

IODINE and HEALTH

Carl Leon Bohannon, Research and Editor

Section 1

INTRODUCTION

Iodine is the heaviest essential trace element in the human body. Its concentrations in the body are 15–20 mg in thyroid tissue and hormones, but 70% of the body's iodine is in other tissues, including mammary glands, eyes, gastric mucosa, the cervix, brain and salivary glands. Its role in mammary tissue is related to fetal and neonatal development, but its role in the other tissues is unknown except to act as an antioxidant. Iodine has an important action on the immune system as indicated by the high iodide-concentration in the thymus. Iodine deficiency is the leading cause of preventable mental retardation, a result which occurs primarily when babies or small children are rendered hypothyroidic by a lack of the element.

The knowledge of the importance of iodine in human health has lapsed from most medical doctors' memory. Medicating the symptoms of iodine deficiency has become the standard practice. The body's proprietary use of iodine is supplying the thyroids for producing the Thyroxine hormones, T4 and T3, necessary for life. After the primary use is supplied, iodine begins to accumulate in various body organs and tissues, assuming an abundant supply. It is the secondary functions of iodine that are being dismissed. For optimum health it is necessary to move beyond the deficiency standard of 0.150 mg and discover an individual's sufficiency level.

An individual's sufficiency level of iodine is established by loading the body with excess iodine (approximately 50 mg) daily until the amount of iodine excreted in the urine is almost equal to the daily intake. Iodine loading requires laboratory testing. The real daily iodine needed (after sufficiency is achieved) varies from 1.5 to 20 mg depending on an individual's age, gender, stress level and health condition.

Benefits of a sufficiency of iodine

Detoxification

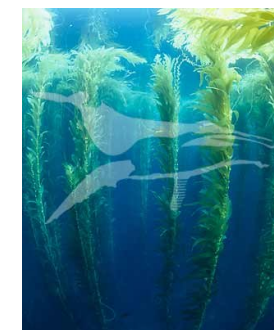
Iodine doesn't just supply a vital elemental building block for body chemistry, it also blocks the absorption of toxic elements. When starting iodine supplementation, be cautious because the body may have a detoxification reaction by releasing stored fluoride, bromide, lead, cadmium, arsenic, aluminum and mercury faster than the body's eliminations can handle. Its better to make changes slowly.

Conditions/illnesses that respond to iodine therapy

Balancing endocrine system.
Dental conditions, surgery, infection
Eye, ears, throat conditions; bronchitis, influenza and asthma
Infections: venereal diseases, ulcers, skin wounds and burns
Germicide, antiseptic
Tropical fevers, malaria
High blood pressure
Arthritis

Iodine deficiency related problems

Thyroid gland fatigue/disorders
Abnormal pituitary-adrenal function
Autoimmune diseases; immune deficiency syndrome
Stomach and salivary glands, gastro-intestinal disorders
Parkinson's disease, ALS, MS, Fibromyalgia, chronic fatigue
Glaucoma, Visual clarity
Breast and prostate cancer
Clear thinking
Allergies



Non-poisonous iodine

In Edgar Cayce's day, 1920's, 30's and 40's iodine was an important medicine used by the medical profession in the treatment of many diseases. The side effects of iodine therapy were sometimes severe and when heart conditions were involved, could be dangerous.

A New York manufacturer of iodine asked Mr. Cayce for a reading to help improve his product, specifically how to make it less toxic. The reading gave instructions for passing a weak electric current through the iodine solution to break up the diatomic structure of the iodine molecule into single ionized atoms of iodine. This new form of iodine proved to be non-poisonous and well tolerated. After the manufacturer made the suggested changes to the product known as "Atomidine," the readings began to include the new product for therapeutic use for a wide variety of conditions. Mr. Cayce's source was enthusiastic about iodine and even stated it to be one of four essentials for health: water, soda, salt and iodine.

After the original owner died, the heirs continued production for a short while. After that, the formula was lost for years. Mr. Cayce didn't comment on how the original product was made, but only on how to make it non-poisonous.

Iodine passes from the oceans to the atmosphere as a gas dissolved in water vapor and falls with rain. It takes centuries for iodine to collect in the soil in sufficient concentrations for terrestrial plants to be a useful source of iodine. As farmland is in constant use, the iodine has long been depleted. The exception is when seaweed is used as fertilizer. As a general rule, terrestrial plants and animals are not sources for iodine.

Food sources of iodine are available from wild marine animals and plants. Choose animals low on the food chain to avoid heavy metals. Kelp and seaweed are the best natural sources of iodine. Pharmaceu-



Iodine Information Articles



Section 2 IODINE IS VITAL FOR GOOD HEALTH

James Howenstine, MD

November 5, 2005

NewsWithViews.com

Lack of iodine is widespread in the United States today. For many years iodine was added to bakery products (as a preservative) in generous quantities, which prevented iodine deficiency... In 1960 the average diet supplied about 1 mg of iodine daily with bakery products accounting for about 75% of the total iodine intake. This quantity of iodine was enough to decrease the thyroid glands ability to absorb radioactive iodine and it was also sufficient to prevent excess release of thyroid hormone thus preventing many cases of hyperthyroidism.

