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**JOHANNA’S NEWSLETTER No. 37**

[**www.johannaalley.com**](http://www.johannaalley.com)

To view previous newsletters and info: <http://tinyurl.com/29c9fj2>

**OM NAMASTE, SHANTI, SHANTI, SHANTI**

**IODINE, AGAIN**

We’re all used to using iodine on cuts when we were little and hating it because it burned so much. Well, we’ve all grown up and don’t have to do that anymore. But there are very important uses for iodine as we get older, but it is relevant at any age if you have hypothyroidism. Iodine is critical to proper thyroid function. If you are still eating regular table salt, and shame on you, you probably get some iodine, but maybe not enough if your thyroid is in trouble. (More about salts below.) If you are taking a thyroid supplement that includes iodine, cudos! If you eat a lot of wild caught shellfish or nori sheets, you’re probably good to go. But how do you know? There’s a very easy test to see if you are iodine deficient. Get Lugol’s iodine and paint a 2” sized spot on your belly, inner arm, inner thigh where there is soft skin. Then monitor that spot to see how long it takes to disappear. If it is still there after 48 hours you don’t need to supplement. If it goes away within that time frame then your body is deficient. Continue to apply about twice a week until your body gets enough that the spot does disappear within a couple of days. After that, apply once a week or as needed. There are also liquid or capsule iodine supplements you can take but you must be careful not to get too much as that makes the thyroid shut down even more. I have used several different supplements, but like the skin patch the best because I can see whether my body needs it or not. Check out this website for more info: <http://www.lef.org/magazine/mag2011/oct2011_The-Silent-Epidemic-of-Iodine-Deficiency_01.htm>

Now for salt: Your body needs some sodium so a good way to get it is to mix equal parts sea salt and regular salt.

**COCONUT OIL , PARKINSONS AND MUCH MORE**

I know and have known friends with Parkinson and it is heartbreaking to see. Main stream medicine doesn’t really have anything to help very much, just keep the person comfortable. This also applies to Alzheimer and dementia. But in the last year or so more information is coming forward about the benefits of coconut oil to alleviate symptoms of these dreadful dis-eases. It appears that the brain lacks certain essential nutrients that coconut oil supplies. No other fat supplement seems to have what coconut oil has. Coconut oil also benefits children with autism. You all know that I am a lover of coconut oil for many reasons and use it every day by drinking it, using it on my body and oil pulling with it. Since I don’t know if I’ll get one of these nasty dis-eases, I’m opting for preventative measures. Take a look at the websites below for more information. (I keep my coconut oil in a glass jar on a coffee warmer in the winter.)

<http://www.naturalnews.com/042624_coconut_oil_Parkinsons_patient_quality_of_life.html>

<http://www.undergroundhealth.com/coconut-oil-halts-tooth-decay-by-attacking-the-bacteria-that-cause-it/>

<http://www.deliciousobsessions.com/coconut-oil/>

***MEDITATE, MEDITATE, MEDITATE. That’s my message to you. Swami Rama of the Himalayas and Me***

**CFL’S MAY NOT BE AS “GREEN” AS YOU THINK**

They seemed like such a good idea. A good way to save energy and money. Stupid old incandescent bulbs costing us a fortune. Well, the researchers at Stony Brook University have a different view. They believe that these bulbs expose your skin to the same UV rays as the sun and may lead to skin cancer. They also found that the phosphor coating on most they tested had cracks and allowed those levels of UV to escape. Add that to the need to call HASMAT to clean up a broken bulb and the fact that they cost so much and we might want to rethink this. There are other alternatives that may not be so dangerous all around like halogen and led. Take a peek at these sites:

<http://commcgi.cc.stonybrook.edu/am2/publish/General_University_News_2/SBU_Study_Reveals_Harmful_Effects_of_CFL_Bulbs_to_Skin.shtml>

<http://www.greenoptions.com/t/4461/energy-saving-light-bulbs-can-cause-skin-cancer>

**VEGGIE RECIPE**

*Purple Potato Squash Stew*

 3 tbsp olive oil

1 lb purple potatoes, quartered

1 1/2 lbs butternut squash cubes

4 cloves garlic, finely chopped

1/2 cup chopped onions

1 apple, chopped

1 bay leaf

1/4 tsp freshly grated nutmeg

1 15-oz can organic black beans, strained and rinsed

4 cups vegetable or chicken broth

1 tsp sea salt

freshly ground pepper to taste

In a large pan heat the olive oil and cook the potatoes, squash, garlic and onion, for about 10 to 12 minutes, stirring often until starting to brown. Add in the apple, bay leaf, nutmeg, beans and broth. Cover and simmer for about 20 minutes. Stir in the salt and pepper and serve.

 If you serve the stew at a later time you might need to add more broth as the potatoes will soak up the liquid over time.

**IF YOU WANT TO GROSS YOURSELF OUT…**

<http://www.thankyourbody.com/mcdonalds-hamburger/> ‘NUFF SAID!

**A LITTLE YOGA**

Cat/Dog Balance

On all fours, put your hands under the shoulders and knees under the hips. Straighten your spine with your face looking down and open the center of the shoulder blades. On an inhale life your right arm straight forward from the shoulder and your left leg straight back from the hip. Breath in the belly for 5-7 full breaths and release. Change sides. Repeat on each side 3 or more times.

**PS. Newsletters and Index are stored at:** <http://tinyurl.com/29c9fj2> **and on my website. If there’s a subject you would like discussed or you have questions about something I’ve said, email me at** **jw\_alley@msn.com****.**

 **My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.**