

IODINE

Bring Back the Universal Nutrient Medicine International Medical Veritas Association

Medical textbooks contain several vital pieces of misinformation about the essential element Iodine, which may have caused more human misery and death than both world wars combined.

Dr. Guy Abraham

The present situation we find ourselves in at the very beginning of the 21st century demands that we quickly reengineer medicine, not only mainstream allopathic but all the branches and alternatives. Consciousness is just forming around the conclusion that the majority of humans today are suffering from chronic poisoning. It is not just the fact that the tide of toxic chemicals is rising and accumulating in our cells and blood streams, wrecking physiological, emotional and mental havoc, but there is also a sheer drop in the quality and quantity of key nutrients being consumed. Iodine is a perfect example, in today's world the last thing you want to be short on is iodine.

Iodine is detected in every organ and tissue in the body.

We might debate about the optimum dosage but we should find quick agreement that iodine is absolutely necessary for a healthy thyroid as well as healthy ovaries, breasts and prostate. Beside the greater risk for breast cancer in iodine deficient women, there is convincing evidence that iodine deficiency increases also the risk of thyroid cancer. These are just a few of the reasons to become interested in iodine. In an age of increasing toxic exposures we all need more not less iodine because it has very specific protective effects against several common poisons like fluoride, bromide, and to a lesser extent it helps eliminate lead and mercury from the body. Dr. Sebastiano Venturi, in *Evolution of Dietary Antioxidants: Role of Iodine*, makes it clear that iodine is a crucial antioxidant and apoptosis-inductor with anti-tumoral and anti-atherosclerotic activity. When we supplement with iodine we will see increased antioxidant activity [i] and immune system function [ii].

Iodine, Cancer and Fibrocystic Disease

Several studies have demonstrated a relationship between low iodine intake and fibrocystic disease of the breast (FDB), both in women and laboratory animals. [iii]

Dr. David Derry said, "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."

Because iodine deficiency results in increased iodine trapping by the thyroid, iodine deficient individuals of all ages are more susceptible to radiation-induced thyroid cancer.

Iodine plays a crucial role in the body's elimination system by inducing apoptosis, or what is called programmed cell death, and this is vital because this process is essential to growth and development and for destroying cells that represent a threat to the integrity of the organism, like cancer cells and cells infected with viruses.

Women with goiters (a visible, non-cancerous enlargement of the thyroid gland) owing to iodine deficiency 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.

Dr. Donald Miller Jr.

Iodine is a very important primary nutrient in regards to people's health and healing. So essential is iodine for life that those who are deficient in it suffer from a wide variety of afflictions (including cancer) that are difficult to trace back to this trace mineral. Iodine used to be considered much more importantly, so much so that up until 20 years ago, it had been routinely added to bread as a supplement. "Just how likely is an iodine deficiency in cancer? In an in-house study, 60 cancer patients (various types) were given the iodine-loading test and then measured for urinary excretion. All 60 patients were found to be seriously deficient in body stores of iodine and some had great excesses of bromine. The best case excreted only 50 percent of the load and the worst excreted only 20 percent (that means they were retaining a very high 80 percent). Folks, these are some serious numbers. One hundred percent of these cancer sufferers were deficient in iodine! I assure you the problem is population wide," writes Dr. Robert Rowen.

60 million mainland Japanese consume a daily average of 13.8 mg of elemental iodine, and they are one of the healthiest nations based on overall well being and cancer statistics. [iv]

Iodine is available in small amounts in some salts but health officials **do not consider that most of the iodine evaporates while sitting on the kitchen table.** In the United States 45 percent of American households buy salt without iodine and over the last three decades people who do use iodized table salt have decreased their consumption of it by 65 percent. Americans are consuming less iodine when in reality they need much more.

Iodine the Antiseptic

Iodine is by far the best antibiotic, antiviral and antiseptic of all time.

Dr. David Derry

The antiseptic properties of iodine are used to sterilize every surface and material in hospitals. Iodine is an excellent microbicide with a broad range of action that includes almost all of the important health-related microorganisms, such as enteric bacteria, enteric viruses, bacterial viruses, fungi and protozoan cysts.[v] The minimum number of iodine molecules required to destroy one bacterium varies with the species. For H. influenzae it was calculated to be 15000

molecules of iodine per cell. When bacteria are treated with iodine, the inorganic phosphate uptake and oxygen consumption by the cells immediately ceases. [vi]

Though iodine kills all single celled organisms such as these it is not exploited for internal use by modern day physicians to combat internal infections, which of course is a great mistake. Dr. Derry says iodine is effective “for standard pathogens such as Staphylococcus, but also iodine has the broadest range of action, fewest side effects and no development of bacterial resistance.” Some doctors have reported that it is excellent for the treatment of mononucleosis.