When a cheaper bromide preservative became available, the food industry stopped adding iodine to baked goods. Iodine and bromine appear similar to the thyroid gland and bromine easily binds to the thyroid gland's receptors for iodine. Bromine, however, is of no value to the thyroid gland and it inhibits the activity of iodine in the thyroid. Bromine also can cause impaired thinking and memory, drowsiness, dizziness and irritability. The substitution of bromine for iodine has resulted in nearly universal deficiency of iodine in the U.S.A.

PROBLEMS CAUSED BY IODINE DEFICIENCY

Under-activity of the thyroid gland produces fatigue. In rodents iodine deficiency leads to abnormal pituitary-adrenal function. The adrenal gland provides energy and stamina. Iodine binds to thyroid cell membranes preventing damage by peroxidase enzymes and autoimmune diseases such as thyroiditis (Hashimoto's disease) and hyperthyroidism (Graves Disease). Researcher Dr. Guy Abraham has observed several cases of thyroiditis and hyperthyroidism that have been corrected by the simple iodine therapy. For more than 100 years high doses of iodine have been known to benefit both under activity (hypothyroidism)... and over activity of the thyroid gland (hyperthyroidism). Iodine therapy allows the sluggish thyroid gland to resume normal production of thyroid hormone leading to resolution of hypothyroidism. Sufficiency of iodine stops the peroxidase injury and permits hyperthyroidism to resolve. Thus thyroid surgery for hyperthyroidism is no longer necessary.

Several human organs, such as stomach and salivary glands, need iodine but cannot absorb it until blood iodine levels reach high values. Most persons exhibit impaired production of stomach acid (and the ability to digest protein) as they age. This impaired capability may be a result of iodine deficiency as iodine promotes stomach acidity.

Lack of iodine may be involved in Parkinson's disease and glaucoma. Iodine therapy resolves nearly every case of breast cysts. This treatment also can heal ovarian cysts and works well on skin cysts... Iodine lack is known to be a factor in the development of breast and prostate cancer... Iodine is found in large quantities in the brain and the Ciliary Body (muscle tissue responsible for shaping the lens to focus light on the retina of the eye). Thus iodine is associated with visual clarity and clear thinking.

DETECTING IODINE DEFICIENCY

Dr. Jay Abrahams has developed a loading test for determining iodine deficiency. The patient takes 4 iodine tablets (12.5 mg each). If there is sufficient iodine in the individual the excess iodine is excreted in the urine in the next 24 hours. If iodine is lacking the body retains most of the iodine with little iodine appearing in the urine. Use of this test has shown that nearly every patient with any condition known to be associated with iodine deficiency retains almost all of the iodine given.

To correct iodine deficiency by taking iodized salt is not feasible. You would need 20 teaspoons of iodized salt daily to get adequate quantities of iodine. Dr. Abrahams has developed an iodine preparation named Iodoral to treat iodine deficiency...

MINIMUM DAILY REQUIREMENT FOR IODINE

Dr. Abrahams thinks that the correct quantity of iodine needed to maintain sufficient amounts of iodine in the body is 13 mg daily. This is many times more than the government recognized RDA for iodine. This

quantity of daily iodine would be distributed as follows –6 mg to thyroid gland, 5 mg for the breasts in females and 2 mg for the remainder of the body. Males appear to usually, but not always, need slightly less than females.

Prominent thyroid researcher, Dr. Benjamin Eskin, has shown that the thyroid gland and skin prefer to concentrate the iodide form of iodine while the breasts concentrate iodine. His research suggested that the body needs both iodide and iodine. This is easy to accomplish with Lugol's solution developed by French physician Dr. Jean Lugol in the 1820's. His solution mixed iodine (5%) with potassium iodide (10%) and 85% water... This solution in the recommended 2 drop dosage contains 5 mg of iodine and 7.5 mg of iodide, which is exactly the quantity of iodine recommended for daily intake by Dr. Abraham....

Dr. Abrahams recommends taking 50 mg of Iodoral (four 12.5 mg tablets), Lugol's solution (8 drops) or Triiodide (8 drops) daily for 3 months as a loading dose. Then this dose should be gradually reduced to the 12.5 mg. maintenance dosage under the supervision of a knowledgeable health care professional. Dr. Abraham feels that 14 to 15 mg of iodine/iodide daily is the upper maximum for safety...

