Iodine And Your Breast Health

Iodine deficiency is also being implicated in fibrocystic Breast Disease that can lead to breast cancer and Polycystic Ovary Disease. Through an FDA approved study to measure iodine use for the treatment of breast cancer, it was found that breast cancer went away when animals with breast cancer were treated with iodine. Iodine supplementation enables excess cells to be cleared out, and the breast can return to its normal resting state as the fibrocystic disease slowly disappears from the breast. Dr. Sherry Tenpenny, DO (1)

By kathleen Shapter (Bethlehem, PA USA) - See all my reviews

Thank you Dr. Derry, as both a thyroid patient and cancer "survivor" I can totally relate to everything in Dr. Derry's theories regarding breast cancer/iodine/thyroid. From my own experience I can finally feel validation for my own thoughts/experiences. In these days when there is what I call a "Mardi Gras" approach to breast cancer, this somewhat obvious theory should be put out there for further study and discussion! I LOVED the book and it is a quick and easy read.

It has much merit!!

"Mardi Gras" is a little phrase I made up out of frustration! Translated, to me it means "Show me your breasts and we (the medical establishment) will throw out harsh treatment protocol and theory like so many cheap strands of beads! NOT THE CASE WITH HIS THEORIES!! GET THIS INFO. OUT THERE

Iodine Deficiency and Our Nation’s Health

According to Dr. Guy Abraham, M.D., a prominent iodine researcher, “Iodine deficiency is misdiagnosed and treated with toxic drugs. Orthoiiodosupplementation (iodine loading) may be the most effective and least expensive way to help solve the health care crisis crippling our nation.”
It’s a long story—but worth the time to learn how our nation has been told that iodine is toxic to us and therefore had to be removed from our food chain. Bromine, fluorine and chlorine were then added to our food supply. In the mean time- the gap between our health and other industrialized nations just keeps getting bigger and bigger and no one seems to know what’s really happening to our nation’s health.

It seems that in 1948, a study published by Wolff-Chaikoff indicated that rats could have thyroid problems with certain levels of iodine. Less than a year later, Stanly–Astwood (who were involved in developing alternative drugs to traditional iodide/iodine supplementation that had been used since 1829 ) co-authored a paper. From their studies, the observations of Wolff and Chaikoff in the rat were now extended to man. Although the study was never verified with humans or repeated again in animals, the stage was set and a whole new drug culture evolved. Iodophobia developed. The cry of Wolff still reverberates over and over even in the face of many scientific studies to the opposite. Decades of medical professionals do not know that iodine is by far the safest of all the trace elements known to be essential for human health. According to Dr. Abraham, iodine can be safely ingested in amounts up to 100,000 times the RDA. Potassium iodide has been given safely at doses of 6.0 gm/day to pulmonary patients for several years.

It is important to note that this does not apply to iodine containing drugs and radioiodides that are currently used in the medical field.

This information deals with the safety of in-organic, non-radioactive iodine/iodide developed as Lugol’s drops in 1829 and used extensively for a host of health problems—the breadth and scope that is amazing even today. Doctors have safely used 12.5 mg of this iodine/iodide tincture safely for 180 years. See iodine studies. Today the traditional liquid iodine has been developed into pills using 7.5mg of iodine, and 5 mg of iodide available through several companies.

It’s time to re-educate ourselves about iodine.

Why is iodine needed by our body?

Iodine is the raw material that controls every hormone in our body. Since the hormones of the thyroid regulate the metabolism of every cell in the body-virtually all body functions are affected by iodine. There are receptors for thyroid hormones in every cell membrane, the cytosol (intracellular fluid), the mitochondria and the nucleus. Two-thirds of the body’s store of iodine is stored in the thyroid. Iodine is absorbed by the gut and travels into the blood, where the thyroid removes it from the blood and stores it. The thyroid uses and re-uses its iodine supply to assemble thyroid hormone secretions. Other iodine is stored in nasal secretions, the gut, breast, stomach, ovaries, prostate, bone, extracellular fluids and connective tissue of all organs. Radioactive tracing shows that iodine
appears in cervical mucus within two minutes after injection. It is needed everywhere in our body.