*Iodine is able to penetrate quickly
through the cell walls of microorganisms.*

Iodine is a deadly enemy of single cell microorganisms thus it can be our best friend. Iodine was not available to these life forms at the beginning of evolution and it was not until seaweed concentrated it did it become involved in higher life forms. It is for this reason that the simplest level of life cannot tolerate iodine. Iodine kills single celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't. As we shall see directly below, so powerful is iodine in a protective sense that it also helps us rid the body, not only of harmful chemicals and heavy metals, but also rids the body of abnormal cells meaning it qualifies as an anticancer agent.

Elemental iodine is a potent germicide with a wide spectrum of activity and low toxicity to tissues. A solution containing 50 ppm iodine kills bacteria in 1 min and spores in 15 min. It is poorly soluble in water but readily dissolves in ethanol, which enhances its antibacterial activity. Iodine tincture contains 2% iodine and 2.4% sodium iodide (NaI) dissolved in 50% ethanol; it is used as a skin disinfectant. Strong iodine tincture contains 7% iodine and 5% potassium iodide (KI) dissolved in 95% ethanol; it is more potent but also more irritating than tincture of iodine. Iodine solution contains 2% iodine and 2.4% NaI dissolved in aqueous solution; it is used as a nonirritant antiseptic on wounds and abrasions. Strong iodine solution (Lugol's solution) contains 5% iodine and 10% KI in aqueous solution. Iodophores (eg, povidone-iodine) are water-soluble combinations of iodine with detergents, wetting agents that are solubilizers, and other carriers. They slowly release iodine as an antimicrobial agent and are widely used as skin disinfectants, particularly before surgery.

*Medical iodophobia has reached pandemic proportions.
It is highly contagious and has wreaked havoc on the
practice of medicine and on the U.S. population.*

Dr. Guy Abraham

According to current W.H.O. statistics more than 3 billion people in the world live in iodine deficient countries and it is known that deficiencies of selenium, vitamin A and iron may exacerbate the effects of iodine deficiency. In the analysis of 'National Health and Nutrition Examination Surveys' data of moderate to severe iodine deficiency is present now in a significant proportion of the U.S. population, with a clear increasing trend over the past 20 years, caused by reduced iodized table salt usage [Vii]. Along with magnesium and selenium, iodine is one of the most deficient minerals in our bodies. Iodine is essential for the synthesis of thyroid hormone, but selenium-dependent enzymes (iodothyronine deiodinases) are also

required for the conversion of thyroxine (T4) to the biologically active thyroid hormone, triiodothyronine (T3). Selenium is the primary mineral responsible for T4 to T3 (thyroid hormones) conversion in the liver. (Selenium is absolutely essential in the age of mercury toxicity for it is the perfect antidote for mercury exposure. It is literally raining mercury all over the world but especially in the northern hemisphere. And of course with the dentists poisoning a world of patients with mercury dental amalgam and the doctors with their mercury laden vaccines, selenium is more important than most of us can imagine. One must remember that mercury strips the body of selenium for the selenium stores get used up quickly because of its great affinity for mercury)

Iodine is the agent which arouses (kindles) and keeps going the flame of life. With the aid of our thyroid, in which the iodine is manifesting, it can either damp this flame or kindle it to a dissolute fire.

Scholz 1990.

Symptoms of iodine deficiency include muscle cramps, cold hands and feet, proneness to weight gain, poor memory, constipation, depression and headaches, edema, myalgia, weakness, dry skin, and brittle nails. Sources include most sea foods, (ocean fish, but not fresh fish, shellfish, especially oysters), unrefined sea salt, kelp and other sea weeds, fish broth, butter, pineapple, artichokes, asparagus, dark green vegetables and eggs. Certain vegetables, such as cabbage and spinach, can block iodine absorption when eaten raw or unfermented and are called goitrogens. But eating fish won't give you iodine in mg amounts. To get 13.8 mg iodine, you would have to eat 10-20 pounds of fish per day. [viii]

Iodine is needed in microgram amounts for the thyroid, mg amounts for breast and other tissues, and can be used therapeutically in gram amounts [ix]

Dr. David

Miller

Inorganic non-radioactive iodine/iodide is an essential nutrient, not a drug. Therefore, the body has the metabolic mechanism for using inorganic iodine beneficially, effectively and safely. Iodine is as safe as magnesium chloride with a track record of 180 years of use in medicine. Published data confirms its safety even when used in pulmonary patients in amounts four orders of magnitude greater than the US RDA [x]. When patients take between 12.5 to 50 mg of iodine per day, it seems that the body becomes increasingly more responsive to thyroid hormones [xi]. Optimal intake of iodine in amounts two orders of magnitude greater than iodine levels needed for goiter control may be required for iodization of hormone receptors [xii].

Iodine helps us utilize our proteins properly. In all likelihood an iodine deficient person will remain protein deficient.