ENDOCRINE CANCERS AND IODINE STORES

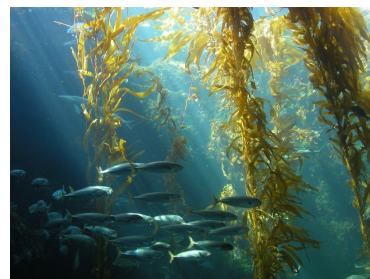
Iodine deficiency is a recognized risk factor in the development of cancer of the breast, prostate, and probably ovary and endometrial. Breast cancer is twice as common (12.1%) in women taking natural thyroid hormone or synthetic thyroid hormone as in women not taking thyroid hormones (6.2%). The risk for breast cancer in women taking thyroid hormones increases with time. Women who had taken thyroid hormone for 15 years had a 19.5% incidence of breast cancer while women who had been on thyroid hormone therapy for five years had only a 10% incidence of breast cancer. This increase in breast cancer with time suggests that correction of an iodine deficiency might well eliminate the need for thyroid hormone and would also lower the incidence of breast cancer.

Japanese women have the highest iodine intake (13.8 mg daily from seaweed) of women anywhere in the world. They also have the lowest incidence of breast cancer in the world. Japan has one of the lowest worldwide rates of every type of cancer (except stomach cancer)... Iceland (high iodine intake) also has low rates of goiter and breast cancer. Two countries with low iodine intakes (Thailand and Mexico) have high rates of breast cancer and goiter.

PATIENT STUDIES WITH IODINE THERAPY

Robert J. Rowen, M.D. reports that 5 mg of Iodine daily successfully removed severely painful breast cysts. Veronica, another patient of Dr. Rowen, had advanced breast cancer with severe hip pain from a bone metastasis. Iodine loading test showed severe deficiency of iodine. After three months of Iodoral she still has not restored her iodine levels but her excretion of bromine has increased 10 fold. Her cancer therapy with IPT (insulin potentiation therapy) and Artemisinin (isolated from the herb *Artemisia Annua* as a treatment for cancer) has been stable with only an occasional IPT and she continues with 25 mg of Iodoral three times daily.

Guy Abraham, MD, relates that he has seen two remissions of breast cancer in persons taking 75 mg of Iodoral daily. Iodine deficiency plays a role in allowing breast cancer and prostate cancer to develop. Other physicians also have seen prostate cancer go into remission after taking Iodoral and supplements. George Flechas, MD, and Dr. Rowen relate that many diabetic patients need lowering of insulin dosage and diabetic drugs after repletion of iodine deficiency.



Section 3 **CLINICAL EXPERIENCE WITH INORGANIC
NON-RADIOACTIVE IODINE/IODIDE**



David Brownstein, M.D. The Original Internist, 2005

One and a half years ago, I began testing my patients with the iodine 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 (KIO₃ is Potassium Iodate, used in bread making, iodized salt and for thyroid blockade). 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 to 50 mg/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 thinking. 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 (less than 50% excretion), higher iodine levels are generally needed. To maximize absorption and retention of iodine, doses of 25-50 mg may be needed in patients. ..."

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...

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 <.088 mg Levothyroxine), the addition of therapeutic doses of iodine can result in the patient not needing to take any thyroid medication.

Section 4 How Iodine Can Arrest the Development of Breast and Prostate Cancer



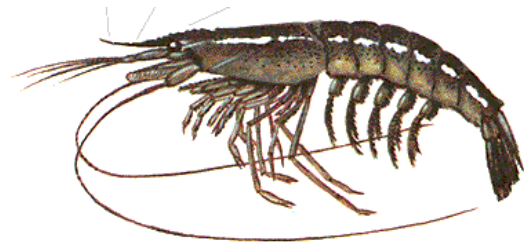
by Dr. David Derry

An adequate dose of iodine can be defined as more than 4 mg per day. Lugol's solution is an iodine in-water solution used by the medical profession for 200 years. One drop (6.5 mg per drop) of Lugol's daily in water, orange juice or milk will gradually eliminate the first phase of the cancer development namely fibrocystic disease of the breast so no new cancers can start. It also will kill abnormal cells floating around in the body at remote sites from the original cancer. Of course this approach appears to work for prostate cancer as prostate cancer is similar to breast cancer in many respects. Indeed, it likely will help with most cancers. Also higher doses of iodine are required for inflammatory breast cancer. As well we know that large doses of intravenous iodine are harmless which makes one wonder what effect this would have on cancer growth.

Iodine has been shown to be effective in all hormonally driven cancers, including prostate cancer. Lack of iodine in the diet has been linked with the development of these cancers. Supplement iodine, guys! According to the National Cancer Institute, "Prostate cancer is the most common cancer, excluding skin cancer, and the second leading cause of cancer-related death in men in the United States.

FOOD SOURCES OF IODINE

Iodine from fish must be limited because of mercury problems. However, sardines have such a short life span they do not get contaminated with mercury. Try tins of sardines packed in tomato sauce so you can avoid the trans fats used in oil packed sardines. Brown and red seaweeds contain the most iodine (kombu, fucus, etc.) of sea vegetables. You may still need supplemental iodine to get an adequate quantity for repletion of iodine deficiency unless you are eating lots of seaweeds. The evidence presented here proves that iodine is vital to human health. Many persons will experience improved health when their iodine deficiency is corrected.



Section 5

IODINE TOXICITY



Pennington JA. J Am Diet Assoc. 1990 Nov; 90 (11): 1571-81.

