

[Home](#) [About](#) [Client Services](#) [Contact & Map](#) [Workshops and Events](#)

29 The Everyday Food Additive That Toxicifies Us All

May

Posted in [Baby/Children's Health](#), [Breast Cancer](#), [Bromides/Bromines](#), [Cancer](#), [Dental Issues](#), [Diet](#), [Fluoride](#), [Food Additives](#), [Dyes](#), [Iodine/Iodide](#), [Organic Food](#), [Salt](#) by admin

by **David Brownstein, MD**

What if I told you that there is a toxic substance in every one of us, and larger concentrations of it are probably in our children? It's a substance that has been known to cause problems with our endocrine glands, including the thyroid, ovaries, prostate, and in the breasts. And what if you found out that you could easily detoxify yourself of this substance for pennies per day. Does this information interest you?

The toxic substance is **bromine**, and once you know all about the most common toxin to which we are exposed, you will be able to implement a plan to detoxify your body of it. Bromine is a member of the halide family of elements. For those of us who took chemistry in school, the halide family consists of fluorine, chlorine, bromine, and iodine (their oxidized forms) and their complementary reduced forms: fluoride, chloride, bromide, and iodide.

The halides are grouped together as a "family" because they share a similar structure. All halides can form salt-like compounds in combination with sodium and most metals. For the purposes of this article, either the reduced or oxidized form is interchangeable unless specifically referred to. The halides iodine and chloride are the "essential" elements of this family. Our body has receptors for both. And we need both of these substances in adequate amounts for a number of crucial physiologic processes in our bodies.

For example, iodine is necessary for the production of thyroid hormone. Chloride, a common constituent of salt, is necessary to keep the fluid inside and outside of our cells in balance. We cannot live without adequate amounts of both iodine and chloride in the body.

The other halides, fluoride and bromine, are both known carcinogens and have no known therapeutic value in our body. Fluoride, as you know, has been reported to prevent cavities, but there is no truly good science behind that statement. Studies by the World Health Organization fail to show any cavity reduction in countries that use fluoride compared with countries that do not. Yet fluoride is a potent enzyme inhibitor that poisons hundreds of enzymes in our bodies, and it has been shown to cause cancer.

I believe fluoride should be avoided, as you should avoid all carcinogens. More about fluoride will be discussed in future newsletters. This newsletter will focus on the other toxic halide, bromine.

Translat

[ENGLISH](#) [ES](#)

Pages

[Home](#)

[About](#)

[Client Servic](#)

[Contact & M](#)

[Workshops a](#)

Categor

[Acid Reflux/I](#)

[ADHD/ADD](#)

[Adrenals](#)

[AIDS/HIV](#)

[Allergies and](#)

[ALS/Lou Ger](#)

[Aluminum](#)

[Alzheimers/I](#)

[Anemia](#)

[Antibiotics](#)

[Anxiety](#)