Dr. Bryce Vickery

Iodine is the essential ingredient in thyroid hormone synthesis. So if deficient, protein synthesis will be disturbed. Thyroid hormones have two major physiological effects. They increase protein synthesis in virtually every body tissue and increase oxygen consumption dependent upon $\text{Na}^+ - \text{K}^+$ ATPase (Na pump). The thyroid gland needs iodine to synthesize thyroxine (T4) and triiodothyronine (T3), hormones that regulate metabolism and steer growth and development. Thyroid hormones are essential for life as they regulate key biochemical reactions, especially protein synthesis and enzymatic activities, in target organs such as are the developing brain, muscle, heart, pituitary and kidney[xiii]; thus iodine is critically important to the developing fetus.

Iodine transport damage can be corrected, in part, by administration of reasonably high doses of ascorbic acid or more natural Vitamin C.

The thyroid hormones are synthesized in the follicular cells of the thyroid. The first step to hormone synthesis is the import of iodide into the follicular cells. Thyroid hormone regulates mitochondrial protein synthesis through the stimulation of synthesis of mitochondrial protein synthesis modulators, and that the tissue specific modulators (stimulatory in liver and inhibitory in kidney) can be produced by the hormone. [xiv] Whole body iodine sufficiency is a critical means to counter the side effects of thyroid hormone medications (Synthroid, etc.). Long-term use of these drugs is associated with depletion of thyroid and tissue iodine levels, as well as increased rates of cancer. All thyroid patients should be on iodine therapy.

Iodine is a powerful primary nutrient with broad medicinal effects and a hundred years ago it was used universally by most doctors. From 1900 to the 1960s almost every single U.S. physician used Lugol (iodine) supplements in his or her practice for both hypo and hyperthyroid, as well as many, many other conditions all with excellent results. In fact, iodine was considered a panacea for all human ills. The Nobel laureate Dr. Albert Szent Györgi (1893 - 1986), the physician who discovered vitamin C, writes: "When I was a medical student, iodine in the form of KI (potassium iodide) was the universal medicine. Nobody knew what it did, but it did something and did something good." Today we know what iodine does and how much it can help people but modern allopathic medicine is asleep at the switch letting people suffer and die for its lacking.

Iodine is a gatekeeper of mammary gland integrity

"Breast, ovarian, and skin cysts - In addition to fixing almost all cases of breast cysts, iodine also has a remarkable healing effect on ovarian cysts," says Dr. Robert Rowen. Though few know it swollen ovaries is a condition analogous to goiter, when the thyroid swells in response to iodine deficiency. Goiters often also result in a hormonal imbalance leading to hypothyroidism. In the case of Polycystic Ovary Syndrome (PCOS) the starvation of the ovaries causes them to become cystic, swollen and eventually unable to regulate the synthesis of their hormones leading to imbalances and infertility. Russian studies when investigating Fibrocystic breast disease also discovered that **the greater the iodine deficiency the greater the number of cysts in the ovaries**. Since 1928, the iodine concentration in the ovary has been known to be higher than in every other organ except the thyroid. Dr. Browstein has found in his research with high doses of iodine that cysts on the ovaries became smaller and began to disappear. He also found that libido in women and men increased.

It takes 20 to 40 times the amount of Iodine needed to control breast cancer and fibrocystic disease than it does to prevent goiter.

In sufficient amounts iodine can not only adjust a dysfunctional thyroid, it can assist with a host of glandular imbalances as well as a wide assortment of internal as well as external bacteria, fungi, and virus's. Iodine has many non-endocrine biologic effects, including the role it plays in the physiology of the inflammatory response. Iodides increase the movement of granulocytes into areas of inflammation and improve the phagocytosis of bacteria by granulocytes and the ability of granulocytes to kill bacteria [xv].

Dr. Robert Rowen informs that iodine reduces the activity of lipoprotein(a). When elevated, this protein can lead to excessive blood clotting and vascular disease. Iodine has been used successfully in headaches, keloid formation, parotid duct stones, and Dupuytren's and Peyronie's

contractures. Doses up to six times the RDA have been used safely for months to combat the excessive mucous in chronic lung diseases. He also states that Iodine is found in large amounts in the brain (including the parts of the brain associated with Parkinson's disease) and the ciliary body of the eye, a possible factor in glaucoma.

"One 1860 French physician mistakenly gave a tincture of iodine when he meant to give digitalis to a woman with Grave's Disease. She recovered within three weeks. When he discovered his mistake, he switched to digitalis, and her symptoms came back. He switched back to the iodine and achieved a remission," reported Dr. Rowen.