**How does iodine function in our body?**

1. It is used to make thyroid hormones for our body.
2. Controls proper body temperature
3. Controls direction of fluid flow through teeth-protecting from dental decay.
4. Controls the conversion of food to energy-metabolism
5. Controls every hormone in our body.
6. It detoxifies chemicals such as fluorine, chlorine, and bromine from the body.
7. Helps to detoxify heavy metals such as mercury.
8. Detoxifies biological toxins, food poisoning, snake venoms, etc.
9. It is used as a surveillance mechanism for abnormal cells in the body.
10. Iodine triggers apoptosis (programmed death) in cells.
11. Reacts with tyrosine and histidine to inactivate enzymes and denature proteins.
12. Helps alleles by making external proteins non-allergic
13. Helps anti-autoimmune mechanism by making intracellular proteins in blood non-allergic.
14. Controls connective tissue function, helping to block the spread of breast cancer.

Iodine plays a major role in cancer prevention. The thyroid gland, maintained by iodine, is the main temperature control center of the body. Those with under active thyroids often will have a lowered basal body temperature. Cancer cells cannot tolerate heat as well as normal cells due to the lack of collateral circulation around tumor cells. Maintaining a normal temperature creates an internal environment unfavorable for cancer growth."

Most of the potential environmental causes of breast cancer, such as pesticides and estrogen-like compounds in the environment, have been found to be only a small factor in causing breast cancer. However, if a person has enough iodine flowing through the body systems, the toxins cannot do much damage because iodine is one of the greatest inactivators of chemical toxins.

A couple of functions about iodine are extremely important in our daily battle against pathogens. All the blood in the body passes through the thyroid gland every 17 minutes. Because the cells making up this gland have an affinity for iodine, during this 17-minute passage the gland's secretion of iodine kills weak germs that may have gained entry into the blood through an injury to the skin, the lining of nose or throat, or through absorption of food from the digestive tract. Strong, virulent germs are rendered weaker during their passage through the thyroid gland. With each 17 minutes that rolls around they are made still weaker until finally they are killed if the gland has its normal supply of iodine. If it does not, it cannot kill harmful germs circulating in the bloodstream. Many pathogens have now been implicated in cancerous conditions.

At levels of two to three milligrams of dietary iodine per day, the thyroid gland becomes saturated, and most of the iodine then bathes the extracellular compartment, triggering apoptosis.
by means of an old (in terms of evolution) reaction between iodine and tyrosine, or iodine and histidine—the same chemical reaction by which iodine in dilute solutions causes the death of bacteria and all other single-celled organisms, such as bacteria of all types, viruses, fungi, and protozoa.

Iodine is helpful preventing the spread of cancer through the connective tissue. As long as a woman’s thyroid gland is working well, the cancer in situ stays in the breast. If the cancer goes to the second phase, it spreads through the surrounding connective tissue, so the strength and function of this connective tissue barrier are important. Connective tissue is controlled by thyroid hormone and therefore iodine plays a huge role. If the connective tissue level of thyroid hormone is high, then the defense of connective tissue is strong, and the cancer cannot spread. So, the spread of cancer can be inhibited by giving exogenous thyroid hormone.

In the second phase of the cancer process, distant metastases, such as the spread of cancer to the lungs or brain, almost invariably involve connective tissue. When working properly, the connective tissue serves as a barrier to cancer cell migration. Since the edema of severe hypothyroid states is located in the connective tissue of all organs, it has been assumed and then proven in more recent years that thyroid hormone is the main controller of connective tissue function.

The breasts are the second main glandular storage site for iodine next to the thyroid gland. The relationship between breast illness and iodine deficiency has been reported for over 100 years. Iodine concentrates in the breast and is secreted from the breast, with iodine passing from the mother to child during nursing. Normal breast architecture will not develop when there is iodine deficiency present. Diseased breast tissue has been shown to take up more iodine as compared to healthy breast tissue. The higher uptake in the abnormal breasts indicates a greater deficiency of iodine is present as compared to normal breasts.

