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Iodine: Revival of a Mineral ©2011

IODINE: THE REVIVAL OF A MINERAL

Slightly modified from

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We know that iodine is in our table salt and that we need it for our thyroid glands. That's often as far as we get. But iodine has so many functions in our bodies and can so clearly improve our overall health that it's worth taking a second look at this mineral.

U.S. RDA: Between 1900 and the 1960s, iodine was used by most physicians to treat a variety of ailments. Around the early 1950s, the recommended dietary allowances (RDA) for iodine was *decreased* to 0.150 mg because certain research erroneously demonstrated that iodine could be toxic to the thyroid if more than 2 mg was consumed daily. After this, U.S. consumption dropped off. In addition, the amount of iodine in our foods decreased due to the *depletion of organic matter in our soils and the reliance on synthetic fertilizers*. In the 1980s, iodine was removed from bread (used as a flour "conditioner" or anti-caking agent) and *replaced with bromine* because of the fear of iodine toxicity. Bromine is toxic. We once got a good daily supply of iodine from 1 slice of bread.

Today, the average daily U.S. consumption of iodine is about 0.240 mg per person. Even at current consumption levels, *15 percent of the U.S. female adult population has a true iodine deficiency*, according to the most recent national Nutritional Examination Survey (NHANES III 1988-1994). In Japan, which has one of the highest longevity rates and lowest rates of breast cancer, citizens consume an average of 12 mg per day. {Get that: 0.240 mg vs 12 mg}. This represents a 50-fold difference between the two diets. Clearly, we are not even close to toxic levels and the RDA for iodine is *just enough* to prevent thyroid enlargement, or goiter.

Health benefits: A leading expert on iodine is Guy Abraham, M.D., a former professor of obstetrics, gynecology and endocrinology at UCLA School of Medicine. Traditionally, it was thought that iodine played a role only in thyroid function, but Abraham's study called *The Iodine Project* (see www.optimox.com) concluded that iodine has many other health benefits.

Dr. Abraham's research revealed that many tissues, organs and glands use iodine. Iodine plays a key role in the cardiovascular, immune and reproductive systems. It also improves brain function. Studies have indicated that it helps prevent obesity, diabetes, menopausal symptoms and Polycystic Ovary Syndrome (PCOS), infertility and breast cysts. The only organ which contains more iodine than the ovaries is the thyroid gland. Studies show that when iodine is consumed, breast tissue competes equally with the thyroid gland to absorb it. Iodine has been demonstrated to decrease the rate of fibrocystic breast disease. It also creates a soothing effect on the heart by assisting the electrical conduction of its beats, important in arrhythmia.

Preliminary research by Dr. Abraham also indicates that iodine may protect against cancer of the breast, ovaries, prostate, uterus and thyroid gland. There is no definitive theory about how iodine benefits our health (outside of its effect on the thyroid), but it is thought that it works as an antioxidant, reducing damage to DNA, and that it affects the pituitary, hypothalamus, thyroid and adrenal glands, all of which regulate our hormones. Those who become severely deficient in iodine can develop goiter, an enlargement of the thyroid gland. For over a hundred years, hypothyroidism, or under-active thyroid, was treated effectively by simply using iodine (prior to the use of synthetic hormones).

In sum, it is clear that these tissues need iodine: breast, gastric mucosa, thymus, ovary, prostate, uterus, thyroid, heart, and brain.

Toxicity controversy: Dr. Abraham proposes that most of the controversy over iodine toxicity was due to the way early research was conducted. In 1948, Drs. Wolff and Chaikoff led a landmark study that determined that iodine can be harmful to the thyroid. While this is partially true, they were using only one

part of the iodine element and not the whole mineral. If used correctly, iodine is very safe. Dr. Abraham recommends 12.5 mg per day to help maintain a healthy thyroid; if someone is deficient, he recommends a dose of 50 mg per day for 2- 3 months. The iodine solutions that he uses are called Lugol's solution in liquid form or Iodoral, in tablet form. Many doctors use SSKI {Saturated Solution of Potassium Iodine}.

Identifying deficiencies: One way to test iodine levels is with a urine test, which requires a doctor's supervision. (See www.optimox.com.) The iodine tincture test, which you can purchase at a pharmacy for a couple of dollars, uses a dropper to put a little patch of the iodine on your forearm. This will leave a spot about one inch in diameter. Let the spot dry and see how long it takes to disappear. If you are iodine sufficient, it will last about 24 hours. If it fades away before 18 hours, then you are deficient; and most spots disappear within 4 - 8 hours. If deficient, start at a very safe dose of 25 mg per day for six months. If someone is extremely deficient, 50 mg per day for six months may suffice. Monitor your progress by retaking the test.