The occurrence of iodine deficiency in cardiovascular disease is frequent. The thyroid hormone deficiency on cardiovascular function can be characterized with decreased myocardial contractility and increased peripheral vascular resistance as well as with the changes in lipid metabolism. A study done with 42 patients with cardiovascular disease were divided into 5 subgroups on the ground of the presence of hypertension, congestive heart failure, cardiomyopathy, coronary dysfunction and arrhythmia. When urine concentrations were tested the most decreased urine iodine concentration was detected in the subgroups with arrhythmia and congestive heart failure. An elevated TSH level was found by 3 patients and elevation in lipid metabolism (cholesterol, triglyceride) associated with all subgroups without arrhythmia. The researchers concluded that iodine supplementation might prevent the worsening effect of iodine deficiency on cardiovascular disease. [xvi]

Iodine made its leap into medical history when a Swiss physician, Dr Jean François Condet announced that iodine could reduce goiters (enlarged thyroids). At this moment, modern medical science was born because for the first time we have a specific disorder that is relieved by a specific treatment. It is most ironic to note that the very first step of allopathic medicine was into nutritional not chemical medicine with iodine being a common mineral from the sea.

The required daily amount (RDA) of iodine is just enough to keep our thyroids from expanding, like the RDA of vitamin C today which is just enough to keep us free of scurvy, but not enough to prevent pre scurvy syndromes or Cardiovascular Disease.

"We placed an 83-year-old woman on ortho-iodo supplementation for six months at 50 mgs of elemental iodine daily. She experienced a tremendous increase in energy, endurance, well being, and memory. At six months all her skin peeled off and was replaced by new, younger-looking skin. She was flabbergasted and amazed at her new appearance. In our experience older women (especially over 65) noticed a major difference both physically and mentally," wrote Dr. Guy Abraham, an endocrinologist who today is providing the backbone of the movement back toward the use of iodine as an essential safe and effective medicine.

*Breast tissue has an affinity for iodine.
Iodine deficiency causes fibrocystic breast disease
with nodules, cyst enlargement, pain and scar tissue.*

Drs. Abraham, Flechas and Brownstein tested more than 4,000 patients taking iodine in daily doses ranging from 12.5 to 50 mg, and in those with diabetes, up to 100 mg a day. These [investigators found](#) that "iodine does indeed reverse fibrocystic disease; their diabetic patients require less insulin; hypothyroid patients, less thyroid medication; symptoms of fibromyalgia resolve, and patients with migraine headaches stop having them." We can expect even better results when iodine is combined with magnesium chloride.

Most physicians and surgeons view iodine from a narrow perspective and this is one of the greatest tragedies of allopathic medicine. Most health officials are chemical terrorists in disguise as they ignore the toxic buildup going on in the general population and they have no intention of informing them what they can do about it. Mercury is a perfect case in point. Mercury is toxic from whatever source it arrives into our bodies but doctors and dentists still insist on using it, which puts us solidly in the modern age of medical and dental barbarism. We like to think we are an advanced race of intelligent beings but lo and behold we find what are supposed to be the best and most intelligent of us poisoning young and old alike with mercury. It is beyond criminality what they are doing and what they are denying.

On top of everything these same health officials do not even have an understanding of the basic medicines already in use, like iodine, magnesium chloride, and sodium bicarbonate, all emergency room substances that save peoples' lives everyday. To most doctors iodine is an antiseptic that disinfects drinking water and prevents surgical wound infections, and the thyroid gland needs it to make thyroid hormones and that's it. But Dr. George Flechas relates that many of his diabetic patients need lowering of insulin dosage and diabetic drugs after repletion of iodine deficiency and others have observed the same thing. Something is dangling itself before our very eyes, a medical mystery that will enlighten us about our ignorance about how important minerals are for life. Both general and medical scientists can explain why diabetics and others benefit so greatly from heavy iodine supplementation, but will allopathic medical officials listen? Don't count on it.

*Iodine is utilized by every hormone receptor in the body.
The absence of iodine causes a hormonal dysfunction that
can be seen with practically every hormone inside the body.*

Dr. George Flechas

This, in part, would already start to explain why Dr. Flechas sees such dramatic results with his diabetic patients. Why would many people who take iodine report that they have a greater sense of well-being, increased energy, and a lifting of brain fog? They feel warmer in cold environments, need somewhat less sleep, improved skin complexion, and have more regular bowel movements. The most obvious answer is that iodine is a trace **mineral used to synthesize hormones** and is a mineral that is very important to how hormones function at the **hormone receptor sites**.

Thyroxin and Triiodo-thyronine stimulates and maintains normal heart rate, blood pressure and body temperature. [xvii] "Despite the general medical dependence upon special hormone tests, such as TSH, etc, temperature appears to be much more accurate for assessing thyroid function. During the past decade, I have noticed that 90% of individuals have a temperature BELOW normal. The oral temperature before getting out of bed in the morning should be 97.6 degrees Fahrenheit or higher. Mid-afternoon the temperature should be 98.6. Temperature is the simplest measure of basal metabolic rate, the key function of the thyroid gland," said Dr. Norman Shealy, who suggests iodine dosages of 1500 micrograms daily 4 to 6 weeks. If basal temperature comes to normal, lower iodine dosage to 600 mcg daily.