**What are some symptoms of thyroid/iodine dysfunction?**

Hypothyroid – A slow or under functioning thyroid is the most common form of thyroid problems. Some health authorities are estimating 25-50% of all adults have hypothyroidism. Common complaints include increased menstrual bleeding, cold hands and feet with actual low body temperature, carpal tunnel syndrome, constipation, elevated cholesterol and triglycerides. Other symptoms are weight gain, hair loss, brittle fingernails, dry skin, forgetfulness, depression, hoarseness, hypertension, infertility, and low energy. Many auto-immune diseases such as rheumatoid arthritis, systemic lupus, Sjorgren’s syndrome (dry eyes and mouth), Type II diabetes, and hypoglycemia are seen in conjunction with hypothyroidism. Extreme problems include dull facial expression, droopiness of the eyelids, coarse, dry hair, dry skin progressing to coarseness with scaling and thickening, and personality changes that may approach psychosis.

Hyperthyroidism – Less common, but more life threatening, is an over-functioning thyroid. Symptoms such as nervousness, increased activity, increase sweating, heat sensitivity, palpitations, insomnia, weakness , rapid heart beat and frequent diarrhea.

**How much iodine do we need?**

Here’s the debate and the problem. The Recommended Daily Amount (RDA) has been set at 150 mcg. day. This rate was established in 1980 and then re-established in 1989. The information used to set the RDA came from endocrinologists specializing in thyroid issues. Yes,
it seems like the thyroid might use 150 mcg. But what about the rest of the body and every cell that needs iodine? How much do we need for whole body sufficiency?

They have never studied rats and their whole body sufficiency needs; so we have to rely on studies from real people...evidently this was never even considered by the powers setting the RDA standards. Consider these studies

   Physicians have prescribed 12.5 mg/day since the 1820’s, using their powers of observation and noting improvements in problems. Iodine was actually known as the Universal Medicine. The use of iodine came to a halt after 1948, after we were told that amounts over 150 mcg were unsafe for our health-that is could be toxic...because of one study with rats.

   The mainland Japanese continue to eat sea vegetables daily, with an estimated intake of 13.8 mg of iodine daily (over 100 times the rate considered toxic for Americans). They have the lowest rates of stillbirths, infertility, miscarriages, fibrocystic breast disease, breast cancer, prostate cancer and every other cancer except stomach cancer. They also have the longest lifespan in the world.

   Mexico and Thailand have very low iodine intakes and high rates of cancer and goiter. Iceland has high consumption rates of iodine with corresponding low breast cancer and goiter rates.

   As of 7/12/05, 4000 patients at the Center for Holistic Medicine treated for iodine deficiencies at a daily dose of 6.25 to 50 mg had minimal side effects. The iodine/iodide loading treatment was effective in treating hypothyroidism, goiter, and autoimmune thyroid problems.

   Potassium iodide and potassium iodine were given in drop form to 10.5 million school children after the Chernoble blast to protect their thyroids from radioactive exposure. They were also given chocolate candy-a universal antidote because it contains natural sources of bromine.

   Potassium iodide is stockpiled by our government to use in case of a nuclear disaster-the amount to protect your thyroid is 130 mg./day.

   Seaweed was also used in the treatment of goiter by Chinese physician Ke-Hung (281-361AD) centuries before iodine was discovered. Wang Tao listed 36 prescriptions for goiter, 27 of them containing seaweed are still used nearly five centuries later.

   Based on studies from real people—not rats, many health professionals are giving 12.5 mg/day to their patients with improvements in many health problems.

   Under no circumstances should you ingest antiseptic or topical iodine. Iodine food supplements are widely available. Start with four drops daily (dissolved in a large glass of water) for the first two weeks, and then reduce the dosage to two drops a day.

What’s happened to our food sources of iodine?

   Around the globe, the incidence of goiter is greater in inland and high mountain regions. Soil and drinking water is usually abundant in iodine in areas close to the sea. Therefore fruits and vegetables grown in these areas are high in iodine.

   Most of our agricultural land is now iodine deficient-leading to reduced levels in our food. Dietary sources of food have all been gradually removed from our food chain.

   For example: Egg yolks are rich in iodine—but for the last several decades we were warned not to eat eggs because of the cholesterol content. Egg substitutes are suggested instead. The
egg yolk is removed from omelets and breads, etc. because it is a source of fat and we have been on low-fat diets for decades.

