goes into the bloodstream where it mixes with two amino acids. Those two amino acids are histidine and tyrosine, and it becomes an anti-carcinogenic agent. So it cleans the blood and usually dissipates in the body within 24 hours. You can't really get enough anymore because we have changed the way we treat iodine.

In the past when I started getting into iodine and how important it was, I was truly amazed at how long we have had this information, and it's been hidden. All of the way back into the Civil War there was a doctor who went from camp to camp. He would see men who had goiters. He would operate on them and take their thyroids out. Then when he would go back to camp four, five, or six months later, many of those men had died of resulting heart attacks.

After the Civil War he started doing some research, and he actually found that thyroid issues that are low create hardening of the arteries. It has nothing to do with cholesterol. That is another myth for an entirely different program. It has nothing to do with the cholesterol. It actually hardens the arteries on the outside.

I went from there to another doctor, Dr. Broda Barnes, who started his research in the late 1930's. It was mindboggling that we knew this information all the way back into that time period.



There was another doctor, Dr. Framingham, and everybody knows about the Framingham Study out of Boston. It's been ongoing for three decades. He started his research in 1942, I believe, and he wanted to prove that heart attacks could be prevented with watching your diet, exercising, avoiding saturated fats, and smoking.

He started a study with a little over 5,000 people. At the end of 20 years he was able to prove that if you watched those four things, the rate of heart attacks would go down. However, you hear about his study all of the time, but you don't hear about the same study by Dr. Broda Barnes. He wrote a book called *Solved: The Riddle of Heart Attacks*. This is really important because what he found was that your thyroid monitors heart health. Low thyroid, low heart function.

In his study that he started in 1936, he wrote an article that proved that if you monitored your thyroid health, many of the heart diseases would go away. In fact, in his own study he only had four heart attacks. Four people in all of his study, and you are looking at Framingham who had over 1,000 people with heart attacks.

Keeping the thyroid healthy is very, very important to heart health. If you are interested in that, I would definitely recommend his book. He has passed on, but you may be able to find it through eBay or Amazon or www.ThriftBooks.com. Again, it's called, *Solved: The Riddle of Heart Attacks*.

In his study, which is even more important if you read the book, you will find that not only did he help people with heart attacks, but he also helped women with female reproduction issues.



He discovered that the thyroid monitors female reproduction.

He had no hysterectomies in his study, he had no miscarriages, and he had no stillborn births in all of those women in his study as long as he kept the thyroid functioning. That was all he did. He didn't tell them what to eat or what to do – nothing. He kept the thyroid functioning on all levels – T1, T2, T3, T4, and TSH. That means all of the levels – the mitochondria were good, the enzymes were good, and the brain function was good. There are so many loopbacks to the thyroid that we aren't aware of until – well, we were aware of it in the 1930's.

So what happened is he started talking about it and writing about it, and doctors started using iodine. Unfortunately, it was working. It's kind of sad to say, but in 1948 a doctor wrote this article saying, "Be very careful of using iodine because I killed one of my patients." Then everyone backed off of it because he wrote it in a medical journal.

However, if you go back to his actual work, you will find that he used a dose that was 400 times what he should have used. For heaven's sake! We only use three drops a day, and using 400 times – of course – he had a lady who was already ill, had chronic disease, was very, very sick with heart problems, and you overdose her, you are going to have problems.

So it completely changed the outlook on iodine, even though we are using it. Look up pharmaceuticals. You can't patent iodine because it's natural. You can't control iodine because it's natural. ———



The FDA actually had a bill in front of Congress in 2008 before the financial situation that would limit the amount of iodine that you could put in any product to 1.5%. That's how important iodine is, and that is how much the pharmaceutical industry hates it. Look at what it can do! It's truly amazing!

The iodine levels in the average person have fallen by over 50%, and we have the largest rise in cancer now – especially thyroid cancer. So we have one in seven women with breast cancer. By the way, on a sidetrack, there is an excellent book called *Breast Cancer and Iodine* written by Dr. David Derry out of Canada. Iodine is very, very effective for cancer.

One in three men have prostate cancer, which I think they really don't. I think that they have a high PSA score, and the doctors immediately say, "You have cancer." In fact, you should have an actual biopsy to see if you actually have it. I think that there is a lot of misdiagnosis going on here.