This article summarizes case reports, population studies, and experimental studies from the literature concerning adverse effects of exposure to iodine from the mid-1880s to 1988. Exposure to excessive iodine through foods, dietary supplements, topical medications, and/or iodinated contrast media has resulted in thyroiditis, goiter, hypothyroidism, hyperthyroidism, sensitivity reactions, or acute responses for some individuals. Reports of maternal iodine exposure during pregnancy or lactation affecting newborn or nursing infants are cited. Susceptibility to excess iodine is discussed as well as the relationship between dose and response. It is concluded that some individuals can tolerate very high levels of iodine with no apparent side effects and that iodine intakes less than or equal to 1 mg/day are probably safe for the majority of the population, but may cause adverse effects in some individuals. Determination of maximum tolerable levels of iodine intake will require human experimental studies at levels between 0.150 and 1 mg/day for normal subjects, subjects with autonomous thyroid tissue, and iodine-sensitive subjects.

Summary: Iodine is an essential component of the thyroid hormones involved in the regulation of various enzymes and metabolic processes.

"Thyroid iodine accumulation and turnover were used to set the Estimated Average Requirement. The Recommended Dietary Allowance (RDA) for adult men and women is 0.15 mg (150 µg) per day. The median intake of iodine from food in the United States is 240 to 300 µg per day for men and 190 to 210 µg per day for women. The Tolerable Upper Intake Level (UL) for adults is 1,100 µg per day (1.1 mg per day), a value based on serum thyrotropin concentration in response to varying levels of ingested iodine." (p. 258)

Function: Iodine is an essential component of the thyroid hormones, thyroxine (T₄) and triiodothyronine (T₃), comprising 65 and 59 percent of their respective weights. Thyroid hormones, and therefore iodine, are essential for mammalian life. They regulate many key biochemical reactions, especially protein synthesis and enzymatic activity. Major target organs are the developing brain, muscle, heart, pituitary, and kidney.

Observations in several areas have suggested possible additional roles for iodine. Iodine may have beneficial roles in mammary dysplasia and fibrocystic breast disease (Eskin, 1977; Ghent et al., 1993). In vitro studies show that iodine can work with myeloperoxidase from white cells to inactivate bacteria (Klebanoff, 1967). Other brief reports have suggested that inadequate iodine nutrition impairs immune response and may be associated with an increased incidence of gastric cancer (Venturi et al., 1993). While these other possibilities deserve further investigation, the overwhelming importance of nutritional iodine is as a component of the thyroid hormones. (pp. 258-9)

Bioavailability: Under normal conditions, the absorption of dietary iodine is greater than 90 percent (Albert and Keating, 1949; Nath et al., 1992; Vought and London, 1967). The fate of organic compounds of iodine in the intestine is different from that of iodine. When thyroxine is orally administered, the bioavailability is approximately 75 percent (Hays, 1991). (p. 267)...

Uncertainty Assessment: There is little uncertainty regarding the range of iodine intakes that are likely to induce elevated TSH concentration over baseline. A higher than 1.5 uncertainty factor was not considered because of the mild, reversible nature of elevated TSH over baseline. (p. 281)

OPTIMUM SUPPLEMENTATION (THYROID AND WHOLE BODY REQUIREMENTS)

Orthiodosupplementation is the daily amount of the essential element iodine needed for whole body sufficiency. Whole body sufficiency for iodine is assessed by an iodine/iodide loading test. The test consists of ingesting 4 tablets of a solid dosage form of Lugol (Iodoral®), containing a total of 50 mg iodine/iodide. Then urinary iodide levels are measured in the following 24 hour collection. The iodine/iodide loading test is based on the concept that the normally functioning human body has a mechanism to retain ingested iodine until whole body sufficiency for iodine is achieved.

During orthoiodosupplementation, a negative feedback mechanism is triggered that progressively adjusts the excretion of iodine to balance the intake. As the body iodine content increases, the percent of the iodine load retained decreases with a concomitant increase in the amount of iodide excreted in the 24 hour urine collection. When whole body sufficiency for iodine is achieved, the absorbed iodine/iodide is quantitatively excreted as iodide in the urine.

In the U.S. population, the percent of iodine load excreted in the 24 hour urine collection prior to orthoiodosupplementation averages 40% in more than 7,000 loading tests performed at the FFP Laboratories. After 3 months of supplementation with 50 mg iodine/iodide/day, (4 tablets of Iodoral®) most non-obese subjects not exposed to excess goitrogens (found in cruciform vegetables) achieved whole body iodine sufficiency, arbitrarily defined as 90% or more of the iodine load excreted in the 24 hour urine collections. Adult subjects retained approximately 1.5 gm of iodine when they reach sufficiency. A repeat loading test following 3 months on orthoiodosupplementation is recommended.

The goal of orthoiodosupplementation is not the treatment of disease, but the supply of optimal amounts of an essential nutrient for whole body sufficiency and for optimal mental and physical performances. Whole body sufficiency for iodine correlates well with overall wellbeing, and some subjects could tell when they achieved sufficiency even before knowing the results of the test. Iodine sufficiency was associated with a sense of overall wellbeing, lifting of a brain fog, feeling warmer in cold environments, increased energy, needing less sleep, achieving more in less time, experiencing regular bowel movements and improved skin complexion.