Another source of our iodine was raw milk. But pasteurization and homogenization destroys much of the iodine in dairy products. Other sources of iodine are seafoods, kelp, dairy, and vegetables grown in iodine rich soils. Mushrooms, beets, celery, oranges, and cauliflower have been listed in some sources as high in iodine. Those foods don’t fit into many fast food meals, so we are not getting many sources of iodine naturally in our foods today.”

Mercury contamination from fish is a reality—this makes ocean fish a questionable source of iodine. Tins of sardines packed in tomato sauce are an excellent source of iodine. Brown and red seaweeds such as kombu and focus contain the most iodine of sea vegetables.

In the 1920’s iodine was added to table salt and used widely by the 1940’s. This gave us a false sense of security, because only about 10% of the RDA is absorbed. It literally takes about 20 teaspoons of salt daily to get the RDA of iodine. See halogen displacement info. Iodized salt also contains aluminum and chemical processing residues. It creates a high sodium intake and a sodium-potassium imbalance causing havoc with our health. So now, all of America is on a low salt diet—with a corresponding rise of thyroid problems.

**Are there any food sources that are harmful to the thyroid?**

Avoid Iodine-Blocking Foods. Certain foods have a tendency to lower thyroid function and need to be avoided by people with underactive thyroids: soy (including tofu and soymilk), and raw forms of the following vegetables: turnips, mustard greens, broccoli, cabbage, rutabaga, Brussels sprouts, bok choy, cress, cauliflower, kale, and kohlrabi. Cooking these vegetables deactivates the iodine-blocking agent. Unfortunately, I don’t know of anything that does the same for the problem with soy.”

**Our breads and pastries used to have iodine? What happened to that iodine source?**

During the 1950-60’s, bread had potassium iodine added to it. One slice supplied 2 mg a day, a dosage that would provide the body with more than needed for the thyroid—thereby allowing other organs a small supply of iodine. After the Wolff study and the scare with iodine causing problems in rat thyroids, iodide was taken out of our bread making process and bromine was added. Gradually all our flour was brominated, and bleached. Again, our food supply had a good iodine supplement replaced with a goitrogen, and a carcinogenic toxin.

**How can chlorine, fluorine, and bromine replace iodine in our bodies?**

We all learned this theory in high school chemistry—but no one applied it when it came to our food chain. Basically we learned about elements and their atomic weight. A basic law of chemistry is that an element of a lower weight can replace one of a higher weight, but not the reverse. So, fluorine with the lowest atomic weight (38) can displace chlorine, bromine and iodine. Chlorine can replace bromine and iodine at atomic weights of ---- and ------. Bromine can displace iodine from the body because it still has a lower atomic number than iodine. Iodine can’t do the reverse and move any of these toxins out of the body on its own, until the thyroid is flooded with iodine.

Bromine, fluorine, and chlorine will be sucked up by the body before iodine, and placed on receptor sites in the cells. If iodine is present in the body it will not be used and therefore
excreted out of the system. Gradually our bodies fill up with bromine, chlorine and fluoride—extreme toxins that damage every cell in our body. The essential iodine that is needed for every cell in the body has been displaced. Halides and organochlorides begin to accumulate in fatty tissues in the breast. There are now more than 10,000 different varieties of organochlorines. These include compounds like benzene, chlordane, DDT, dioxin, vinyl chloride, atrazine and CFCs.

Flourine has been added to water, bottled waters, toothpastes, mouthwashes, beverages, and processed foods. It is also in our Teflon lined pans in toxic amounts as it breaks downs. Studies dating back to the 1950s have shown links between Down's Syndrome and fluoridation. Ionel Rapaport also showed how the age of women bearing Down’s Syndrome children decreased in direct relation to the increase of fluoride in the water supply. The more fluoride that was in the water, the younger the age of the women bearing Down’s Syndrome children.

**What are some sources of the halides that replace iodine in our system?**

Dr. Brownstein’s March 2007 blog stated, “Bromine and chlorine were the most common toxic elements reportedly found in automobiles. These elements are found in the seats, armrests, door trim, shift knobs and other areas of the car. These elements are found in many plastic products including computers. In addition, bromine is a fire retardant found in carpet, clothing, mattresses and many other consumer items.”