We still have an epidemic in ovarian cancer, uterine cancer, etc. Here is what is really important: We were born with iodine, so we can't be allergic to it. In fact, iodine is the number one nutrient for fetal brain development.

We have a lot of women who are very tired with thyroid issues now who are having kids, and we wonder where all this autism and learning disabilities and low birth weight and kids not growing and kids having emotional issues comes from. ———



That's key. Remember: Thyroid monitors female reproduction. So if you have a hard time getting pregnant, concentrate on the thyroid. Then if you do get pregnant, remember to take iodine because it's so important to that fetal development.

Also what is really important is that it is the presence of iodine in the birth canal that stimulates any live birth – I don't care if it's a cat, a dog, or a person – but it stimulates the lungs to go from fluid-breathing to air-breathing. So it's very critical for birth, and here is what happens. Again, you've got a woman who is very low in iodine, and she has very low thyroid function. She is giving birth, and you absolutely have to have that iodine in the birth canal so that the child isn't born with respiratory distress. So what happens? The iodine that the woman has goes down to the birth canal, and she is left with none. So after birth she will have severe postpartum blues. Not only that, but now her thyroid that was living on the little bit of iodine that she had has none, so she is going to be severely fatigued, she is going to have almost chronic fatigue, and it is going to activate a whole lot of things inside that woman that didn't have to happen if she just had iodine.

It just boggles the mind that something so simple can do this, and \$30 of iodine will last you two months. I don't understand it sometimes.

Mouchet: Yes. Go on.

Thompson: One of the things that we have to worry about is why the thyroid is becoming so disabled. It has a lot to do with our environment.



I see a lot of Epstein-Barr/Lyme's patterns mixed in with the thyroid. I would say that of the low thyroid, 80% have Epstein-Barr virus attached to it or Lyme's. We can't test for that.

Again, we are doing a blood test. These blood tests are basically worthless. There are 62 strains of the Epstein-Barr virus, and they are going to test you for one. So you can have all of the symptoms, and you are not going to know it. The doctor is going to say, "You're fine."

Do you know how many different strains of Lyme's Disease we have in the United States? We have 301 strains. And what do they test for? One type.

Again, you can have all of the symptoms, and the test is going to come back saying that you are fine, and yet you are not fine. Both of those viruses directly impact the thyroid. I would say that 80% of the people with low thyroid have either one or the other – Epstein-Barr or Lyme's – and they are both very, very smart viruses. They are amazing. Remember, they are their own entity. They have their own DNA. They have their own intelligence.

A lot of times they will hide. Epstein-Barr hides in the liver, and it quiets down. Then what happens? Stress. You have a car accident or you lose your job or you have an argument with your husband or something happens to your kids, and this initiates it. Then you are all back into it again because it never really goes away. It's very hard to kill.



There are a couple of other things that disrupt iodine in your system. One is halogens. Iodine really is a halogen element, and other halogens can displace it. Those halogens are fluoride, chlorine, and bromine being the biggest ones. They are actually iodine mimickers. They fake the body into thinking that it's iodine so that the cells absorb it. So what happens when you start to take iodine is it goes into the cells of the body, and it pushes out heavy metals, fluoride, chlorine, and bromine. It pushes it out into the bloodstream. You are actually detoxing those heavy metals, but you think that it's your reaction to iodine. This is why people think that they are allergic to iodine, which isn't possible.

If you are taking seaweed or something like that, it could be, but you can't be allergic to real iodine.

City water contains fluoride, and a lot of bottled water that is spring water taken from pipes have a lot of fluoride in it – particularly the brand Arrowhead. Arrowhead is very high in fluoride.

Brominated drinks like Mountain Dew, Gatorade, and other energy drinks have bromine in them. That kills your iodine. Birth control pills really lower B complex and tyrosine. Again, tyrosine and iodine are needed for your thyroid hormones to develop. Birth control pills also kill your dopamine because you have to make dopamine with B6 and tyrosine. So you've got some problems there.

Medications also disrupt iodine in your system. Did you know that almost all of your antidepressants are made with fluoride?



Mouchet: I did not know that.

Thompson: Fluoride is horrible. What is interesting is that they have found – even with antidepressants – that college kids who committed suicide had two things that they found in autopsies that were common: atrophied thyroid and atrophied adrenals. So both your power organs – the organs that give you energy in the cells and mitochondria – are atrophied in people who commit suicide. So it's very, very important.