Iodine's ability to revive hormonal sensitivity seems to significantly improve insulin sensitivity. Dr. Flechas said, "It was while treating a large 320-pound woman with insulin dependent diabetes that we learned a valuable lesson regarding the role of iodine in hormone receptor function. This woman had come in via the emergency room with a very high random blood sugar of 1,380 mg/dl. She was then started on insulin during her hospitalization and was instructed on the use of a home glucometer. She was to use her glucometer two times per day.

Two weeks later on her return office visit for a checkup of her insulin dependent diabetes she was informed that during her hospital physical examination she was noted to have FBD. She was recommended to start on 50 mg of iodine (4 tablets) at that time. One week later she called us requesting to lower the level of insulin due to having problems with hypoglycemia. She was told to continue to drop her insulin levels as long as she was experiencing hypoglycemia and to monitor her blood sugars carefully with her glucometer. Four weeks later during an office visit her glucometer was downloaded to my office computer, which showed her to have an average random blood sugar of 98. I praised the patient for her diligent efforts to control her diet and her good work at keeping her sugars under control with the insulin. She then informed me that she had come off her insulin three weeks earlier and had not been taking any medications to lower her blood sugar. When asked what she felt the big change was, she felt that her diabetes was under better control due to the use of iodine.”

*Increased metabolic rate increases the need for iodine.
If a person is not getting enough iodine and are
on thyroid meds they will become more deficient.*

Dr. Fletchas [xviii] reported that two years later and 70 pounds lighter this above patient continues to have excellent glucose control on iodine 50 mg per day. “We since have done a study of twelve diabetics and in six cases we were able to wean all of these patients off of medications for their diabetes. The range of daily iodine intake was from 50 mg to 100 mg per day. **All diabetic patients were able to lower the total amount of medications necessary to control their diabetes.**”

*A lack of iodine in the skin manifests as very dry skin
and skin that does not sweat when an individual becomes hot.*

Dr. Jorge D. Flechas

Everyone agrees that a lack of iodine in the diet causes a spectrum of disorders that includes, in increasing order of severity, goiter and hypothyroidism, mental retardation, and cretinism (severe mental retardation accompanied by physical deformities). Iodine deficient humans, like endemic cretins, suffer physical, neurological, mental, immune and reproductive diseases. Iodine is important in the proper function of the nervous system and Dr. S. Cunnane [xix] suggests that “*iodine is the primary brain selective nutrient in human brain evolution.*”

Iodine deficiency is a major cause of under-functioning intellect [xx]. Dr. Flechas agrees, “In newborn children iodine is responsible for the development of the babies’ I.Q. Recent research shows iodine deficiency is felt to be the source of attention deficit disorder in children.” “We have an absolute epidemic of autism in this country,” said Representative Dan Burton (R-Indiana). “Parents and doctors are struggling to find appropriate treatment options.” What help iodine can be to neurological damaged children has not been explored yet but iodine and magnesium logically should be some of the first things parents should reach for. We certainly will find science to create a foundation for the use of iodine before, during and after pregnancy.

Deficiency of iodine seems to cause more damage in developing embryos and in fact, in pregnant women iodine deficiency causes abortions and stillborns [xxi]. It is not cretinism alone that holds risks from deficiency, but the very survival of the infant itself. Adequate iodine may also provide protection from infection and vaccine damage. In a study done on 617 infants between the ages of 6 weeks and six months, in an iodine deficient area, it was shown that with the addition

of 100 mg of iodine oil to the diet of newborns, that the death rate of infants was markedly lower than for those without any supplementation. [xxii]

Magnesium and iodine deficiencies are the causes of autoimmune thyroiditis, not excess iodide.

Iodine deficiency poses significant additional reproductive risks, including overt hypothyroidism and infertility. Hypothyroidism causes anovulation, infertility, and gestational hypertension. [xxiii] Adequate tissue iodine helps guide estrogen into friendly pathways that support proper function of female sex hormones. Iodine contributes to the formation of testosterone. In women this supports healthy sex drive. In men, testosterone is vital to function.

Iodine is my drug of choice. I use it for everything. I raise my kids and now my grandkids on iodine. My son was due to have his tonsils removed and I decided to paint his tonsils and he has never been had any more problems with his throat. I took a spray bottle and poured some iodine into the bottle and sprayed his tonsils. As you may know iodine dries quickly, so he didn't really swallow any. It worked within 24 hours after spraying the throat.

According to Dr. John Myer iodine has a marked effect on muscle contraction directly. It relieves cramps of the leg muscles known as 'charley horses'. It also relieves pain in the pericardium, which he believes is similar contraction of the heart muscles, and it has a remarkable effect on muscle energy and contraction of all muscles of the body. Dr. Myer also asserts that iodine plays a decisive and critical role in the lymph system and in the lymph glands. Swollen sub maxillary glands known as 'waxen kernels' to our parents and grandparents, will soften and regress within minutes after allowing iodized lime to dissolve in the mouth.

