

## Dr. Ritamarie: Iodine Controversy - Should You Be Taking Iodine ...Or Not?

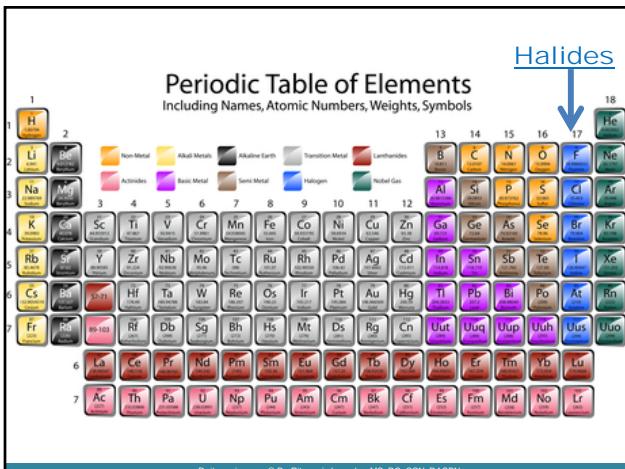
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# What is Iodine?

- A mineral essential to life
- It must be included in your diet – your body can't make it!
- Part of the Halogen group on the periodic table of the elements
- Related to Bromine, Fluorine and Chlorine (Iodine antagonists)



The image shows the element Iodine (I) from the periodic table. It is represented by an orange rounded rectangular box with a thin black border. Inside the box, the element name "iodine" is written in white at the top, the atomic number "53" is in the center, a large white vertical bar representing the symbol "I" is in the middle-right, and the atomic mass "126.90" is at the bottom right.



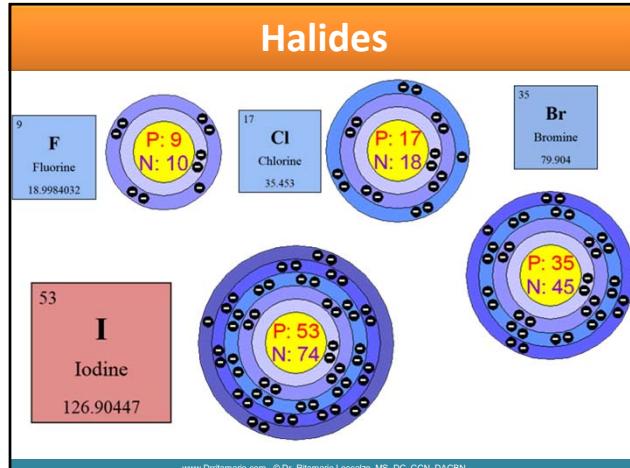
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## Why We Become Iodine Deficient

- Toxins compete with iodine receptors
- Iodine-depleted soil
- Radioactivity exposure
- Chlorinated and fluoridated water
- Baked goods use bromine as a dough conditioner
- Lack of iodine-rich foods in diet
- Iodized salt loses 100% of iodine content after exposure to air for 4 weeks




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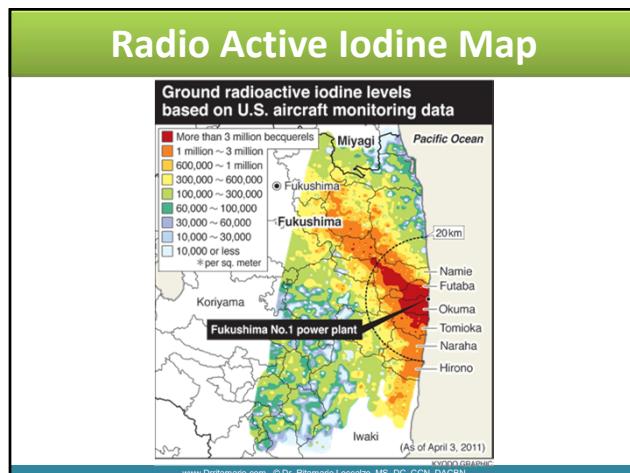


## Radio Active Iodine

Iodine-131	
<a href="#">Full table</a>	
<b>General</b>	
Name, symbol	Radioiodine, $^{131}\text{I}$
Neutrons	78
Protons	53
<b>Nuclide data</b>	
Half-life	8.0197 days
Isotope mass	130.9061246(12) u
Excess energy	971 keV



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## Consequences of Iodine Deficiency