Pesticides disrupt iodine, mold particularly. We are just now finding out more about Roundup, and that kills your thyroid. Plastics, air bags, plane fuel, fire retardants – especially the mattress toppers that you get nowadays – have a lot of halogens in them. Bread and pasta too disrupt iodine.

It's crazy that we have a lot of things in our system that cause our thyroid to go down, and it keeps us so sick with all these symptoms that pile on top. There was even a woman who runs a website. Her name is Dana Trentini. She has a really great website all about thyroid because she kept on having stillborn births, and her children were born very tiny and very ill. She finally found out that it was her thyroid.

She has a great website that you can go visit which is all about how important iodine in the thyroid is to your health.

I love books, so I really want to recommend that if you have any other questions, I was once going to write my own book. Then a woman named Lynne Farrow wrote a book called *The Iodine Crisis*, and it was everything that I would have written in the book. It is a beautiful book.



So if you have any more questions, pick up that book. It's really great. If you have thyroid issues, there is another great book called *Stop the Thyroid Madness*. It's written by women who went to their doctors with all of the symptoms – exactly as I just described – and they were given the tests. The tests came back as, “Don't worry about it; you're fine.”

No, they weren't fine. So if you have had this test and the doctor has come back and said to you, “You have plenty of TSH in your body,” now you can go back to that test and start paying attention. One of the things with Broda Barnes and all of his work is that the thyroid monitors the heart. It was actually proven that he was telling the truth because in Graz in Europe all people who die have to be autopsied. So they did an eight-year study using 26,000 autopsies, and all of the people who died of heart-related problems, they went back to the autopsies, and every single one had thyroid issues. Every single one's thyroid was atrophied.

That proved Broda Barnes' work all the way back into the 1930's and 1940's of how important the thyroid is to heart health.

So if you have had that test done, and they have said, “You have high TSH,” you need to go back and start looking at your heart health and start getting that under control. That is really important.

Mouchet: This is an amazing explanation. Thank you so much. I didn't even want to interrupt you!

Thompson: That's okay.



Mouchet: I read recently that the thyroid is the most metabolically active gland in the entire body. Would you like to talk about the connection between thyroid health and weight? I am sure that there is one.

Thompson: Absolutely. I told you that T3 is your daytime energy. It gets you up in the morning, and it carries you in the afternoon. T2 is your mitochondrial energy. That is your ATP. That is what makes all of the cells communicate. That is what helps all of the cells have energy. That is your metabolic syndrome right there – T2.

It is definitely attached to metabolism and weight.

Mouchet: So when people feel tired, they will eat more to have more energy? Is that it?

Thompson: They will gravitate towards giving their body some energy. Their body will crave more energy because it's not making enough energy cellular-wise. So you will feel more inclined to eat simple carbs which go into sugar, you will be more inclined to those energy drinks, and you will be more inclined to coffee – all of those things that temporarily hype you up – because your daytime energy is thyroid, and your afternoon energy is adrenals. The adrenals are too busy doing the thyroid's job because you are going to die if you don't have thyroid energy.

It's so attached to emotional issues like depression, anxiety, phobias, and so on. It sounds simple, but the body is simple. If you let it do what it is supposed to do, it is really simple.



Mouchet: So all those things are signals that people could notice and start doing something about it.

Thompson: Yes, and get themselves a full thyroid panel.

Mouchet: How do you do that? The typical doctor is not going to do that for you.

Thompson: Correct, but there are a lot of companies out there now that will do a full thyroid panel for you. I like Life Extension. It's LEF.org, and they have blood tests and all kinds of metabolic tests. They have a female panel and a male panel, you name it. You can buy the tests, and you also have the choice of talking to an MD or an ND on the results.

It's worth doing your own testing. It's worth finding out how to read a blood test. Don't listen to what you are told.

It is so funny because last week I had my niece call me and say, "I have a blood test. I had it done. Can you look at it and tell me what is going on? The doctor told me that I needed iron and that I needed to start taking B12 and I needed to start taking vitamin D."

I said, "Hang on there! Do not take vitamin D without vitamin K because vitamin D will harden the arteries. You absolutely have to take vitamin D with vitamin K."

I said, "Let me look at the tests."



She sent them to me, and I think that the doctor was on drugs because her vitamin D was within the normal range and her vitamin B12 was within the normal range. If you do have a low thyroid, you need more vitamin B12, but the only vitamin B12 that is going to help you is methylated vitamin B12. That is important, because that is a little bit different than just taking vitamin D or just taking vitamin B12.