Whole body iodine deficiency, based on the concept of orthoiodosupplementation, may play an important role in several clinical conditions. Hundreds of physicians and other health care providers are now using the loading test and implementing orthoiodosupplementation in their practice, using a tablet form of Lugol (Iodoral®). A very good correlation between the results of the loading test and clinical response of their patients to iodine supplementation was reported.

PROCEDURE FOR THE LOADING TEST

Currently, there are three Laboratories performing the iodine/iodide loading test: FFP Laboratories in Flat Rock, NC, Hakala Research in Lake Wood, CO, and Labrix Clinical Services Inc. in Oregon City, OR. All three labs supply their own protocol for details on collection of urine samples, pooling samples for 24 hr. and sending a 2 ounce aliquot to the Laboratory for analysis.

We recommend this general outline:

- 1) Have patient stop ingesting iodine 24 to 48 hours before the test if post- supplementation.
- 2) Discard first morning void.
- 3) Take 4 tablets of Iodoral® (in a sealed plastic packet).
- 4) Start collection of urine, following instructions from the Lab that supplied you with the Kit.
- 5) The first void on the following morning should be included in the urine collection.
- 6) If total urine volume is above 3 liters, follow instructions supplied with the Kit.

With the advent of sensitive assays came the assumption as dogma that the only role of iodine as an essential element is for the synthesis of T3 and T4. Thyroid Stimulating Hormones (TSH) was promoted to queen of tests for thyroid functions and iodine became irrelevant and was forgotten altogether. Most endocrinologists and other medical practitioners do not request a single test for urine iodine concentration during their whole medical career.

Thus far, the actual optimal daily requirement for iodine has been estimated at 6 mg of iodide for the thyroid gland and 5 mg of iodine for the mammary glands. The adrenal glands may also require adequate levels of iodine for normal function. Amazingly, 0.1 ml (2 drops) of Lugol contains 5 mg iodine and 7.5 mg iodide as the potassium salt, the near perfect ratio of iodine over iodide for sufficiency of the thyroid and mammary glands.

(Patch Test for iodine: <http://www.wellnesswithin.com/articles/Iodine%20Patch%20Test.pdf>)

BENEFITS OF IODINE THERAPY

Iodine therapy helps the body eliminate fluoride, bromine, lead, cadmium, arsenic, aluminum and mercury. Iodine therapy resolves nearly every case of ovarian and breast cysts. This treatment also can heal skin cysts when rubbed over the cyst.

Excessive clotting and vascular disease resulting from high levels of lipoprotein (a) can be reversed by iodine treatment. Lipoprotein (a) is a dangerous substance that produces plaques in arteries because it is very sticky and collects platelets, calcium and fibrin from the blood circulating inside our arteries.

Parotid duct stones (Salivary duct stones are generally composed of calcium carbonate and calcium phosphate) can be resolved.

Iodine has proven value in treating headaches.

Keloid is a type of hypertrophy scar that results in an overgrowth of tissue at the site of a healed skin injury that can be prevented by iodine application to the injury. It can help open up blocked arteries, disinfect water, cure bladder infections, reduce or eliminate ovarian cysts, diminish unsightly keloids, loosen thick bronchial secretions, reduce or eliminate Peyronie's Disease (hard, fibrous layer of scar tissue under the skin deforming the penis) and Dupuytron's contracture (hand deformity in which the connective tissue under the skin of your palm contracts until fingers cannot be straightened).



Section 6

IODINE, THE REST OF THE STORY



Dr. David Brownstein

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% 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.

**IODINE
CRYSTALS**



Section 7

EDGAR CAYCE'S NON-POISONOUS IODINE

ATOMIDINE (Iodine made from seaweed and ionized by an electrical current)



REPORTS BY MEDICAL PROFESSIONALS

The following are excerpts from the Edgar Cayce readings and associated correspondence:

Atomidine is a stable compound of iodine in a saline solution that liberates the element in an atomic or nascent on contact with an excess of solvent, such as the fluids of the body. No other active medicinal agents are present. By liberating nascent or atomic iodine, Atomidine furnishes the organism with this element in such a form that it may be readily utilized.

Nascent iodine is a consumable iodine in its atomic form rather than its molecular form. It is an iodine atom that has an incomplete number of electrons. It is paramagnetic, meaning it can hold an electro-magnetic charge. This "charged" state is held by the atom until diluted in water and consumed, whereby it gradually loses energy over a 2-3 hour time span.

The lethal dose of Atomidine in animals is very large, which accounts for the absence of untoward effects in its clinical use. Due probably to its rapid absorption and its ready combination with harmless protein or other organic compounds in the body, iodism very rarely occurs even in sensitive persons.

