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DO YOU HAVE A LUMP IN YOUR THROAT?

What Does it Feel Like?

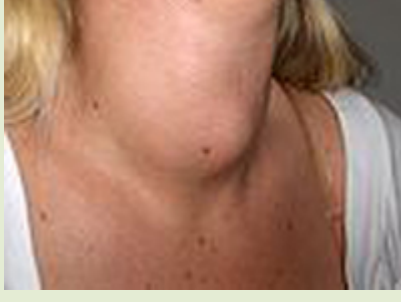
A lump in the throat causes different sensations.

Some of them are:

- Feels like a golf ball - tennis ball - fur ball stuck in throat
- Feels like a tie is too tight
- Feels like being strangled
- Feels like the throat is swollen
- Feels as if the lump comes and goes
- Feels better in the morning and worse at night
- Feels like stress aggravates the lump
- Feels difficult to swallow and food is easy to swallow
- Eating makes the tightness go away for awhile
- Feels like being choked up at a wedding or funeral



Cause for a Lump in the Throat



You may have a goiter.

A goiter is caused by your thyroid being attacked by your own antibodies leading to inflammation and swelling.

This is classified as an autoimmune disorder.

The health of the thyroid is compromised by a myriad of causes such as halogens and toxins. These block iodine from being absorbed by the thyroid.

This prevents the thyroid from functioning properly.

If left untreated, the inflammation continues with eventual destruction of the gland.

The improper functioning of the thyroid causes hypothyroidism. More information on this condition can be found at MedLinePlus. A balanced thyroid is crucial because it regulates your hormones, metabolism and growth.

Contrary to the information provided on MedLinePlus, which states there is no prevention available for this condition - there is.

Prevention may be achieved by detoxification of the body from known halogens. A mercury detox not only removes these neurotoxins from the body, it can be done safely and effectively.

Using iodine as a detoxing agent is one of the easiest and cheapest ways to cleanse your body.



Different Names

There are several names associated with this condition including Hashimoto's Thyroiditis, "Hashi's" or hypothyroid condition. Hashimoto's may fluctuate between hypothyroidism or hyperthyroidism.

The symptoms for these conditions caused by iodine deficiency are long and varied.

Self Diagnosis of the Lump

Hold a mirror to your neck. Look at the area just below your Adam's apple. Tip your head back slightly.

Take a sip of water and swallow. Normally, when you swallow, your windpipe will rise and then return to its normal position.

As you swallow, look at your neck for any bulges or protrusion.

If you have a protrusion in your neck, it may be a goiter.

Treatment for Hypothyroidism

According to Dr. David Brownstein, M.D., author of Iodine: Why you need it, Why you can't live without it, treatment of thyroid can be corrected by adding iodine such as Lugols Iodine.

The benefits of iodine are numerous. When you add Lugols Iodine or Idoral, the pill form, you are on your way to a resolution of this condition.

Other Conditions May Cause a Lump in the Throat



Emotional stress can cause a lump.

If you tend to hide your feelings or have difficulty expressing yourself, this may manifest with a tightness in the throat.

If you have **anxiety, depression or panic attacks**, this is called Globus pharyngeus or Globus Hystericus.

This may cause a sensation of a lump in your throat.

You may have an **allergy to NSAIDs**, some times called nonsteroidal anti-inflammatory agents/analgesics (NSAIDs).

Some of the over the counter drugs include aspirin, Ibuprofen, Aleve, and Excedrin.

A reaction may cause severe swelling of the throat and eyes or a feeling of a lump in your throat.

Additional Causes for a Lump

GERD or gastroesophageal reflux disease may cause the lump feeling defined as "globus sensation".

Contrary to the common belief, you may experience GERD without experiencing heartburn.

If you find yourself **mouth breathing**, this can lead to an early morning raw throat.

If you have **post nasal drip**, common after a cold or if you are a smoker, there may be a feeling of draining at the back of the throat. Flonase may help with this.



The Most Common Cause for a Lump

However, the most common cause for a lump in the throat is called a **cricopharyngeal spasm**.

The muscle in the throat situated below your Adam's apple, goes into a spasm.

The cause is unknown. And, there is no known cure. Not many doctors know about this.

The good news is that this condition eventually disappears on its own. The Voice Doctor can provide you with more details about this relatively unknown condition.

Resolution

If you feel your particular lump situation does not fit the above scenarios, consider seeking medical advice.

If you find you have several of the conditions listed for iodine deficiency, consider educating yourself so you may regain your health and feel better.

[Leave Lump in Throat and Return to Iodine Deficiency](#)

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