Iodine Deficiency and Estrogen Dominant Disease

IMPORTANT: Any women with any estrogen dominant disease such as endometriosis, ovarian cysts, fibrocystic breast disease, pms, uterine fibroids, dysmenorrehea, menstrual cramping, ESPECIALLY PCOS (polycystic ovarian syndrome), restless leg syndrome, hypothyroid, hyperthyroid should take 3 mg/day of Lugol's Iodine or Iodoral pills. You may start with 1 drop/day of 2% Lugol's Iodine either orally or on the skin for two weeks. Or take ¼ tablet of Iodoral. Increase 12.5 mg/day of Iodoral or 3 drops of 2% Lugols iodine every two weeks until 50 mg/day. This is lower than the recommendation of Brownstein, MD and Abraham, MD(12.5 mg/day-50 mg/day). Haskell, ND has had rare anecdotal experience of women getting Hashimoto's thyroiditis from high supplementation of 10-50 mg/day of iodine/iodide with increased TSH. This is because these patients are **experiencing Bromine coming out of tissue stores. Bromine is forced out by taking iodine/iodide. The patient is actually experiencing Bromine Poisoning.** Abraham, MD cites the Japanese eating 12.5 mg/day of iodine by eating seaweed with no ill effect. Modern concentrated kelp extracts may not be good for you because the oceans are too polluted. These concentrated kelp extracts (kelp filters water and concentrates toxics) now contain toxic chemicals according to Gaia Herbs. Let us contrast Lugol's iodine and Iodoral. Lugol's Iodine may cause staining, gastric upset, and taste terrible if taken orally. Iodoral is a pill. Iodoral does not have staining, gastric upset, or taste terrible, but it is expensive. **Occasionally, overweight women have trouble absorbing iodine. 3 grams of sustained release vitamin C will help iodine absorb.** Lugol's and Iodoral contains iodide I- and iodine I2. Other iodine supplements do NOT contain both forms of iodine. The body needs both forms of iodine. **Proper iodine supplementation seems to decrease estrogen sensitivity**. Wright, MD believes that iodine helps to convert strong estradiol to weak estriol.

Start with 3 mg/day (1/4 tablet) of Iodoral or 1 drop of 2% Lugol's Iodine for 2 weeks. As Fluoride and Bromine are displaced by the iodine, you will experience a detox reaction and may be slightly sick. If you are tired when taking iodine, take 100 mg/day of Vit B2, Riboflavin and 500 mg/day of Vit B3, Niacin. Brownstein suggests 3-15 drops of 2% Lugol's. Start at 1 drop 2% Lugol's for 2 weeks and increase 3 drops every 2 weeks. Or start 3 mg/day of Iodoral for 2 weeks and increase 12.5 mg/day every 2 weeks. Most Americans reach iodine sufficiency 50 mg/day for 3-4 months. Iodine maintenance dose is 3-12 mg/day.

Brownstein, MD in Michigan has measured 94.7% Americans as Iodine deficient from 500 patients by 24 hour urine collection. Shockingly, Europe and the UK may have a more severely iodine deficient population than the USA according to the prestigious British medical journal Lancet. Flechas, MD claims that Estrogen inhibits iodine absorption quoting a journal article from about 2006. Furthermore, Flechas, MD believes that iodine deficiency leads to ovarian cysts, breast cysts, and thyroid cysts. He believes that iodine deficiency promotes cancers such as esophageal cancer, endometrial cancer, breast cancer, and ovarian cancer. Iodine increases the conversion of estradiol to estriol. Estradiol is your natural strong estrogen, and estriol is your natural weak estrogen (estriol goes up 100 times during pregnancy). This effect will also decrease estrogen dominance. Giving iodine/iodide seems to make Diabetes Type II and Type I less severe. Flechas, MD gave 5 patients with PCOS (polycystic ovarian syndrome) that he has given 50 mg of iodine/iodide solution and had the PCOS under control after 3 months; cysts are gone, periods every 28 days and type 2 diabetes mellitus under control. Abraham, MD claims to cure PCOS patients with 50 mg/day of Iodine for 3 months. Brownstein, MD, Wright MD, Abraham, MD, and Flechas, MD routinely give iodine to their hypothyroid patients and fibrocystic breast disease patients with success. During the early 1900's, there was a goiter belt in the United States in the Great Lakes region. Iodized salt was legislated and the goiters disappeared. I was taught that this was sufficient iodine intake and that now I didn't have to worry about iodine deficiency in Medical School. In reality, there is only barely enough iodine in salt to keep goiters at bay. And the iodine in iodized salt is not absorbed well. Iodine occurs in sea water and is concentrated by seaweed. But when the glaciers formed the Great Lakes, soil with iodine from the ancient seas was scraped away. As a result, there is no iodine in the soil, no iodine in the grass, and no iodine in the beef that eats the grass. There is no iodine in your diet.