Atomidine acts beneficially in iodine deficiency diseases, gastro-intestinal disorders and asthenic conditions. It has the property of reducing blood-pressure in cases of hypertension. Atomidine is an efficient diuretic and urinary antiseptic, acting in either an acid or alkaline medium.

Nascent iodine is also totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride or as added to potassium iodide to make it soluble in liquid. It is also unlike glandular or prescriptions containing hormones that take over the thyroid's job, instead of nutritionally building the thyroid to do its own job.

All the cells in your body contain and make use of iodine. It is concentrated in the glandular system of your body, with your thyroid containing the highest amount compared to any other organ. Significant amounts are also stockpiled in numerous other areas of the body including the salivary glands, cerebrospinal fluid and the brain, gastric mucosa, choroid plexus, breasts, and ovaries.

Seaweed, seafood, greens, raw sunflower seeds, are good sources of iodine, but may not have the levels necessary to support the thyroid fully for good homeostasis in the body. Sources from seaweed may also contain high levels of arsenic.

DOSAGE

Approximately 1/100 grain of iodine is present in one drop of the solution. The average dose is 5 to 10 drops in 4 ounces of cold water, repeated every two or three hours. Frequent small doses are more effective than larger amounts at less frequent intervals. When an intensive effect is desired 20 or more drops may be administered over the critical period and repeated as required. Atomidine should be diluted only at the time of taking and never given after a starchy meal. It should not be administered in combination with other drugs.

The following are antidotal comments from physicians and medical professionals about results obtained from Atomidine. These were collected by Edgar Cayce's organization.

ATOMIDINE IN DENTISTRY

"Atomidine is the remedy of choice wherever a powerful non-irritating antiseptic and germicide is required. In post-operative cases, such as tooth extraction, Atomidine is highly recommended. It acts as a haemostatic (promotes clotting) and is non-escharotic (non caustic). When applied to the tooth socket in the pure state there is an immediate blanching of the tissue with an arrest of hemorrhage. An almost complete freedom from pain is observed in extraction and oral surgery wherever Atomidine is used as a post-operative application. Atomidine stimulates the growth of tissue. Two or three days after an extraction and the application of Atomidine, the socket is filled with healthy granulations."

GERMICIDE AND ANTISEPTIC

"It is the most satisfactory germicide and antiseptic that has ever been produced up-to-date... It has the peculiar and valuable property of sterilizing infectious organisms. It has the individual property of deep penetration and the most valuable property of actually stimulating cell repair...first and foremost a water-soluble iodine."

STOMACH ULCER

"Stomach ulcer cases are all well, full recovery. Quite a feat as those were old cases not responsive to other medical treatments."

GASTRO-INTESTINAL DISTURBANCES

"Satisfactory in gastro-intestinal disturbances."

"Another intensely valuable property is its undoubted active therapeutic effect in the control of putrefactive and formative conditions of the gastro-intestinal tract."

HIGH BLOOD PRESSURE

"Out of 1029 cases decided, 978 with favorable results."

"I have found a medication to reduce blood pressure. A woman 80 years of age – blood pressure 210 – Atomidine given in ten minim doses three times daily for five days. B.P. reduced to 160 - five more days effected a reduction to 148."

"Find it does not produce iodism. Use it myself for high blood pressure. Other iodine preparations give me iodism very quickly." (iodism: (*Med.*) A morbid state produced by an excess of iodine and its compounds, and characterized by palpitation, depression, and general emaciation, with pustule eruption upon the skin.)"

IODINE DEFICIENCY DISEASES

"I use ATOMIDINE always as the remedy of choice where iodine is indicated in deficiency disease. The action is prompt."

"This form of iodine is without question our most valuable therapeutic agent for the prevention and treatment of goiter."

"Had wonderful success with ATOMIDINE. Good results for goiter."

MALARIA AND TROPICAL FEVERS

MALARIA: "Malaria fever, intermittent type: Troubled with it years before. With Atomidine in three weeks no trace of malaria remained (in all blood tests). No return of the ailment."

"Treated 40 cases. Your discovery is going to make a revolution in the whole world as the best remedy for tropical diseases."

"Atomidine is an asset to tropical medicine. Its virtues are unsurpassed in treating various fevers."

"Male patient: tertian malaria proven by slide; Contracted malaria 18 years ago; He was treated in the American Hospital but suffered relapses. Since the time he took Atomidine he is free from fever. (3 more slides – all negative)"

"Successfully tried several cases of malaria influenza and other fevers. Temperature becomes normal within twenty-four to forty-eight hours without causing any harmful or depressing effects on the heart or reducing the vitality of the patient."

"Dengue fever, blackwater fever and all types of malaria are brought under control within 48 hours."

"Fever in general disappears after the third day. The general weakness following all fevers disappears within a week. In no case gastro-intestinal symptoms appear as is the case with quinine in fever."

"In fevers it is very fine and the improvements are soon noted. It is non-toxic and does not leave any untoward after effects to be feared."

INFLUENZA

"...53 Influenza cases treated, all with favorable results."