Mouchet: What is the difference in the methylated vitamin B12?

Thompson: The B12 has to be methylated because then you will absorb it 100 times better.

Her iron looked normal, but there is a blood test that actually tests for the iron in your blood. She had very high iron in her blood, yet the doctor told her to take iron. Women can't take that much iron. It can make you really sick.

So the test told her that she had high amounts of iron in her blood, and then it said that she was low in iron on another test. Of course she is! Don't give her more iron; find out why the iron isn't leaving the blood and going into the cells.

She has toxins in her cells She has heavy metals in her cells. That's not allowing the iron to go in.

So instead of giving her more iron – which is going to combat the issue – the doctor should be putting her on a heavy metal cleanse.



So learn to read your own tests. Please be self-educated in your own health. Be proactive.

Mouchet: That might be another topic for a future interview.

Today we talked about the different forms of iodine and the fact that you recommend the mineral form of iodine. Can you explain why all of the other forms are not effective or not good or not recommended?

Thompson: Normally they are chemicals, and our body doesn't look at a chemical and say, "Oh, I know what that is."

Number two, they are combinations. Again, they have to go down to the liver, they have to be broken up, the liver has to decide what it is and rebind it, and then send it back out. By then you've lost a lot of the potency. On top of that, because iodine is so pH sensitive, you've put it in an area of the body that has digestive acids and other chemicals, and it is deteriorated. So you are not getting the effects.

If you are on thyroid medication already, I would still recommend that you take the iodine. Take one drop in a quarter cup of water in the morning with your thyroid medication, and it will make all the difference in the world. It will. I cannot tell you to get off of your thyroid medication, but I can give you some help in that avenue.

You asked me about sleep and metabolism. Did you know that every cell in your body has a T3 receptor site?

Mouchet: No, I did not.



Thompson: Remember that T3 is metabolism. So if that thyroid hormone can't get into your bloodstream and can't get into the cells, how is it going to metabolize? How are you going to have metabolism in your body? You just aren't.

You are going to be so sick. It's crazy. It's such an easy thing.

You also need fat for your thyroid. You actually need fat for everything. I highly recommend that if you have any questions about cholesterol, you need cholesterol.

The Framingham Study found that even if you had high cholesterol levels, there were no heart attacks associated with it. No one ever died of high cholesterol. You need cholesterol. Your nervous system is fat-based. Your eyes are fat-based. Your ears are fat-based. Your brain is fat-based. I mean, think about it. Everything that feeds your eyes, ears, and nervous system is vitamin A and vitamin E and vitamin D. They are all fat-based. DMAE is fat-based.

We have to get off of this fear of fat and go read the book, *The Big Fat Surprise*. If that doesn't change your mind, then nothing will.

Mouchet: It seems like there is a big myth about iodized salts when you look at the NIH. They say, "Oh, people in the US have plenty of iodine. It's not a problem with all of the countries that have iodized salt. They don't have any issue with iodine deficiency."

Thompson: What they used to recommend is that you put a little bit of iodine on your skin to see how long it would take to dissipate.



That is what happens with salt. The minute that you open up the salt, all of the iodine is gone within the day.

If I leave a bottle of iodine open in the air, tomorrow I will come back, and there will be no iodine left in the bottle.

Iodized salt is just kind-of a myth.

Mouchet: What about the test on the skin? I had read that years ago. To see if you need iodine, you put some on your skin. When you still see the brown spot, it means that you have enough iodine.

Thompson: I don't think that is really valid anymore. I think that they have pushed that away. Some people still use it, but you have so many things on your skin now, and people shampoo and have chemicals in the air and skin problems. Because iodine is so pH sensitive, you've just finished shampooing and you've got all this layer of chemicals on your skin, and then you put iodine on it, and it goes away almost immediately. That could be from the chemicals. We don't know.

It's kind-of unreliable. The only test that is reliable is the basal temperature test where you take your basal temperature in the morning every day for three days, and that seems to work. Dr. Broda Barnes really came up with that long ago, and you can read about that in his books.



As for testing, I do know that when I started this study of iodine, it's been 19 years now of heavy duty studying into iodine and thyroid. Now a lot of doctors are talking about it, which is really a great thing. If you do have thyroid issues and the doctor has told you, "Don't worry about it. You're fine," go find a functional doctor. There are so many. Absolutely email me at VoiceBio@gmail.com if you need some help in finding a functional doctor. That functional doctor will know about the thyroid and know about the adrenals and know about Epstein-Barr.

