



Wellness Minute

Health Information You Can Use On Your Path To Wellness

It's Impossible
To Have Optimal
Health Without

Sufficient Levels Of

Iodine



How Essential Is Iodine?

“Iodine is found in each of the cells in the body and without it, life is not possible.”

David Brownstein, MD, author of the book, Iodine, Why You Need It, Why You Can't Live Without It, believes that it is impossible to achieve optimal health if you do not have adequate iodine levels. He believes that iodine, when taken in the inorganic, non-radioactive form, is the safest of all essential trace elements and can be taken daily for long periods of time. Iodine is found in each of the cells in the body, and without it, life is not possible.

It is responsible for the production of all the hormones in our body. For example, the thyroid hormone thyroxine is 4 parts iodine and one-part tyrosine. Iodine has been shown effective in treating bacterial infections, parasites,

viruses, even cancer. Iodine has been used to treat: ADD, atherosclerosis, fibrocystic breast disease, breast cancer, excess mucous production, fatigue, hemorrhoids, headaches, hypertension, liver diseases, ovarian disease, prostate disorders, and thyroid disorders.

The highest concentration of iodine is found in the thyroid. The next highest concentration is in the ovaries. The highest volume of iodine is found in breast tissue, but is present in every cell and is required for healthy cellular metabolism. Speaking of breast tissue, iodine pushes excess estrogen out of breast tissue, and another reason it has anticancer properties. Testing over 4,000 patients in the

Midwest, Dr. Brownstein has found over 96% were deficient in iodine.

The RDA for iodine is 150 mcg, supposedly the amount of iodine needed to prevent disease. Dr. Brownstein and his colleagues feel these numbers are far too low, as many countries such as Japan ingest 13 mg or more per day. That's 86 times more than is suggested by our RDA. The U.S. has the highest incidence of breast cancer; Japan's breast cancer level is the lowest. U.S. life expectancy rates 48th of the 226 countries; Japan is 6th. Our infant mortality rate is 7 per 1000 births; Japan is 3.5 per 1000, which is the lowest incidence in the world. Yet, when the Japanese relocate to this country and adapt our diet,

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they quickly join U.S. statistics for cancer, life expectancy, and infant mortality.

Why are we so deficient in iodine? Primarily because we don't ingest enough iodine daily, and the little iodine we do ingest gets displaced or pushed out of essential tissues.

All science students have seen the periodic chart of elements. On the right side of the chart is a highly reactive group called halogens. The elements at the top of a column displace the elements below. Reading from top to bottom in the halogen family we have fluorine, chlorine, bromine, and iodine. Fluorine is a known carcinogen and is present in our drinking water and in many of our drugs such as Cipro, Lipitor, Prozac, Paxil, and Effexor. Chlorine is also found in our drinking water and in many drugs such as Zoloft, and Wellbutrin. Chlorine is considered a neurotoxin and is used as a pesticide. It is a major ingredient in the sweetener Splenda. But most people are not aware that Bromine, another iodine displacer, is a major player in our diet. Before the 1980s, iodine was used as an

anti-caking agent in breads and other baking products. Some researchers felt that iodine could cause problems with the thyroid gland, so in the 1980s, it was replaced with Bromine. Bromine interferes with iodide uptake and utilization in the thyroid gland. Bromine is a toxic element and is considered a chemical that causes goiters. This substitution has been, in large part, responsible for the declining iodine levels in the US. So as the halogen chart illustrates, fluorine, chlorine, and bromine all displace iodine.

To displace means to push out or mobilize. Iodine which is already deficient in our diet is being displaced by other more aggressive elements that can actually poison enzyme systems. So, if we take lowered cellular levels due to dietary deficiencies and add the halogens, which further deplete this essential nutrient, we can see why iodine deficiency is so rampant.

Talk with your wellness clinician about simple tests that you can do to evaluate your iodine levels, because if you are low, there is no drug or nutrient that can replace it.