"Found Atomidine superior to quinine, as it promptly checks chills and brings the fever under control within 24 to 48 hours and there is a complete absence of undesirable symptoms associated with the use of quinine. Atomidine is well tolerated by the system."

VENEREAL DISEASES

"In chronic gonorrhoea cases of both sexes improved immediately the vital resistance of the patient alleviating at once the genital urinary symptomatically. Good benefits results in cases of syphilis in its 2nd and 3rd stage."

"Urethral gonorrhoea associated with streptococci infection: Atomidine was given internally. Injections were given in Urethral tract. In 3 weeks the case was negative to both gonorrhoea and streptococcus."

"Found Atomidine unexcelled in the treatment of syphilis. Treated 50 cases."

EYE, EAR, NOSE AND THROAT

"Throat infections- Out of 1155 cases decided, 1122 with favorable results."

"Five to ten drops of ATOMIDINE put into one ounce of water makes an excellent collyrium (eye lotion). I have used it...in a severe inflammation of both eyes of uncertain origin and diagnosis - that had resisted several kinds of treatment during three months. Above mentioned collyrium put into her eyes two drops two or three times a day. It had completely cleared up in one week."

"During the past five years I have been trying different drugs to shorten the purulence of a suppurating middle ear. Recently I have been trying ATOMIDINE in a preparation which produces nascent iodine. I used 1/2% in oil. The strength not only did not give pain but was distinctly beneficial. A series of cases was subjected to it with cures in a week to two weeks. Tried it with maxillary antritis cases with striking benefit. Whatever specific action ATOMIDINE has, antiseptic or cytefacient is not known, but there is a cessation of the discharge and the local protection is increased." Ear, Nose & Throat Clinic

"Sinus infection: Nothing seemed to help except Atomidine and this is an unusually difficult case where everything failed."

BRONCHITIS AND ASTHMA

"Had chronic bronchitis for over seven years; tried many doctors and remedies with no success. (took 3 bottles of Atomidine) I am now well. No signs of old trouble since. Recommend it to all my patients..."

"Atomidine three times daily stopped persistent cough of long standing."

ARTHRITIS AND JOINT DISEASES

"We have used Atomidine and found it satisfactory in every way." Hospital for Joint Diseases

"I have found Atomidine unexcelled in the treatment of rheumatism - 50 cases."

ACUTE INFECTIONS

"Severe case of ivy poisoning: Found it to be almost a specific."

"Had been in a local hospital for seven months with Streptococcus infection. (draining pus from seven incisions) Prescribed ATOMIDINE. In two months most of the wounds healed."

"Severe infection of a toe nail, septic poisoning set in. Gave ATOMIDINE internally. In four days the infection was cleared up."

"Leucorrhoea discharge which had resisted every form of medicine. Prescribed ATOMIDINE douches. In two weeks discharge stopped and the female organs resumed their natural position."

ADDITIONAL CLINICAL DATA

"There are many conditions, not mentioned here, for which ATOMIDINE has been used with good results and due to the fact that it is non-poisonous and non-irritating it has greatly extended the scope of iodine therapy - particular for internal treatment. In our files there are several medical reports as to the satisfactory use of ATOMIDINE in - cancer, leprosy, epilepsy and tuberculosis..."

ATOMIDINE OINTMENT

"The valuable properties of ATOMIDINE are incorporated in ATOMIDINE ointment, which renders them available for topical applications. ATOMIDINE ointment is a preparation of genuine therapeutic merit that will meet exacting clinical requirements. It is penetrative, non-irritating, emollient and effective in both aerobic and anaerobic infections; it promotes cell metabolism, repair, relieves pain and congestion..."

"We have given Atomidine Ointment a good trial and found same very successful. Its merits in skin irritations, burns, boils, carbuncles etc. are unsurpassed."

"I have had extensive experience with Atomidine Ointment during the last three years... It exerts a very deep penetrative and active germicidal effect. It has the individual and peculiar power of relieving local congestion. One of the most valuable attributes is its definite ability to stimulate the growth of tissue. I believe it is the most efficacious preparation in the field of medicine for the treatment of sunburn. I have seen a number of very severe cases of 2nd and 3rd degree burns in which the relief of pain, subsidence of inflammation of the tissues and activation of repair is truly most remarkable."

"Used ointment in the case of a scald extending the entire length of the right leg, 2 to 4 inches wide: The skin was entirely denuded. There is a complete healing with natural epidermis and no scar tissue. I have never seen a scald, of such area and depth, heal without scar tissues or contraction."

"Atomidine Ointment is always used for the treatment of burns, abrasions, cuts etc., to the exclusion of all other ointments as we find it superior to any others, for its healing, soothing, antiseptic and tissue building qualities."

DENTAL SURGEONS

"Selected cases of Pyorrhea; usually difficult to treat; Three of the five cases entirely cleared of infection within ten days. In the treatment of putrescent root canals had considerable success. It is the best oral germicide I have used."

"Very quick cure for most cases of pyorrhea. After three injections, pus flow stopped, soreness and irritation disappeared and rapid formation of new tissues. Heartily endorse it to the members of the profession as our best remedy to date."