They should know how important your mitochondrial health is. Those mitochondria are your energy internally. If you don't have that, not only do you have body fatigue, but you are going to have cellular fatigue as well, and it is going to drop you down. It's going to make you feel like you have chronic fatigue. It will lead to other major diseases like cancer.

Mouchet: Two more things that I wanted to ask you: One, I've heard that it is not recommended to take iodine when you have Hashimoto's Thyroiditis. Can you talk about that?

Thompson: We still use it. Absolutely, but we go very slowly. The reason why your thyroid enlarges is because it is trying to pick up any kind of tyrosine-iodine in your body. So what happens is it gets bigger and bigger and bigger trying to get every little piece. So when you start to give a little bit of what feeds it back, then everything starts to calm down. And your adrenals should calm down as well without you having to do anything at all.



You can support the adrenals, but please don't stimulate the adrenals because the pattern that we see for chronic fatigue is no function in the thyroid and no function in the adrenals.

When the adrenals are high and overworked, we think it's great because the thyroid is 'functioning'. It's doing its job. It's tired and fatigued, but you definitely don't want it to become exhausted.

Mouchet: Because iodine is so important for mitochondrial health, and because EMF radiation is affecting mitochondrial health, I suppose that it is even more important now to take good care of the thyroid with iodine, right?

Thompson: Yes. There is a really good book out if you have heart issues called *Metabolic Cardiology*. Again they are going back to the mitochondria. Again we are going back to T2, mitochondria. How important is it to keep that thyroid up? You need T2 for your heart.

One of the things that they recommend is CoQ10. They recommend the R version of Alpha Lipoic Acid. They recommend D-ribose, and also what is called GPLC. It's a carnitine, but it's a specialized form of carnitine which helps your mitochondria. It gives you that T2 using other things in case your thyroid is so down.

The authors are both cardiologists who wrote *Metabolic Cardiology*. Using those four items they said that they used to get calls every single night to come to the hospital for people with heart attacks and people who were dying. He rarely gets a phone call now.



He immediately puts all of his clients on those four nutritional products which create mitochondrial health, which is so important to the thyroid. That's your T2, but it is also the attachment to the heart. His people get better.

There is no surgery and no stents and no valve replacements. So if you have heart issues, definitely read Dr. Broda Barnes' book and read *Metabolic Cardiology*.

Mouchet: One last thing that I would like you to talk about – which I don't like to talk about – is radiation poisoning. It seems like it is the remedy. I just found some potassium iodide in my cabinets from after Fukushima, and I think that I should throw that away.

Thompson: Yes. In fact, there was an author who wrote a book called *I Want to Live*. In his studies of Chernobyl he found that people who took potassium iodide all the time developed bone diseases. So it wasn't recommended. But iodine is recommended. It is very helpful for the radiation, and we have a lot of it still.

Those robots are still not able to get inside of those nuclear tombs without melting. So that radiation is really close to the ground, it's going into the ocean, and we have a lot of problems. We haven't done a very good job of taking care of mother earth, and that is a shame because she is amazing.

Mouchet: You are supposed to take the iodine before it happens. Is that still okay?



Thompson: I take my iodine Monday through Friday. I don't take it on the weekends. I like to give my body a rest.

I am heading into my 70's, and I'm in really good shape. I have no symptoms. I don't have any diseases. I don't have any aches and pains. I still have my brain – which is really important to me.

It's part of what I do every day, but I don't do it seven days a week. I always let my body rest, and I like to do it Monday through Friday, and then do nothing on the weekends.

You use three drops in a quarter cup of water. It's really fast and it's really easy. Do it Monday through Friday, and you'll be fine.

I would like to offer your listeners a discount. If they go to our website to buy the iodine we will give them \$5 off. The website is www.VoiceBio.com.

Mouchet: Thank you. That is very generous of you.

Thompson: Just mention that they are with Solari on my website.

Mouchet: I think that this was an amazing discussion. Thank you so much for your time today and for sharing your passion with us.

Thompson: Any time. It was fun, and I'm glad to get the information out. I hope that it helps somebody out there.



Mouchet: I'm sure it will. Thank you so much, and have a wonderful rest of your day.

Thompson: You, too.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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