Iodine is a very effective method for water purification. Its action is dependent on the concentration of iodine, the water temperature and duration of contact. For example, a concentration of 8 mgs per liter at 20 degrees centigrade will destroy all pathogens if left for 10 minutes. Lower concentrations and lower water temperatures require a longer duration of action. Iodine tablets were developed during World War II to disinfect small amounts of water for emergency or temporary use. A few drops of tincture of iodine or iodine tablets are popular with campers and the military for disinfecting water. An iodine residual of 0.5 to 1.0 mg/l should be maintained and iodine at this level gives the water little or no iodide taste or odor.

When one combines the intake of iodine with other minerals (Iodine in combination with selenium increased the activities of type 1 deiodinase (D1) and glutathione peroxidase (GSHPx) [xxiv] one can expect strong and positive changes in cell physiology. Iodine with magnesium, with the help of natural chelation will resolve tough, stubborn problems that resist other treatments. Dr. Linus Pauling's 'orthomolecular medicine,' which refers to the concept of creating the optimal molecular environment in the body ('orthomolecular' means 'the right molecules') should have become the foundational stone for medicine but was replaced by a system that massively destroys peoples' life and health with pharmaceutical poisons. Allopaths live with the illusion that the dose makes the poison meaning they are always assuming that there is too little poison in their medicines to do harm. We are just beginning to find out how tragically wrong they have been and the staggering cost in terms of lives lost because of this mistake.

*Iodine and/or selenium deficiency may modify
the distribution and the homeostasis of other minerals. [xxv]*

Running our bodies without sufficient minerals is like running a car without oil. Our engines of cellular life begin to seize up especially quickly today because of all the impurities in our food, air, water and medical and dental drugs and substances. Minerals are powerful medicines exactly because they directly touch upon and effect vital body physiology.

One might go as far as imagining that there might even be a conspiracy to keep us iodine deficient, because if we are iodine deficient our will to resist is diminished, our apparent intellect, energy and vitality are all diminished and we are significantly more vulnerable to thyroid malfunction, endocrine/hormonal imbalances, breast cancer, ovarian cancer and prostate cancer. Many fine physicians are wondering why the RDA for iodine would be set so low, and why would many of the former sources of iodine be diminished or removed and replaced with things like bromides and fluorides that deplete iodine and offer no worthwhile compensation for the replacement?

Dr. Daniel H. Duffy uses some very harsh but deserved words while asking some clear questions about iodine. “Isn’t it odd that the government dispenses iodine to protect against radioactive iodine resulting from a nuclear disaster when the medical quacks are dumping the same type of radioactive iodine into patients with thyroid problems in a stupid attempt to ‘cure’ thyroid ‘disease’ caused by a lack of elemental iodine in its natural state found in nature? Nature’s iodine protects our thyroid glands from taking up biologically destructive, radioactive iodine, yet the medical quacks use similar radioactive iodine to destroy our thyroid glands? Why did doctors quit using Lugol’s solution, the sure cure for thyroid disease? Why did the medical quacks bring in anti thyroid drugs and goitrogens to kill the thyroid gland when iodine was being used so successfully for so long?”

President Franklin D. Roosevelt once said, “Nothing in Government and politics happens by accident, you can bet if something happened it was well planned.” J. Edgar Hoover said: “The individual is handicapped by coming face-to-face with a conspiracy so monstrous he cannot believe it exists.” When it comes to iodine suspect the worst from top government health officials who only seem to want to poison the public. What can one say about an FDA that, for example continues to assert the safety of aspartame when scientists around the world are finding it to be the worst food additive ever used? Now that there is an iodine revival going on expect the FDA to clamp down on its availability.

*Orthiodo-supplementation should be part
of a complete nutritional program,
emphasizing magnesium instead of calcium.
Dr. Guy Abraham*

Orthiodo-supplementation employs elemental iodine supplements until the thyroid gland and all other iodine-sensitive sites in the body have reached iodine sufficiency. In reality there is no reason to fear iodine if approached with reason and a slight bit of caution^[xxvi] for it will stimulate a detoxification process of heavy metals especially of halogens. All doctors used iodine a hundred years ago and the best ones are still using it today.

Every 17 minutes, every drop of blood in our body flushes through our thyroid, and if our thyroid has an adequate supply of iodine, blood-borne bacteria and viruses are killed off as the blood passes through the thyroid.