Chlorine has been added to our drinking water, showers, cleaning supplies, hot tubs, and swimming pools.
Maryann is a 45 year-old R.N. who has been a patient of mine for five years. I diagnosed Maryann with hypothyroidism five years ago and she was being treated with Armour Thyroid. Her hypothyroid conditions (fatigue, hair falling out, etc.) improved significantly with thyroid replacement and she was presently euthyroid. Maryann was also suffering from fibrocystic breast disease. "I was thinking about a mastectomy. I can’t wear a bra because my breasts are so tender," she said. Maryann was told to avoid caffeine and go on birth control pills to treat the cystic breasts. She could not tolerate the birth control pills and received minimal improvement from dietary changes. When I checked an iodine loading test, Maryann was found to be very low on iodine (27% excretion—normal >90%). Within three weeks of taking 50mg of iodide/iodine (Iodoral®), all her breast symptoms were improved. She said, "My pain level declined immediately and after three weeks, it was 70% better. I can now wear a bra without pain." Two months later, a physical exam revealed no signs of fibrocystic breasts and she was now completely pain free. "I am ecstatic. I can now exercise and I feel just wonderful," Maryann said.

Iodine/iodide supplementation has markedly improved the course of illness in fibrocystic breasts in almost all of my patients with fibrocystic breast disease. In addition those with breast cancer also improve. Nodules and fibrous changes of the breasts significantly improve in a short time period. I believe that the epidemic of breast disease we are seeing in this country is due, in no small part, to iodine deficiency.

How can I tell if I am deficient in iodine?

Iodine patch test

An iodine patch test is the easiest and cheapest way to check for iodine deficiency.

Using a tincture of iodine, paint a 2” X 2” square on your abdomen, inner thigh or breast. Use an inconspicuous area that will not be getting wet during the day and that you can check several times during the day. Watch how fast the color fades and disappears for an indication of iodine deficiency.

☐ Color was gone in 2 hours or less   Extremely deficient
☐ Color was gone in 4-8 hours.       Very deficient
☐ Color was gone in 12-16 hours.    Deficient
☐ Color is still light after 20-24 hours. Moderately deficient.
☐ Color is the same after 24 hours. Iodine loaded! Congratulations.

Do not be surprised if your iodine patch disappears quickly. Health professionals are estimating that 94% of the population is extremely to very deficient in iodine because of all the halogens that interfere with iodine absorption and our extremely low iodine/iodide intake.
Breast tissue may need 100 times more iodide than our thyroids, but if there is inadequate iodine, it will all be used by the thyroid first. Sometimes, an iodine breast patch will fade in minutes. Therefore, many doctors have suggested Lugol’s liquid iodine painted directly over a breast lump or cyst with good results. (Do not use the tincture of iodine—this does not work.)

Another inexpensive test for thyroid problems is easily completed at home.

I have found a couple of doctors who are skeptical about the iodine patch test. But I still feel it is something tangible that we can see and immediately begin to work with. Many women do not have the time to take a urine test, and for many the need to take iodine has already been forgotten by the time we make it to the doctor’s appointment—who will probably not be super supportive of an iodine loading regiment because they didn’t learn about it in medical school.

*Barnes Basal Temperature Test*

Dr. Barnes discovered that axillary (armpit) temperature, on awakening, is an accurate reflection of thyroid function. It takes a little more time to complete this test.

Before going to bed in the evening, take an oral thermometer and shake it to its lowest reading. Place close to your bed so that it can be reached first thing in the morning. Upon awakening, place the thermometer snugly under either armpit for 10 minutes. Record temperature. Repeat for 3-10 mornings and then average the readings. Menopausal women can take their temperature beginning any day. Women with menstrual cycles should take their temperature after the third day of their cycle.

Armpit temperature should be $97.8-98.2^\circ$. An average under 97.6 strongly suggests low thyroid function. If the reading is above the normal range, suspect infection or an over-active thyroid.

*Urine test*

If you are taking thyroid medications, your iodine levels should be monitored by your physician. Request an iodine test, or iodine testing kits may be ordered from Dr. Flechas (1-877-900-5556).

