

**Breast Cancer and Iodine**  
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1. **Intro:** Iodine is a halogen, as is fluorine, chlorine, and bromine. #62 in rarity of elements
2. Iodide is reduced iodine so that it has one extra electron.
3. Breasts primarily use iodine. Iodide ineffective at reversal of precancerous animal tissue.
4. Fear from toxic iodine radio opaque materials. Thyroid hormone contains iodine....
  - i. Toxicity with >1 g/day. Japanese women ingest around 13.8 mg/day.
5. Nobel Laureate Albert Szent-Gyorgi (Vit C in 1928) as med student: "If ye don't know where, what and why; prescribe ye then K and I."
6. 1811 Bernard Courtois discovers iodine while making gunpowder
7. 1819 Swiss physician, J. F. Coindet found newly discovered iodine would cure Grave's disease. Start of allopathic medicine. Now all recommended treatment with drugs, surgery, and radiation. More money...
8. Safe at levels as high as 100,000 greater than RDA
9. Michigan studies in 1920's found almost 40% of children had goiter. Girls had 600% increase in goiters versus boys. Breast tissue is hormonal sensitive and with fat tissue thus needing more iodine. Iodized salt corrected goiters. But iodine removed from many foods in 1980's
10. Thyroid, hence iodine, primary director of fetal brain development.
11. Soils away from the oceans are deficient. Seafood and seaweeds have natural iodine.
12. Salt has 77mcg/g salt. 5 g/daily intake = 385 mcg. Goiter prevention only. David Brownstein MD thinks salt has 10% bioavailability only.
13. Unparalleled as an antiseptic. Kills all single cell bacteria, viruses, fungi and protozoa.

Iodine kills these by binding with exposed tyrosine or histidine amino acids.
14. Iodine is unusual in that in the kidney, there is no re-absorption mechanism.
15. All sites with high turnover of cells has an abundance of iodine: saliva, nasal passages, stomach. So seen in high areas of apoptosis.
16. Anti-allergenic. Studies with dogs show milk given to dogs had the thoracic duct levels of iodine go up 20-30 times. Dr David Derry MD *Breast Cancer and Iodine*
17. Thyroid seen in metamorphosis of tadpole into a frog. The thyroid hormone is affecting each and every cell individually. If the thyroid is removed and only iodine is given, then metamorphosis will still occur.
18. During pregnancy, thyroid hormone of the placenta will be 5x higher than the mother's blood.
19. Radioactive iodine injected will show up in cervical secretions in 2 minutes.
20. Japanese women (consume world's highest amount of iodine) have lowest rate of prenatal, perinatal and postnatal infant mortality.
21. Iodine by way of thyroid hormone enters the cell nucleus and controls metabolism via protein synthesis.
22. Link between breast cancer and iodine may be seen in the way that fat takes up iodine. The more the double bonds that the fat has, the more iodine that will be taken up. The iodine number is the amount of iodine that 100 g of fat would take up. Iodine may be protective of double bonds.
23. TSH blood test for hypothyroidism came out in 1973. Before then much treating was done clinically to remove symptoms. After 1973, 80 years of clinical observations was thrown out. Before 2 ¾ to 4.6 grains of desiccated thyroid was used. Now it is down by 1/3 to 100 mgs of thyroxin after 1973. Signs and symptoms were no longer relevant if the TSH was normal. Well-being no longer important as labs. Patients were increased until symptoms as sweating or racing heart gave evidence of too much thyroid

24. Childhood trauma or abuse before 12 yo seems to shut down the thyroid receptor so that it is not responsive to thyroid hormone. Need to treat with thyroid empirically for therapeutic benefit.

## Cancer

1. Cancers take years to develop
2. 1 in 500 in 1900 to 1 in 2 to 3 today. Poised to overtake heart disease as #1 killer.
3. Toxicity from environmental causes is a large factor. Included are fluorine and bromine.
4. Breast cancer alone is expected to account for 26% (182,460) of all new cancer cases among women.
5. *Clinical Oncology* in December 2004 published that breast cancer has 31,133 cases > 20yo, 466 absolute number of 5 yr survivors due to chemotherapy, 1.4% survivors due to chemo.
6. Cancer survival stats have virtually not changed for breast cancer over last 70 years. (Cancer Statistics, 2004 *Cancer J Clin* 2004;54:8-29)
7. If a treatment causes a patient's risk to drop from 4 percent to 2 percent, this can be expressed as a decrease in relative risk of 50 percent. On face value that sounds good. But another, equally valid way of expressing this is to say that it offers a 2 percent reduction in absolute risk. However 100% of the people taking the drug were affected! Only some drug effects are beneficial, not all.
8. One section of a breast biopsy may reveal cells that have varying degrees of abnormality. One lesion may have different cell lines on different stages of abnormality. Largest lesion has the fastest growing cell types, not necessarily the originating cells.
9. Causality: Is breast cancer from a chemotherapy or radiation deficiency?
10. Breasts one of the most hormonally sensitive tissue (endometrium of uterus and prostate also)
11. Some investigators have found that iodine deficiency is a causative factor in breast cancer.
12. Without enough iodine then there is competition between the thyroid, breasts, and ovaries (second highest concentration of iodine in the body).
13. Iodine a potent antioxidant, more so than Vit C and E.
14. Iodine will help to excrete toxic halides such as bromine (found in breads). Bromine is not a beneficial mineral although added to baked goods since 1980's. A competitor, a goitrogen with no therapeutic use.
15. Jonathan Wright MD has presented evidence that iodine (Lugol's: iodide and iodine) maintains a proper balance of estrogen metabolism to promote the less estrogenic estriol. David Brownstein MD
16. Dr Bernard Eskin reports that rats given iodine will have a variable return to normal breast structure.
17. Iodine deficiency causes both an increase in estrogen production and an increased sensitivity of the breasts to estrogens. Brownstein
18. Caffeine and chocolate increases fibrocystic changes and fibrocystic breasts have a potential to increase towards cancer. (Give EFA's, Vit A and E, with other minerals and vitamins) with dietary changes.
19. Treating breast cancer patients without supplying iodine deficiency can make the **breast cancer worse** as the thyroid hormone will exacerbate the iodine deficiency.

## Iodine Assessment

### Testing (FFP Labs):

1. Spot test
2. Loading test: Take 50 mg Iodine/iodide. Collect urine for 24 hours. Send in sample.
3. Saliva/serum levels. Saliva levels should be 42x greater than serum. Less than 20 means transporter problems. Vit C and Celtic sea salt may repair transporter