

Iodine and Health

“Iodine is the most misunderstood nutrient. After 12 years of practicing medicine, I can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels. I have yet to see any item that is more important to promoting health or optimizing the function of the immune system.”

Iodine Why You Need It Why You Can't Live Without It by David Brownstein MD

Some of the Benefits of Iodine:

- An antagonist to toxic halides like bromine, fluoride and chlorine derivatives
- Necessary for thyroid hormone production
- Responsible for the production of all hormones in the body. It is concentrated in the glandular system
- Necessary for proper immune function
- Contains potent antibacterial, anti parasitic, antiviral, and anti cancer properties
- Treats fibrocystic breasts and ovarian cysts effectively
- Elevates PH levels
- Treats many conditions such as ADD, fatigue, hemorrhoids, migraines, and hypertension, just to name a few
- Essential for the normal growth and development of children
- When sufficient in the body, protects mental and intellectual abilities
- Necessary for fertility
- Mobilizes fat from storage

**Seaweed* is the most abundant source of iodine because it has the ability to concentrate a large amount of iodine from the ocean.

Iodized salt is a **poor** choice of iodine as it is not bio available for the body.

There is a whole body need for iodine in the form of iodide and iodine.

Sources in Supplemental Form:

- Promoline Iodine (Standard Process)
- Iodoral (Lugol's Iodine Solution)

An Iodine Patch Test (home test-rough indicator) will aid you and your practitioner on where to start and how to titrate the dose necessary for safe replenishment. Note; there may be detoxification reactions if not properly titrated.

Iodine sufficiency takes about 3 months to achieve.

Sometimes iodine supplementation works better when magnesium and selenium (Vit E) are given along with appropriate diet changes.