We are just beginning to rediscover the amazing curative powers of iodine. While it may not be the panacea that old-timers have claimed it to be when used alone, when combined with magnesium chloride, ALA, and in the special case of cancer, with sodium bicarbonate, we will find something quite extraordinary. **Survival Medicine for the 21st Century** contains a revolutionary protocol for breast cancer that includes magnesium chloride, iodine and sodium bicarbonate. These three emergency room medicines when combined and used correctly will revolutionize the field of oncology but will threaten the pharmaceutical industry whose profits will suffer enormously from the widespread use of these inexpensive, safe and effective nutritional medicines.

The medical truth is obvious and as plain as day, but most of the time it does not line up with conventional thinking. But given time medical science will catch up to the obvious. As you will see in **Transdermal Magnesium Therapy**, the research is already there showing magnesium chloride to be the number one heavyweight champion of the medical world able to save lives with a single bound in emergency situations and it, along with other basic nutritional substances concentrated for medical purposes are the answers we are looking for to protect ourselves and loved ones in the age of toxicity that we are all unfortunately passing through.

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COMMENT by WALTER LAST

Increase iodine remedies slowly while monitoring your wellbeing. When using high-dose iodine you may monitor your thyroid function by checking your temperature before getting up in the morning. Measuring under the tongue is more reliable than in the armpit. Women before menopause measure in the first half of the cycle before ovulation and best in the first week after the start of a new period. The temperature should be 36.5°C (97.6°F) or higher, otherwise the thyroid is likely to be under-active. However, be sure that you do not have a raised temperature due to a healing reaction or an infection.

Some symptoms of **under-active thyroid** functions include fatigue, underweight or overweight, constipation, fuzzy thinking, dry skin, low blood pressure, fluid retention, depression, and slow reflexes. When using high-dose iodine supplements for a longer period then also watch out for signs of **over-active thyroid** functions. These include anxiety, insomnia, rapid weight loss, diarrhea, high pulse rate, high blood pressure, sensitivity or bulging eye and vision disturbances. A high iodine intake can sometimes normalize an over-active thyroid and these related symptoms, but if they develop or increase instead then avoid iodine remedies.

Another problem is that iodine is a heart stimulant, and if you are using thyroid medication, or other stimulant drugs in addition, then that may be too much stimulation and heart palpitations

may develop. In this case you need to reduce some of these stimulants sufficiently to rectify this problem.

According to my experience and understanding the greatest benefit of high iodine intake is its effectiveness in killing Candida and other fungi and microbes. This may also be a reason for its effectiveness with breast cancer and ovarian cysts. The secret of this success may be the fact that both iodine and fungi have an affinity for the mucous membranes. By keeping the mucous membranes healthy iodine greatly helps to overcome autoimmune diseases, sinus problems, asthma, lung cancer, and other lung problems, and also intestinal diseases, including inflammatory conditions and cancers.

The common use of iodine as an antimicrobial agent is 4 x 6 to 8 drops of Lugol's solution for 3 weeks, see the [Ultimate Cleanse \(www.health-science-spirit.com/ultimatecleanse.html\)](http://www.health-science-spirit.com/ultimatecleanse.html). However, the FDA recently banned Lugol's solution, but in the US you can still obtain Iodoral (iodine tablets) and a 2% iodine solution and take five times as many drops as stated for Lugol's solution, but make sure you use a water-based solution, not iodine in alcohol. In Australia you can obtain Lugol's solution from www.strideintohealth.com.

Generally I recommend or prefer kelp as a long-term food supplement mainly for thyroid function, and Lugol's solution as a 3 week course of 4 x 6-8 drops, and long-term several drops for fungal and mold control, either for someone who has or had Candida and is still susceptible, or when living in a moldy environment, e.g. warm and moist climate during summer. Continued Lugol's solution is also indicated to prevent cysts or fibrocystic disease in breasts, ovaries and uterus, and with diabetes, cancer and autoimmune diseases.

For another excellent article see [Iodine for Health](#) by Donald W. Miller. Two paragraphs from this article read:

"More than 4,000 patients in this project take iodine in daily doses ranging from 12.5 to 50 mg, and in those with diabetes, up to 100 mg a day. These [investigators have found](#) that iodine does indeed reverse fibrocystic disease; their diabetic patients require less insulin; hypothyroid patients, less thyroid medication; symptoms of fibromyalgia resolve, and patients with migraine headaches stop having them. To paraphrase Dr. Szent-Györgi, these investigators aren't sure how iodine does it, but it does something good."

"These are the four most common formulations of inorganic iodine, as iodide (I⁻), and with or without molecular iodine (I₂): Potassium iodide (KI) tablets, in doses ranging from 0.23 to 130 mg; super saturated potassium iodide (SSKI), 19–50 mg of iodide per drop; Lugol's solution, 6.3 mg of molecular iodine/iodide per drop; and Iodoral, each tablet containing 12.5 mg iodine/iodide. Both Lugol's solution and Iodoral are one-third molecular iodine (5%) and two-thirds potassium iodide (10%). Studies done to date indicate that the best iodine supplement is one that includes molecular iodine (I₂), which breast tissue prefers."