Sources of iodine: Some of the best sources are seaweeds, with kelp dosages usually contain 144mg of iodine. Other sources are fish and shellfish, but the levels are not as high. But, of course, we acquire *heavy metals with any sea products*, and now the best Pacific seaweed will be radioactive from the Fukushima accidents of 2011.

Iodized salt contains iodine, but the main ingredient is *sodium chloride, which competes with iodine for absorption*, so only about 10 percent of the iodine is absorbed. One-fourth of a teaspoon of iodized table salt contains about 0.125 mg of iodine, *less than the U.S. RDA*. Since we only absorb about 10 percent of this, table salt is not a major source of iodine. While it is enough to prevent goiter, as seen in middle American in the early 1900's, and as witnessed primarily in Africa, it is not enough to allow the *thyroid and other glands to work optimally*.

Iodine Complex, containing both molecular iodine and Potassium iodide, is available from ProThera (12.5 mg doses) and several other supplement companies. There is no unpleasant iodine taste or bitterness, and it avoids gastric irritation.

REFERENCES

1. *Iodine: Why You Need I, Why You Can't Live Without It* Book by Dr. David Brownstein, M.D.
2. Also, for information on iodine and the product Iodoral, see www.optimox.com.
3. See Dr. Braun's list of 27 uses of Rx SSKI.

THE USES OF SSKI

Remember we advised you to use your SSKI drops in your drinking water all through the day. Iodine is the first minerals to stop working when the pH is a little off. You should have a prescription that will last for a while. Don't stop reading now: here are some applications for occasional use, and the dosages that are effective, coming from the clinical experience of Dr. Richard A. Kunin, M.D. as discussed in Nutrition and Healing, July 1998, the monthly newsletter from Drs. Jonathan Wright and Alan Gaby.

Here is an enumeration of uses:

1. **Keloids** (large thick scars on the skin). Rub on daily, full strength. In 3 months they will be softer, flatter and maybe gone.
2. **Sebaceous cysts** of the skin (chest, neck, behind the ears, filled with cheesy, smelly build up skin trapped inside, like a giant "whitehead": rub on daily, the earlier the better.
3. **Oil-gland cysts** on the labia, of women with : rub on daily: early and long, and forestall the need or local surgical drainage. (now imagine if you took your drops all the time, and never got these situations)
4. **Traveling**: put 2 drops in each liter of your water -- inactivates fungi, bacteria, and viruses in one minute.
5. **Air-travel**: use it before flight, and during: will inhibit the mucous secretions and is anti-infective for the microbes re-circulating in the air.
6. **Bladder infection**: clear it up with 10 drops 3-4 times daily! *I hear you shouting... try it and let me know!*
7. **Salivary duct stones** (under the tongue, glands that make your saliva): they disappear with continuous use. (so... looks like kidney stones might too, but he makes no claim for that as he has not had a case to try it long enough.. think prevention, however. You know how you are... get started right now!
8. **Ovarian problems**: concentrates in the thyroid first, but then in the ovary. Evidence is that getting the thyroid right, makes the ratios of the three estrogen hormones balance. Remember the chart I gave you? Look at it again. Now, if iodide , as seen above, stops cysts, maybe ovarian cysts are due to a lack of it... hum?
9. **Breast cysts, fibrocystic disease**: well known to reverse these cysts in sometimes a 1/2 day! Rub on, or paint inside the vagina with it for fast absorption. Better still, take it in your water daily, as suggested so long ago. Why would you want surgery?
10. **Cancer**: said to be "intriguing clues that it is preventative" as it turns cysteines into cystine. Go study your detox. It promotes the formation of disulfides, and that is one reason you are taking some MSM (for sulfur)... so
11. **Skin**: with iodine drops, it gets smoother, less wrinkled, and less scarred. For message. Rub in SSKI with DMSO in a 1:1 mixture, then follow with message oil.
12. **Herpes eruptions**: use the same SSKI : DMSO mixture. Stops it, starts it to heal
13. **Recto-vaginal fistula**, or just rectal fistulae: same thing. May heal in 3 days.
14. **Atherosclerosis**:
 - a. old rabbit experiment (the Anitschow study) -- feeding oxidized cholesterol kills 'em, but giving iodide at the same time, saves 'em. Still, don't eat oxidized cholesterol, have it fresh. Remember your cell membranes and brain and sterol hormones, need cholesterol. If your serum cholesterol is high, look at fixing your bowel lining first.
 - b. Russian research shows iodine lowers cholesterol
 - c. ophthalmologist in Cincinnati showed with retinal photographs that when taken several months, iodide will improve plaque in retinal arteries (back of the eyes, what we see when we peer in with the light). Again solubilizing cholesterol.
 - d. cholesterol will not dissolve in plain water, but adding iodide will make it go into solution.
15. **Infections of** hang nails, ingrown toenails, fungus plaques, etc.: mix 1 oz. flax seed oil, 20 drops SSKI. Or, use the DMSO, SSKI mixture 1:1 on fungus under the nail for 8 -10 months 2 x daily.
16. **Hemorrhoids**: use the DMSO : SSKI or just plain SSKI, rub on well. This problem is often related to lactose intolerance, food allergy, other gi problems.
17. **Delayed stomach emptying** (related to reflux, "GERD" acid indigestion, hiatal hernia, heart burn), diabetes, food allergy, neurological problems): a few drops in 1/2 glass water has been shown visually, under the gastroscope to open the pylorus and empty the stomach. Our son had pylorospasm