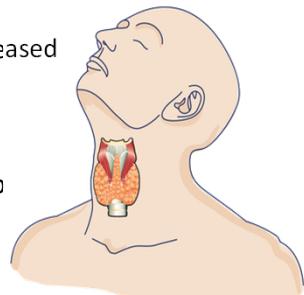
- Hypothyroidism
- Goiter
- Fibrocystic breasts
- Uterine fibroids
- Mental retardation
- Breast cancer



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## Symptoms of Iodine Deficiency

- Goiter
- Fatigue
- Blood levels of TSH increased
- Intolerance of cold
- Cold hands and feet
- Foggy thinking
- Increased need for sleep
- Dry skin
- Thinning hair
- Constipation



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## Symptoms of Iodine-Deficiency Lymphatic Congestion

<input type="checkbox"/> Skin irritation	<input type="checkbox"/> Chronic colds
<input type="checkbox"/> Sore joints	<input type="checkbox"/> Cyst formation
<input type="checkbox"/> Aching hands and feet	<input type="checkbox"/> Accumulated fibrous or scar tissue
<input type="checkbox"/> Cold hands and feet	
<input type="checkbox"/> Swollen or sore breasts	
<input type="checkbox"/> Swollen belly	
<input type="checkbox"/> Cellulite	
<input type="checkbox"/> Sore throat	
<input type="checkbox"/> Allergies	
<input type="checkbox"/> Headaches	



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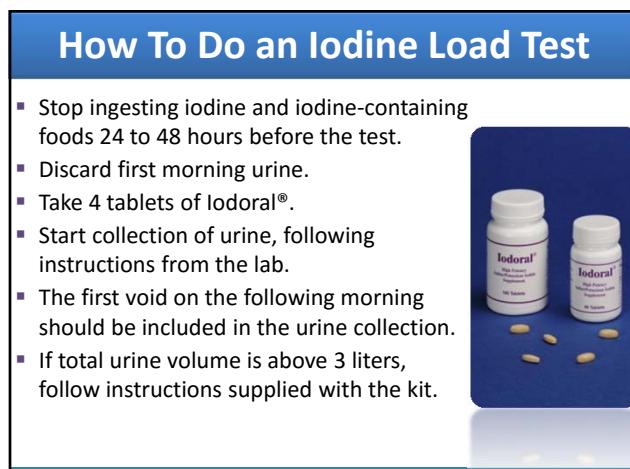
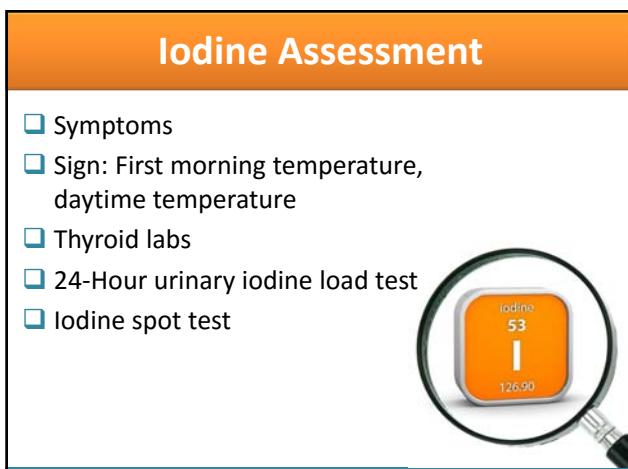
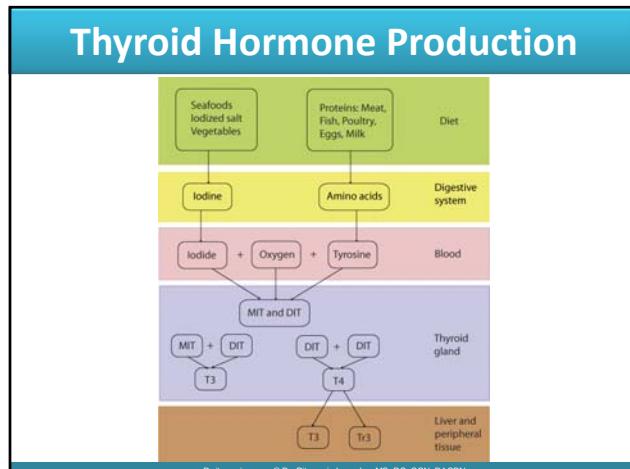
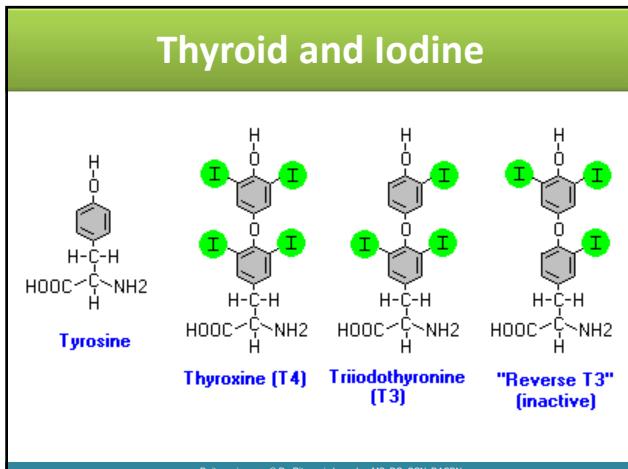
## Benefits of Iodine

