Clinical Experience with Inorganic Non-radioactive Iodine/Iodide
Brownstein, D.


“One and a half years ago, I began testing my patients for the loading test. Although I expected lowered body iodine levels, I was not ready for the magnitude of the results. After testing over 500 patients, I found that 94.7% of my patients are deficient in inorganic iodine. Many of these patients were already being treated by me for thyroid and other endocrine imbalances, including SSKI. When physiologic doses of iodine/iodide were added to their regimen, many of these patients showed dramatic improvement in their condition, especially patients who were non-responders, even though some were taking SSKI.”

“The illnesses that iodine/iodide has helped are many. These conditions include Fibromyalgia, thyroid disorders, chronic fatigue immune deficiency syndrome, autoimmune disorders as well as cancer. Most patients who are deficient in iodine will respond positively to iodine supplementation. In fact, I have come to the conclusion that iodine deficiency sets up the immune system to malfunction which can lead to many of the above disorders developing. Every patient could benefit from a thorough evaluation of their iodine levels.”

“In medical school, little was taught about iodine. Specifically, we were taught that the iodization of salt was implemented to prevent goiter and therefore no further iodine was necessary in the diet. After studying the literature on iodine, I realized what I was taught in medical school was incorrect. The iodization of salt was adequate to lessen the prevalence of goiter, but it did not address the rest of the body’s need for iodine.”

“I was initially hesitant to use higher (>1mg) doses of iodine due to my concern about causing adverse effects. In reviewing much of the literature there was concern about larger doses of iodine causing hyperthyroid symptoms. However, a further, more exhaustive review of the literature failed to prove that iodine, in milligram doses ever was shown to cause hyperthyroid symptoms. In fact, as iodine levels have fallen over 50% in the last 30 years in the United States, autoimmune disorders and hyperthyroid symptoms have been increasing at near epidemic proportions.”

“As I started to use larger doses of iodine (12.5-50mg/day), I began to see positive results in my patients. Goiters and nodules of the thyroid shrank. Cysts on the ovaries became smaller and began to disappear. Patients reported increased energy. Metabolism was increased as evidenced by my patients having new success in losing weight. Libido improved in men and women. People suffering with brain fog reported a clearing of their foggy feelings. Patients reported having vivid dreams and better sleep. Most importantly, those with chronic illnesses that were having a difficult time improving began to notice many of their symptoms resolving.”

“If there is severe deficiency, spot urine iodine levels at or near zero or low iodine loading tests results (<50% excretion), higher iodine levels are generally needed. To maximize absorption and retention of iodine, doses of 25-50mg may be needed in patients. The sodium-iodine symporter, which pumps iodine into the cells against a gradient will achieve a maximal response when serum iodine levels approach 10 –5M – 10 –6M concentration.”

“The most common side effects encountered are; acne, metallic taste in mouth, sneezing, excess saliva and frontal sinus pressure. These reactions are relatively rare, occurring in less than 5% of patients.”

“My experience has shown true allergy to inorganic, non-radioactive iodine is very rare. Out of over
3,000 patients treated with iodine I have found 3 with a true allergy exhibiting symptoms of a skin rash. These patients were treated with NAET (www.naet.com), an acupressure treatment and two were able to overcome their allergy and take the iodine. One of the three above patients has not been able to take iodine due to an allergy."

“My experience has shown that 1/3 of patients currently taking thyroid medications will need to lower their dose of thyroid hormone after starting iodine supplementation….If the patient exhibits signs of too much thyroid hormone (palpitations, nervousness, etc.), it is time to lower the dose. Generally, I have found in those patients on thyroid medication where the addition of iodine causes hyperthyroid symptoms, a 50% reduction in the dose of thyroid hormone will rectify the problem. If the patient is on a low thyroid dose (i.e., <1grain of desiccated thyroid or <.088mg Levothyroxine), the addition of therapeutic doses of iodine can result in the patient not needing to take any thyroid medication."

**Iodine, The Rest of the Story**

Brownstein, D.

“The best results with iodine, as with all nutritional supplements, can be achieved as part of a comprehensive holistic program. As I describe in my book, Iodine: Why You Need It, Why You Can’t Live Without It 2nd Edition, adding magnesium and vitamin C will enhance the effects of iodine. This is particularly true for individuals experiencing a number of factors related to iodine. This article will cover four major factors sometimes associated with iodine supplementation and how vitamin C and magnesium can support individuals with these concerns:

1. Allergy
2. Autoimmune thyroid disorders
3. Detoxification Reactions
4. Iodism

“Some physicians feel that iodine supplementation causes autoimmune thyroid disorders. They also claim that those with autoimmune thyroid disorders should not take iodine as it will exacerbate their condition. Before conventional medicine began using radioactive iodine to treat autoimmune thyroid disorders, large doses of iodine was the treatment of choice in treating autoimmune thyroid disorders. There are numerous reports in the literature, some dating back well over 100 years, showing the benefits of using iodine in excess of the RDA to treat autoimmune thyroid illnesses. If iodine was the cause of autoimmune thyroid illnesses, these illnesses should have been decreasing over the last 30 years. The opposite has occurred. In the United States, iodine levels have fallen approximately 50 percent over the last 30 years while, at the same time, autoimmune thyroid disorders have been rapidly increasing. My clinical experience has shown that in an iodine deficient state, higher doses of iodine, as part of a holistic treatment program, are an effective and safe way to treat autoimmune thyroid illness without appreciable side effects.”

“Iodine can cause a detoxification reaction in the body by facilitating the body’s release of the toxic halides fluoride and bromide. If the body’s detoxification pathways are overloaded when the toxic halides are being released, a detoxification reaction can be triggered. A detoxification reaction can take the form of fatigue, muscle aches, fever, diarrhea, and brain fog, skin rashes, etc.”

“If one is found to be iodine deficient, it is best to correct other nutrient imbalances before instituting iodine supplementation. Proper dosing of magnesium, Vitamin C and minerals will maximize the response to iodine. Before beginning any nutritional program, the best results can be achieved when working with a health care practitioner skilled in the use of natural agents.”
Toxic Chemicals in New Cars  
Brownstein, D. (Blog)  
March 2007  

"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. Think about it, you spend perhaps 2 hours a day in your car, with the windows rolled up and little air circulating. It is no wonder that I have seen many patients who feel that they can become ill from exposure to the air in a new car."

"Bromine and chlorine are members of the halide family which is a group of elements that includes iodine. If we are exposed to too much of one halide, it will cause our body to release other halides. My research has clearly shown that we are exposed to too much bromine and chlorine. 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. The consequence of this overexposure to toxic halides has been a depletion of iodine in our bodies. Clinically, the result of too much bromine and chlorine and not enough iodine are the high rates of thyroid disorders as well as cancer of the breast, ovary and prostate."

"Testing found Ann severely deficient in iodine (nearly zero levels) and toxic with bromine. Ann was detoxified from bromine with a combination of Vitamin C, unrefined salt and magnesium. I also had her do salt baths. She was also treated with iodine. As Ann’s bromine levels fell and her iodine levels elevated, she began to feel better. About 1.5 years after starting therapy, Ann felt that she had regained her health. In fact, her thyroid blood tests now returned to normal, without the use of thyroid hormone."

http://iodine4health.com/ortho/brownstein_ortho.htm