"Find satisfactory in the treatment of dry sockets."



Section 8



EDGAR CAYCE'S PSYCHIC READINGS ABOUT IODINE

T0337-001 F **Balance Potassium and Iodine**

"These conditions, as we find, are brought about by the unequalized condition of those properties necessary to keep the normal or nominal balance as exists between that of iodine and potash in the system, and with the like [lack of iodine?] of this in the system there assumes then - with the continued increasing of the potash or potassium - those of the effects that hinder those portions of the system in their proper functioning in the body, and there begins to be the sensation in system of the refuses in the system taking form, or acting through glands in the body as to form their portions in the body."

Joint Disease Hospital

2. As we find, there is the continuous breaking down of the cellular forces in the circulation owing to the inability of those influences in same to fight the strep infection that destroys the plasma for healing.

3. However, we find that if they would give an intravenous injection of Iodine following a transfusion, this will cause the infections to be held in check - and will allow the transfusion to be more effective in building. It will require, though, that massages be given afterwards, from the extremities towards the body, so that the return flow from extremities is not held up. T1596-001 F [Pg 1]

T0270-009 M **Iodine supplementation using Radio-Active Appliance (radio frequencies)**

As to the enlargements [in neck] as are seen, these are from the supplying through glands that improper condition, which brings about some enlargement [goiter?]. A lack of iodine in the system, and this is not wholly supplied through those minerals as are being taken at present. To supply these, we would prefer - as to bring for the body that proper vibration from the iodine, rather than to supply the mineral itself, or the vegetable compound and mineral as produced in iodine in the proper state - the vibration of same as would be applied through a low form of cold electric vibration, such as is found in the Radio-Active Appliance, with the iodine as the negative anode attachment of same. This attached to the umbilicus with the positive at the 1st cervical, see? This should be taken for at least two hours each evening, after the body has retired, see?

T4175-001 M

We will find that those abilities to use iodine that will assimilate, either by the non-poisonous as in Atomidine - or given in a low form of electrical vibration, will materially aid the content, or active content of the elementals, or elements of the body in the vibration as related to those that will REDUCE the plethora condition in the glands that are affected by this condition which arose from flu. This in the digestive area, see? We would take, then, a few drops of Atomidine each day, and use the vibration as of the Radio-Active Appliance that carries iodine in same - see? This we would apply, the first anode - through which the vibrations are to be for the system itself, see, carrying the iodine - attach first to the 2nd and 3rd cervical vertebrae. Attach the other anode to the umbilicus center, more to the right, or over the area that affects the lacteal glands. That's to the right of the umbilicus center, see?

The activities of this will be through the thyroids to the digestive organs themselves, the effect of the iodine in its circulation or vibrations from same passing through same. This we would give each day also, but at the opposite end of the day, from which the Atomidine -three drops in half a glass of water - is taken internally, see?

Cayce warning about using **heart stimulant medication** with iodine therapy:

If one is given that it has been felt necessary at times to administer heart stimulants, as combined with that which we have given for same, is a hardship rather than a benefit. Either use one or the other. DO NOT attempt to give any heart stimulant (such as the Digitalis or Digitol) and the excesses of the iodine (Atomidine) in the system! R2366-007 M

T0051-001 F **Calcium metabolism**

These conditions, as we find, have to do with the assimilating system and the eliminating system, as related to the character of the plasma as goes to make up the replenishing or the resuscitating of the cell forces in the system. This at times called the metabolism of the system, or the katabolism and metabolism. These differentiations have produced for the system, and do produce that wherein there is too much calcium in the system, too much potash, and not sufficient amount of iodine as related to the ironizing [ionizing?] and oxidization as takes place in the system. This is also illustrated in the conditions as have existed, and do exist, in the injured portion of the extremities, as seen in the body. Here we find, while the bone, or the osseous in the blood itself is of such a nature as to produce more of an ossification than is NORMAL in body. Hence the conditions where, with tissue that builds for cartilaginous forces, becomes centralized, and stiffness ensues, or the bone becomes in those portions where many work with, the flexors of the muscular forces of forearm become STIFFENED in their activity.

T0341-041 M

17. (Q) What special precautions should I take regarding **infantile paralysis**?

(A) Take iodine [Atomidine] when you are passing through the areas!

18. (Q) How should this be taken; what should be the dosage?

(A) Take it in water! The dosage would be what is necessary for the body; anywhere from one to five minims two to three times a day.

19. (Q) Is Atomidine referred to, or plain iodine?

(A) Atomidine; for the iodine is poisonous!

R1564-001 M **GLANDS.**

Calcios is high in iodine. Perhaps this is the main reason it was indicated in cases of glandular imbalance. To [3490] Cayce said Calcios three to four times a day would "supply the energies for activities of the glandular system." Note: Because of its high iodine content, Calcios should not be used on the same days as Cayce 636, Atomidine, Calcidin, kelp tablets, or any food supplement that contains iodine.