at birth and for several months he upchucked all his feedings with projectile vomiting. Videos showing this did not impress his pediatrician. I should have known about this then!

18. **Chronic bronchitis, emphysema, asthma, chronic sinusitis** : iodide
 - a. thins out the secretions and lets them slide out better with coughing, etc. This was routinely used when I was in medical school. That's why I tell you to use 5 drops in each dose of OTC (over the counter) cough medicine.
 - b. is antiseptic and keeps the fungus and bacteria down, for those who are chronically susceptible.
19. **Thins out mucous and body secretions** everywhere: cervical plugs (some women are said to be infertile because of this), nasal, from allergy and irritation, and helps impeded lymph flow, take it prior to message and with the Gall Bladder Flush (you have done that haven't you?).
20. **Anti-allergy**: 10 drops in water, and 10 minutes later, sneezing and snuffling are gone.
21. **Auto-immune disease**: at least shown for erythema nodosum: dissolves the nodules. And worth taking for all the other reasons above that go with immune dysfunction, as it breaks up immune complexes.
22. **Beans**: yes, beans. Put 1-2 drops in the soaking water for one hour. Pour off that water, and add fresh to cook (with beans, don't soak and cook in chlorinated city water!) SSKI Inactivates the enzymes that beans contain to keep them from digesting well and thus giving gas. Of course, if you drank your drops throughout the day maybe it would work just as well.
23. **Tyrosine inhibition**: lowers L-dopa production. Do not use for Parkinson's (necessarily) but serves as a mild antidote to mania, so it's a minor tranquilizer. Bromide, same chemical class (Halogen) was used in the 19th Century as a tranquilizer, as you have read in your novels, and see in movies.
24. **IF YOU are taking your SSKI**, you must also be taking your essential fatty acids and your MSM, and eating proteins with methionine and cysteine, that is, the sulfur containing amino acids, which, of course, are in animal proteins.
25. **Thyroid status**: of course 4 molecules are used to make each hormone molecule, so of course it's necessary. Too much SSKI could inhibit a normal thyroid. Most of ours are blocked because the mercury ruined our de-iodinase enzymes so we need thyroid replacement.
BUT: Taking iodide without knowing our thyroid status could be detrimental. Watch your basal body temperature and pulse, and have the blood test, at least once a year to be sure you are not getting a *high* thyroid. You do not judge this by the TSH however. That value will be low, so there's no need to do that test. Just the T3, free T3 and T4.
26. **Iodine and acne**: there is usually underlying infection. Also, chlorine can cause acne (as in the shower, swimming pools, hot tubs, etc.).
27. **Iodine and dermatitis**: desensitize by starting with very dilute amounts (homeopathic) and work up to the normal amount. Like 1 drop in a gallon through the whole day, daily for 3 days . Then use 2 drops. Increase each 3 days until you can take 5-6 drops/ day, at least. If your pH is way off, you will have to keep working on it, so you can take the proper amount. Did you get the update on the number of drops to take for each pH category on the chart?

That's not all. Under **vaccines** see the notes from the *Medical Literature on Iodine* treating viral illness, particularly Polio. PBMD