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Table 4: Microbiological Efficacy Activity of PVP-Iodine versus Bacteria, Yeasts and Molds, Actinomycetes and Rickettsia

ORGANISMS (NO. of STRAINS)	RANGE OF PVP-I IN ppm AVAILABLE IODINE	CONTACT OF KILL TIME IN SECONDS
Proteus (41)	100 - 2500	15 - 180
Staphylococcus (36)	66 - 2500	15 - 80
Pseudomonas (36)	25 - 2500	15 - 900
Streptococcus (25)	200 - 2500	15 - 30
Escherichia (23)	200 - 2500	30 - 120
Salmonells (9)	1000 - 2500	15 - 60
Candida (8)	3.75 - 2500	10 - 120
Serratia (6)	200 - 2500	60 - 120
Spores-Baccillus; Clostridium (6)	10000	2 - 5 Hours
Trichomonomonas (5)	400 - 2500	30 - 60
Enterobacter (4)	1000 - 2500	60
Klebsiella (4)	500 - 2500	60
Clostridium (4)	1000	30 - 60
Shigella (3)	1000 - 2500	60
Corynebacterium (3)	2500	60
Diplococcus (3)	1000 - 2500	60
Mycobacterium (3)	1000 - 2500	60 - 120
Bacillus (3)	7.5 - 2500	10 - 30
Sarcina (2)	500 - 2500	60
Trichophyton (2)	1000	60
Aspergillus (2)	1000	30
Mima (1)	2500	60
Herella (1)	2500	60
Edwardsiella (1)	2500	60
Citrobacter (1)	2500	60
Providencia (1)	1000	60
Acinetobacter (1)	3.75	10
Epidermophyton (1)	1000	60

Microsporium (1)	1000	60
Pencillium (1)	1000	30
Nocardia (1)	2500	60

[vi] STERILIZATION ACTION OF CHLORINE AND IODINE ON BACTERIA AND VIRUSES IN WATER SYSTEMS; JOHNS HOPKINS UNIV BALTIMORE MD SCHOOL OF HYGIENE AND PUBLIC HEALTH; Final rept. 1 Jul 1962-30 Jun 1966; <http://stinet.dtic.mil/oai/oai?&verb=getRecord&metadataPrefix=html&identifier=AD0476804>

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[viii] The iodine content of most foods depends on the iodine content of the soil in which it was raised. Seafood is rich in iodine because marine animals can concentrate the iodine from seawater. Certain types of seaweed (e.g. wakame) are also very rich in iodine. Processed foods may contain slightly higher levels of iodine due to the addition of iodized salt or food additives, such as calcium iodate and potassium iodate. Dairy products are relatively good sources of iodine because iodine is commonly added to animal feed in the U.S. In the U.K. and northern Europe, iodine levels in dairy products tend to be lower in summer when cattle are allowed to graze in pastures with low soil iodine content. The table below lists the iodine content of some iodine-rich foods in micrograms (mcg). Because the iodine content of foods can vary considerably, these values should be considered approximate; <http://lpi.oregonstate.edu/infocenter/minerals/iodine/>

Food	Serving	Iodine (mcg)
Salt (iodized)	1 gram	77
Cod	3 ounces*	99
Shrimp	3 ounces	35
Fish sticks	2 fish sticks	35
Tuna, canned in oil	3 ounces (1/2 can)	17
Milk (cow's)	1 cup (8 fluid ounces)	56
Egg, boiled	1 large	29
Navy beans, cooked	1/2 cup	35
Potato with peel, baked	1 medium	63
Turkey breast, baked	3 ounces	34
Seaweed	1 ounce, dried	Variable; may be greater than 18,000 mcg (18 mg)

[ix] Iodine Metabolism; http://iodine4health.com/overviews/clinicians/miller_clinician.htm

[x] The RDA limits for vitamins and minerals were established after World War II. One of the last essential elements included in the RDA system was iodine, established in 1980 and confirmed in 1989. The RDA for iodine was based on the amount of iodine/iodide needed to prevent goiter, extreme stupidity and hypothyroidism. The optimal requirement of the whole human body for iodine has never been studied. Therefore, the optimal amount of this element for physical and mental wellbeing is unknown. Based on demographic studies, the mainland Japanese consumed an average of 13.8 mg daily and they are one of the healthiest people on planet earth. One tablet of Iodoral contains 12.5 mg iodine/iodide, an amount very close to the 13.8 mg average intake of mainland Japanese.

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[xxvi] Iodine therapy is not as completely free from side effects as magnesium is but compared to medical treatments, thyroid drugs, and all the rest, iodine is very safe. Simply proceed with caution, follow directions vigilantly, and carefully monitor your results. It is always best to use a high quality iodine supplement and to start with low dosages and work the dosages up slowly.