- Supports immunity
- Supports natural detoxification
- Supports thyroid function
- Supports cellular metabolism
- Supports memory, energy, mood, and weight
- Supports optimal hormonal function
- Supports breast tissue



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## Iodine Load Test Labs

<b>Doctor's Data, Inc.</b> 3755 Illinois Avenue St. Charles, IL 60174-2420 Phone: 1 (630) 377-8139 Toll Free: 1 (800) 323-2784 Fax: 1 (630) 587-7860 <a href="http://www.doctorsdata.com">http://www.doctorsdata.com</a>	<b>FFP Laboratories</b> 576 Upward Rd. Suite 8 Flat Rock, NC 28731 Toll Free: 1 (877) 900-5556 Fax: 1 (828) 697-9020 Email: <a href="mailto:fp_lab@yahoo.com">fp_lab@yahoo.com</a>
<b>Hakala Research</b> 885 Parfet Street Unit E Lakewood, CO 80215 Phone: 1 (303) 763-6242 Toll Free: 1 (877) 238-1779 Fax: 1 (303) 763-5247 Email: <a href="mailto:HakalaResearch@aol.com">HakalaResearch@aol.com</a>	<b>Labrix Clinical Services, Inc.</b> 16255 SE 130th. Avenue Clackamas, OR 97015 Phone: 1 (503) 656-9596 Toll Free: 1 (877) 656-9596 Fax: 1 (877) 656-9756 Email: <a href="mailto:info@labrix.com">info@labrix.com</a>

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## Iodine Supplementation Protocol from the 2007 Iodine Conference

- **Iodoral or Lugol's (Liquid):** 50 mg minimum for breast cancer
- **Vitamin C:** 3,000 mg per day (more may be necessary to detox bromide)
- **Magnesium oxide, glycinate, or citrate:** 300 - 600 mg
- **Selenium (Selenomethionine):** 200 mcg
- **Niacin (B3):** [NOT niacinamide] 500 mg twice a day
- **Vitamin B2:** 100 mg three times a day
- A comprehensive vitamin and nutrition program
- Salt load for bromine detox

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## Bromide Exposure

- **PBDE fire retardants:** mattresses, carpeting, electronics, furniture, car interiors
- Dough conditioners
- Hot tubs, swimming pools
- Pesticides
- Plastics like those used to make computers
- Bakery goods and some flours often contain a "dough conditioner" called potassium bromate
- Soft drinks
- Medications

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## Iodine Related Bromide Symptoms

<input type="checkbox"/> Eyelid and foot twitching	<input type="checkbox"/> Body odor	<input type="checkbox"/> Vision changes
<input type="checkbox"/> Tingling in hands or feet	<input type="checkbox"/> Unusual urine odor	<input type="checkbox"/> Irritability
<input type="checkbox"/> Dark thoughts, depression	<input type="checkbox"/> Dry mouth	<input type="checkbox"/> Increased salivation
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Frequent urination	<input type="checkbox"/> Dream changes
<input type="checkbox"/> Mouth and tongue sores	<input type="checkbox"/> Diarrhea or constipation	<input type="checkbox"/> Hormone changes
<input type="checkbox"/> Acne		<input type="checkbox"/> Kidney pain
<input type="checkbox"/> Hair loss		<input type="checkbox"/> Breast tenderness
<input type="checkbox"/> Brain fog		
<input type="checkbox"/> Leg and hip ache		
<input type="checkbox"/> Rash		
<input type="checkbox"/> Metallic taste		
<input type="checkbox"/> Sinus ache		
<input type="checkbox"/> Cherry angiomas		
<input type="checkbox"/> Runny nose		
<input type="checkbox"/> Headache		
<input type="checkbox"/> Lethargy		
<input type="checkbox"/> Difficulty swallowing		