You will need to collect your urine upon rising in the morning. Then you will take 4 tablets of iodine/iodide provided in the kit and collect more urine samples throughout the next 24 hours. The results of your deficiency can then be figured. The iodine urine test uses the idea that your body will hold onto iodine/iodide if it is deficient. If there is plenty of iodine in the body, it will excrete measurable amounts from the pills that you take. Once results are tabulated, suggestions will be made to slowly increase the amount of iodine/iodide in your system to reach whole body sufficiency.

Tests will range from $55-100.

*BioMeridian Screening:*

Many health professionals use a tool which takes an electrical reading of 60 different meridian points in your body. This simple screening can also give you an idea of iodine deficiency with a simple color chart. Call BioMeidian at 1-888-234-2337. They will ask for your zip code to provide you the health professional near you who uses the BioMeridian BIM system.
I have used one of these systems for years in my nutrition practice. It is a very visual tool, and women can easily see how low in iodine/iodide they are.

**What is iodine loading or orthiodosupplementation?**

Orthiodosupplementation is achieving whole body iodine sufficiency. The RDA amount of 150mcg is enough to prevent goiter and cretinism—but not enough to protect the whole body, especially the thyroid, breasts, prostate, ovaries and stomach. The latest research shows that the correct quantity of iodine needed to maintain whole body support is 13 mg. daily—the same amount used by mainland Japanese who have excellent health and stellar protection from all kinds of cancer. This dosage is 100 times more than the RDA. Approximately 6 mg. will be used by the thyroid, 5 mg. for breasts and 2 mg. for the remainder of the body. Males may need slightly less.

Once you have established that you need iodine through any of the selected test ideas, you would begin building up the amount of iodine slowly in your body. Remember, if you are taking thyroid medications, do this with doctor supervision as you will probably need to reduce your dosage as the amount of iodine in your body increases. Take 1 pill of 12.5 iodine/iodide for approximately one week, then up it to 2 pills the second week, three pills the third, and four pills the fourth week continuing for approximately 3 months. *This slow buildup of iodine is called iodine loading.*

Use the patch test to check for improvement in iodine retention. If the iodine patch is still visible 24 hours after applying, the body has reached iodine sufficiency.

If you are using the urine test, once the body begins excreting iodine, indicating sufficient iodine for the whole body, a maintenance dose of 12.5 mg would be suggested.

A BIM screening would indicate improvements in organ meridian balances.

Your temperature would increase to the correct range using the basal thermometer test to indicate iodine sufficiency.

Large amounts of fluorine/bromine/chlorine may be excreted, so it pays to go slow and not rush. Excretion of up to 20 times the amount of normal excretions of these toxins has been measured in urine. If you have a metallic taste in your mouth, headaches, diarrhea, you may be detoxing too fast. Cut your pills back by one per day. Eat a piece of chocolate to help detoxify, remember the natural bromine in chocolate helps counteract too much iodine.

You may also take ¼ teaspoon unrefined sea salt with ½ cup water to help detoxify the halides from your system. Vitamin C. in 1000-2000 g. is also recommended to help with detoxification on the iodine loading program.

**What are some symptoms of iodine/iodine deficiency?**

Allergic rhinitis
Angina
Acne
Asthma
Atherosclerosis
Autoimmune illnesses
Balance & equilibrium problems
Baldness
Bladder infections
Bone thinning
Breast cancer
Brittle nails
Bulging eyes
Burning or tingling sensations in hands/feet
Carpal tunnel syndrome
Chronic fatigue
Cracked heels
Craving for sweets/carbs
Cretenism (deafness & mental impairment in children)
Cold hands and feet
Cold intolerance
Constipation
Dementia
Depression
Diabetes
Digestion problems
Dry skin
Edema around the ankles, under eyes
Elevated blood cholesterol
Excessive sleepiness
Excessive sweating
Fatigue
Fibrocystic breast disease-breast cysts
Frequent bowel movements
Glaucoma
Grave’s disease
Goiter
Hair loss
Hashimoto’s disease
Headaches
Heat intolerance
Heart attack
Heart irregularities
Heavy periods
Hoarseness
Hormone imbalances
Hot flashes
Hypertension
Hyperthyroidism
Hypothyroidism
Glaucoma
Increased appetite
Irritability
Inability to concentrate
Infertility
Insomnia
Keloids
Lethargy
Light periods
Low basal body temperature
Low gastric acid
Low sex drive
Menstrual problems-PMS
Metabolism
Miscarriages
Muscle aches & pains
Muscle cramps
Nervousness
Night Sweats
Obesity
Ovarian cancer
Ovarian cysts
Osteoporosis
Over-active thyroid
Parkinson’s
Peyronie’s disease
Polycystic ovary syndrome
Poor memory
Prostate cancer
Psoriasis
Puffy face
Rapid pulse
Skin cysts
Sleep apnea
Sterility
Swelling
Urticaria (hives)
Vaginal dryness
Weight gain
Weight loss
Yellowing of skin