Furthermore, bromine added to commercial bakery products, brominated vegetable oil in sports drinks, brominated vegetable oil in citric oil flavored soft drinks, and medications such as asthma, seizure, and insomnia drugs displaces iodine in the body subtlety poisoning the body. Fluoride in toothpaste and water will also displace iodine. The thyroid hormone is supposed to be surrounded by iodine. **However, bromine and fluoride may replace the iodine around the thyroid**

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hormone rendering the thyroid hormone useless. Perchlorate spilled in the lower Colorado River can also poison the body and vegetables, even organic vegetables irrigated with this water. Taking iodine can push the bromine and fluoride out of the body restoring natural body function.

Flechas, MD writes patients taking iodine have described vivid dreams, dissipated depression, no more cold extremities, more energy and less fatigue. Abraham, MD writes iodine sufficiency was associated with a sense of overall well-being, 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. In some overweight or obese subjects, orthoiodosupplementation resulted in weight loss, decreased percent body fat, and increased muscle mass.

Side effects: Flechas, MD has observed allergic hives in less than 1% of all the patients he has treated with iodine. Brownstein, MD writes that the side effects with using these iodine doses of 6.25mg – 50 mg/day have been minimal. **Sometimes I have observed a metallic taste in mouth, frontal sinus pressure/pain, and increased salivation. Again, this is NOT a reaction to the iodine. This is a reaction to Bromine toxicity from Bromine being pushed out by the iodine. I have observed in 1 of 400 patients swollen thyroid glands with pain and swollen throat with headache with increased TSH that can progress to Hashimoto's Thyroiditis. Stop the Iodine. Detox for 3 months with Sea Salt. Sea Salt will push out Bromine more gently. Then, try iodine again. This is Bromine poisoning from Bromine being pushed out of tissue stores by Iodine, NOT from the Iodine itself.** Bromine toxicity from iodine pushing it out has the following symptoms: eye lid twitching, foot twitching, tingling in hands/feet, depression, anxiety, emotionality, mouth and tongue sores, acne with a rash (zinc helps), skin "cuts", hair loss, brain fog, legs and hip ache, rash, metallic taste, sinus acne, cherry angiomas, runny nose, headache, sedation, lethargy, odd swallowing sensation, body odor, strange urine odor, dry mouth, frequent urination, diarrhea, constipation, vision changes, irritability, increased salivation, dream changes, hormone changes, kidney pain, transient breast tenderness. These side effects are NOT from iodine, but from Bromine pushed out by iodine. If you have an autoimmune thyroid disease (Hasimoto's etc), DO NOT TAKE IODINE, yet. Call us. You may use a functional medicine approach or herbs to cure it permanently, perhaps.

1. **Take 3 mg/day of Iodine/Iodide. This 1 drop of 2% Lugol's or ¼ tablet of Iodoral for two weeks. Increase by 12.5 mg every 2 weeks to 50 mg/day.**
2. **If you start getting sick, STOP the iodine. The Bromine Detox sickness usually clears in 2 weeks.**
3. **Take Sea Salt to detox yourself from Bromine. Take ¼ to ½ teaspoon of Sea Salt per day and 2 liters of purified water/day for 3 months. Abraham, MD suggests to lick 1/8 teaspoon off the palm of the hand to increase absorption. Stop taking Bromine in the form of sodas, sports drinks, medication, and commercial bakery products.**
4. **Then try Iodine/Iodide again. Most patients reach iodine sufficiency in 3-4 months with 50 mg/day. Then, the maintenance dose is 10 mg/day, after the 3-4 months at 50 mg/day.**
5. **Heart Palpitations may be caused by Bromine being forced out by iodine. Take 200 mg/day of Magnesium and 3000 mg/day of Vit. C (ramp slowly, else diarrhea) to counter this.**
6. **If you are tired when taking iodine, you need to take high dose B2, Riboflavin 100 mg and B5, Niacin (non-flushing) 500 mg – "ATP cofactors" www.optimox.com/shop/atp-cofactors/.**
7. **Deficiency in selenium can impair the conversion of T4 to T3 and increase the risk of thyroid tissue damage, especially when iodine intake is high. Take 200-400 mcg/day of Selenium. This is especially true of patients with parasites.**

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