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## Bromide Detox Strategies

1. Salt loading.
2. Stop iodine for 48 hours to rest the kidneys.
3. Reduce the iodine dose temporarily, then work back up.
4. Take several grams vitamin C spread throughout the day with the iodine companion nutrients.
5. Drink more water.
6. Add 25 mg zinc.



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## Salt Loading Protocol for Possible Bromide Side Effects

- Take 1/4 teaspoon salt dissolved in 1/2 cup warm water. Follow immediately with 12-16 oz. pure water.
- Repeat in 30-45 minutes if needed. May repeat again until copious urination begins.
- Observe response (usually within several hours).

*Iodine Investigation Project participants have found 1/2 teaspoon salt dissolved in the recommended amount of water works faster than the 1/4 teaspoon dosage.*



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## Food Sources of Iodine

- Sea vegetables
- Seafood: cod, sea bass, haddock, perch, shrimp, tuna
- Potato with peel, baked
- Milk (cow's)
- Turkey and chicken
- Beans
- Egg



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## Iodine RDA

Life stage	Iodine required per day (mcg)*
Adults	150
Pregnant women	250
Breastfeeding women	250



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## Iodine Content of Land Foods

World's Healthiest Foods ranked as quality sources of iodine

Food	Serving Size	Cals	Amount (mcg)	DV (%)
Yogurt	1 cup	154.3	87.22	58.15
Cow's milk, grass-fed	4 ounces	74.4	28.06	18.71
Eggs, pasture-raised	1 each	77.5	27.00	18.00
Strawberries	1 cup	46.1	12.96	8.64



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## Iodine Content of Sea Vegetables (per 7 g, approximately 1 teaspoon)

Nori	Dulse	Kelp	Wakame	Arame	Hijiki
.098 mg	1.169 mg	3.170 mg	.910 mg	6.860 – 39.480 mg	2.8 mg



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## Iodine Supplementation

Lugol's content per drop	Iodine	Iodide	Total
2%	1.0 mg	1.50 mg	2.50 mg
3%	1.5 mg	2.25 mg	3.75 mg
5%	2.5 mg	3.75 mg	6.25 mg
7%	3.5 mg	5.25 mg	8.75 mg
10%	5.0 mg	7.50 mg	12.50 mg
15%	7.5 mg	11.25 mg	18.75 mg



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## Iodine Tidbits

"Women with goiters have been found to have a three times greater incidence of breast cancer. A high intake of iodine is associated with a low incidence breast cancer, and a low intake with a high incidence of breast cancer. Animal studies show that iodine prevents breast cancer, arguing for a causal association in these epidemiological findings."

- Dr. Donald Miller, Jr.



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## Iodine Need

"Iodine is needed in microgram amounts for the thyroid, milligram amounts for breast and other tissues, and can be used therapeutically in gram amounts."

– Dr. David Miller

"After testing over 500 patients, I found that 94.7% of my patients are deficient in inorganic iodine."

– Dr. David Brownstein



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## Iodine Consumption

▪ "People in the U.S. consume an average of 240 micrograms ( $\mu\text{g}$ ) of iodine a day. In contrast, people in Japan consume more than 12 milligrams (mg) of iodine a day (12,000  $\mu\text{g}$ ), a 50-fold greater amount..."

▪ "Health comparisons between the two countries are disturbing. The incidence of breast cancer in the U.S. is the highest in the world, and in Japan, until recently, the lowest." - excerpt from *Iodine for Health*, by Donald W. Miller, Jr., MD



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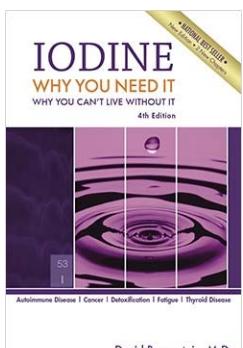
## Books

### The Iodine Crisis



What You Don't Know About Iodine  
Can Wreck Your Life

Lynne Farrow  
Foreword by  
David Brownstein, MD



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## Resources/References

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