

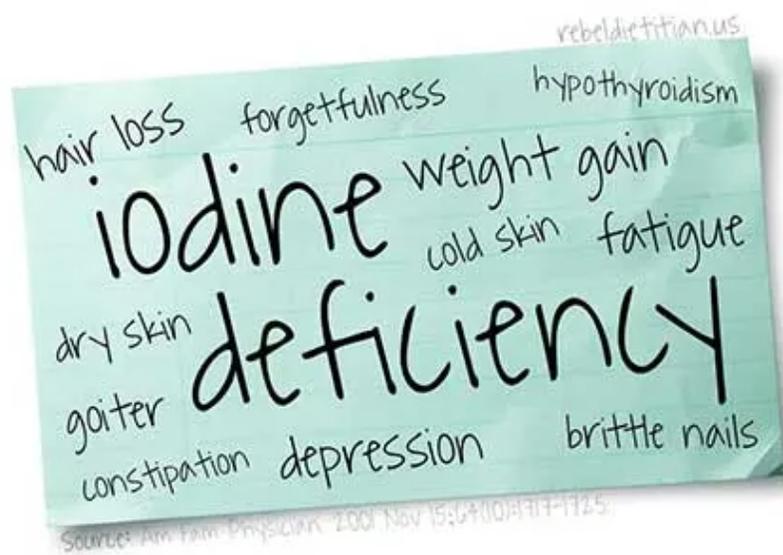
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Addressing questions related to iodine and sulfur



Reader says, Members of our Iodine Protocol group on Facebook are taking MSM but are curious about your statement that *“If you take an iodine supplement or thyroid medication, be sure to take organic sulfur first, then wait 30 minutes before taking the other products.”* Is there any reference that explains the rationale behind that thinking?

Also, the Iodine Protocol recommends sea salt to bind bromide that is pushed out by iodine, to chloride, which is then excreted by the kidneys. I did a search to see if there was a connection between the detox that iodine users experience and sulphur but haven't seen anything explicitly stated other than a brief [Wikipedia article on Bromism](#). Are you aware if that connection exists and if there is further information on it? We have over 12,000 members in our group and we strive to

provide a solid scientific basis for various interventions on the way to health.

My response

Pills or capsules invariably contain fillers or anti-caking agents like magnesium stearate, calcium stearate, or silicon dioxide that are commonly used during the manufacturing process. If a person takes his or her medications, vitamins, or supplements at the same time as organic sulfur, any additives that are present in those products will interfere with the body's uptake of sulfur and negate the latter's health benefits. Waiting at least a half hour allows the body sufficient time to process the sulfur into the bloodstream. Following this standard protocol enables a person to obtain the full benefit of both the sulfur and any meds or supplements.

As described in [one of the articles](#) posted by Jeffrey Dach, MD,

Bromine is a big problem since it is a toxic substance and is present in our food and environment in large quantities.

Without realizing it, we have been ingesting various forms of bromine our entire lives. Excessive accumulation of bromine is called Bromism, so the adverse effects of Iodine tablets, which are in reality due to bromine release, are similar to the symptoms of bromism.

Co-author of a book on [transdermal magnesium therapy](#), Dr. Mark Sircus posted an 2012 article entitled, [Cancer, Sulfur, Garlic & Glutathione](#) where he describes the detoxification and chelation benefits that sulfur provides, especially in releasing heavy metals and radioactive particles:

Sulfur is present in all proteins, which makes it universally available throughout the body for binding with mercury.

Some of the important biochemical sulfur-containing compounds of the body besides insulin are glutathione, prolactin, growth hormone, and vasopressin.

The bottom line is that no other element including oxygen has more of an ability to combine with other elements than

sulfur. All the metals except gold and platinum combine with sulfur to form inorganic sulfides. Sulfur combines with aluminum to form aluminum sulfate, it combines with barium to form barium sulfate, and it combines with strontium to form strontium sulfate.

According to my supplier, Patrick McGean, the only radioactive element that organic sulfur does not combine with and convert into a harmless sulfate is iodine. While I cannot provide proof that his premise is scientifically valid, if it is true, then it would appear that both an iodine supplement and organic sulfur should be taken on a regular basis prior to the onset of any catastrophic nuclear event like Chernobyl or Fukushima. Also, Patrick says that adding a quarter teaspoon of Himalayan pink salt 30 minutes after taking organic sulfur can help reduce high blood pressure and alleviate rosacea (red skin splotches), which are often caused by engorged capillaries triggered by obstructions in the venous blood flow.

Finally, Stephanie Seneff is a Senior Research Scientist at the MIT Computer Science and Artificial Intelligence Laboratory who has published numerous research papers about the **relationship between sulfur and human health**. A compilation of her research material can be accessed and read by [clicking her webpage](#) on the MIT website.

References

Iodine and Unrefined Sea Salt Part Two

Posted by Jeffrey Dach, MD

Mar 26, 2014

<http://bit.ly/1q1pV0L>

Sulfur Deficiency: A Possible Contributing Factor in Obesity, Heart Disease, Alzheimer's and Chronic Fatigue

by Stephanie Seneff

The Weston A. Price Foundation

July 2, 2011

<http://bit.ly/15V8ILA>

The MSM / Vitamin C Treatment For Cancer

Written by Webster Kehr

Independent Cancer Research Foundation, Inc.

Last updated on Feb 8, 2016

http://www.cancertutor.com/faq_msm/

MSM and DMSO – Organic Sulphur as a Versatile Healer

by Walter Last

<http://bit.ly/23mVPxY>

Cancer, Sulfur, Garlic & Glutathione

Posted by Dr Sircus

June 25, 2012

<http://bit.ly/10s78b7>

Bromism

From Wikipedia, the free encyclopedia

<https://en.wikipedia.org/wiki/Bromism>

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Dale Komai 2016-04-13

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Iodine — a miracle mineral for your brain, body & spirit
Did you know that well over 90% of people are iodine deficient?

By Mary Rivas – Intellihub

Apr 25, 2016

<http://bit.ly/1WQvtTe>

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Everything You Need to Know About Iodine

Global Healing Center

Feb 20, 2014

<https://www.youtube.com/watch?v=oDRd40VK5PY>

Join Dr. Group for a special one hour webinar as he reviews its benefits and how you can supplement yourself with Iodine rich foods.

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