

Iodine “A Mineral Most Sublime”

Dr. Andrew Dickens NMD
Healing Pathways Medical Clinic
6939 E. Main St.
Scottsdale, AZ 85251
(480) 699-7400

NOT TO BE CONSTRUED AS MEDICAL ADVICE
MAY BE COPIED IN ENTIRITY

Intro: Iodine is a halogen, as is fluorine, chlorine, and bromine. #62 in rarity of elements
Iodide is reduced iodine so that it has one extra electron.
Fear from toxic iodine radio opaque materials. Thyroid hormone contains iodine....
Toxicity with >1 g/day. Japanese women ingest around 13.8 mg/day.
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.”
1811 Bernard Courtois discovers iodine while making gunpowder
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...
Safe at levels as high as 100,000 greater than RDA
Michigan studies in 1920’s found almost 40% of children had goiter. Iodized salt
corrected this. Iodine removed from many foods in 1980’s
Soils away from the oceans are deficient. Seafood and seaweeds have natural iodine.
Salt has 77mcg/g salt. 5 g/daily intake = 385 mcg. Goiter prevention only. David
Brownstein MD thinks salt has 10% bioavailability only.

Need: Women have more thyroid disease because they have more need for iodine. The **breasts and ovaries** require iodine to function properly, and when there isn’t enough they get cysts and tenderness. Many complaints of lumpy and tender breasts. Women are told it is normal. This is because iodine deficiency is so common that a majority of women in the United States are deficient

David Brownstein MD has found >90% of patients are iodine deficient according to symptoms and laboratory testing.

Concentrates in thyroid, ovaries, breasts, salivary glands, gastric mucosa, CSF, choroid plexus and ciliary body of the eye, substantia nigra (Parkinson’s), and prostate.

Deficiency can result in:

Fibrocystic breast disease	Nodular vasculitis
Ovarian cysts and cancer	Pyoderma
Breast cancer	Recurrent/chronic infections
Fibromyalgia	Nephrotic Syndrome
Chronic Fatigue syndrome	Bronchial asthma
Fluorine, bromine, chlorine and perchlorate toxicity	COPD
Hemorrhoids	Cretinism in offspring
Fungal infections	Dupuytren’s and keloids
Uterine fibroid tumors	Obesity
Thyroid problems	Sebaceous Cysts
Hypertension	Hormone resistance syndrome
Cardiac arrhythmias	Diabetes (both)

Treatment:

1. Goal of iodine supplementation is not the treatment of disease, but to give optimal amounts of an essential nutrient necessary to supply the entire body's need for both metabolism and a sense of well being.
2. Hypothyroidism may be due to lack of iodine in diet as T4 has four iodines, etc.
3. May need to slowly increase iodine to avoid toxicity reactions from halide dislodging.
4. Hypothyroid condition treated with thyroid hormone during a iodine deficiency will exacerbate the thyroid deficiency. Treating hypothyroidism may increase breast cancer risk with iodine deficiency. This will rob the breasts of iodine and further increase the risk of breast cancer.
5. Fibrocystic breasts effectively treated with iodine. Along with progesterone, Vit A and E.
6. Iodine helps maintain estrogen balance between estradiol, estrone, and estriol.
7. Vit C at levels greater than RDA may be necessary to reduce oxidative stress. 3,000 to 6,000 mg/day in divided doses as a minimum. (Or to bowel tolerance – gas, bloating, diarrhea).
8. May also need Vit B2 at 100 mg and Vit B3 (inositol hexaniacinate) at 500 mg.
9. Magnesium taken as amino acid chelate as most Americans are Mg deficient. Involved in > 300 enzyme reactions.
10. Selenium necessary to regulate both thyroid and iodine metabolism. Greater the toxicity the greater the need for selenium for detox through glutathione and Se may become rate limiting step. Iodothyronine Deiodinase, a selenium containing enzyme, removes one I from T4 to make the active T3.
11. Toxicity from chlorinated pesticides, flouridated water, brominated breads and flame retardants, perchlorate from Colorado river, and Sucralose (Splenda).
12. Vit A and cortisol needed to help receptor receive thyroid into the cell.
13. Exercise will make some people worse (no mitochondrial ATP production). Thyroid hormone is critical to the production of ATP. See B2 and B3 needs.
14. In 1829 Jean Lugol MD found KI added to water increased solubility of iodine. Lugol's Iodine is 5% iodine and 10% Iodide in water. Two drops provides 5 mg iodine and 7.5 mg iodide
15. Lugol's solution is found as capsule "I-throid" or tablet "Iodoral".
16. SSKI supplements are iodine only.
17. Breast tissue utilizes iodine, not iodide found in salt. Reversal of dysplasia and atypia from lipidperoxidation that is prevented by iodine supplementation.
18. Estrogens balance is dependent on proper iodine levels. Brownstein reports increase in estrogens levels and increase in breast sensitivity to estrogens
19. Xenoestrogens are a common occurrence due to plastics, pesticides, etc. Iodine alleviates. Give before giving thyroid hormones as this may exacerbate an iodine deficiency.
20. Thyroid hormones may exacerbate a breast cancer condition if lacking iodine.
21. Heart arrhythmias: Amiodarone – a sustained release form of iodine 75 mg of iodine per 200 mg tablet. 300 mg dose (112.5 mg iodine) had 93% of iodine retained first 3 days.
22. Cancer protection at 100x RDA. Binding to fat molecule lactone produces δ -iodolactone, a key regulator in apoptosis (programmed cell death – yeah!). Only happens at excess of RDA
23. Children need iodine and may prevent ADHD, depression, bone/tooth abnormalities, and mental slowness. Italian researchers found 11 point difference in IQ between high and low iodine areas. Dose at 0.11 mg/lb body weight

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