What kind of iodine should we take?
Under no circumstances should you ingest antiseptic or topical iodine. Iodine food supplements are widely available. Start with four drops daily (dissolved in a large glass of water) for the first two weeks, and then reduce the dosage to two drops a day.

A list says a lot—but we can still miss the most important point in all of this information. Our thyroid sucks up most of our iodine—it gets first chance at the limited amount of iodine in our bodies. Every cell and therefore every organ in our body is dependent on iodine, yet other organs, especially the breasts, ovaries, prostate and stomach, and white blood cells may need 100 times more iodine than the thyroid. According to Dr. Jay Rowen, editor of Second Opinion newsletter, these organs “can’t uptake iodine in significant amounts until the blood level reaches 100 times what the thyroid needs.”

Amazingly, while medicine shuns iodine therapy, their most popular anti-fibrillation drug, Amiodarone, actually is iodine in a toxic, sustained-release form. This drug can produce a smooth heartbeat when the body has accumulated about 1,500 mgs of iodine—the exact amount of iodine retained by your body when iodine fulfillment is achieved by natural supplementation with Prolamine Iodine.

"Unfortunately, Amiodarone is an extremely toxic form of iodine used by the medical profession. The side effects are often too great (and even life threatening) for most people to endure long enough to achieve a normal heartbeat. In addition, once you stop this drug, your original problem returns. Iodine therapy, on the other hand, fulfills the body’s needs safely, then maintains the smooth heartbeat with a low-maintenance dose.

"Because Amiodarone is iodine, you cannot use iodine fulfillment therapy while you are taking this drug. Rather, your doctor needs to wean you off this drug first, so you can then begin natural iodine treatment. In other words, iodine fulfillment therapy is done in place of Amiodarone, not together with it. Amiodarone and iodine at the same time can be dangerous."

Dr. Bruce West,
Health Alert, June 2006, Volume 23, Issue 6

1. For almost 180 years we took amounts of 12.5 mg of iodine/iodide in the form of Lugol’s drops. It was known as a miracle mineral and used for just about everything.
2. Iodine was removed from our food chain and replaced with a phobia that too much iodine could cause health problems. The original study was never verified or duplicated and has been widely questioned, although our nation’s iodine program was based on one study from 1948.
3. We are very iodine deficient compared to other healthy nations of the world.
4. Iodine has been removed from our food chain and replaced with goitrogens and carcinogenic compounds that our body absorbs instead. Because every cell in our body has an iodine receptor, when not enough iodine is present, our bodies will suck up bromine, chlorine, fluorine and mercury to fill these receptor sites.
5. Our breasts need almost as much iodine as our thyroid. But when iodine is in a limited supply, the thyroid always gets the iodine, leaving many organs in our body iodine deficient.

6. Iodine loading, a 3-4 month process of reloading the body with iodine, and replacing toxic halides on receptor sites with iodine, may be one of the least expensive way to help improve our breast health.

7. An easy test for iodine deficiency is to paint a 2 X 2” square of a tincture of iodine on a protected area of your skin and watch how long it takes to fade away. A patch on breast tissue can fade very quickly.

8. Some states stockpile iodine to be used by citizens in the event of a nuclear disaster to protect our thyroids. We are cautioned to take this amount of iodine within two hours after a disaster and for not more than 14 days so that it is not toxic to us. It is the same amount as Japanese citizens take daily through natural foods. There is something deadly wrong with this advice.


3. Breast Cancer and Iodine: How to Prevent and How to Survive Breast Cancer (Paperback) by Dr. David Derry M.D., Ph.D.