



NATUROPATHIC WISDOM NOTES

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Quote:

Be thankful for every moment you are here... be the caretaker of your life...of each other...take every step with grace...life is a precious journey.

Harold Klemp

The Miracle of Iodine

This newsletter was edited from Dr. Jonathan Wright's Nutrition and Healing
- By Jonathan V. Wright, M.D.

If you're taking thyroid medication for hypothyroidism—whether it's the whole natural variety or the single-hormone, synthetic type—you've probably improved your energy levels, become a bit more alert, lowered your cholesterol and risk of atherosclerosis in general, and improved the health of your skin and fingernails. But unless you're getting enough iodine, you may also be raising your risk of breast cancer by taking that thyroid supplement. In one study, breast cancer was found twice as often (12.1 percent) in women taking thyroid supplements for hypothyroidism, compared to women not taking thyroid supplements (6.2 percent). And the researchers also noted that thyroid-supplement-related breast cancer risk increases with time. In another study, women undergoing thyroid treatment for more than 15 years had a 19.5 percent incidence of breast cancer, compared with a 10 percent incidence in women taking thyroid treatment for five years.

In addition to reducing breast cancer risk, raising iodine intake to an optimal level might also help women lower their endometrial and ovarian cancer risk. In men, it can help lower prostate cancer risk. And both sexes may simultaneously reduce or even eliminate their need for thyroid supplements altogether by boosting iodine levels.

Even if you aren't taking supplemental thyroid, eating a healthful diet, taking a good multivitamin/mineral supplement, and all your major "health markers" (cholesterol levels, blood glucose/insulin levels, etc.) are within normal ranges, you should still reconsider your iodine intake. Making sure you're getting the full amount your body really needs can only help all your other efforts to stay healthy and cancer-free. Unfortunately, there's a good chance you're not getting enough of this essential element.

The RDA barely scratches the surface. Dr. Guy Abraham, former professor of obstetrics, gynecology, and endocrinology at the UCLA School of Medicine, has conducted iodine research for years. Since 2002, he's published a series of articles arguing that the RDA (Recommended Daily Allowance) for iodine is much too low. Although the Institute of Medicine has picked 150 micrograms per day for adults, and less for children, Dr. Abraham argues—convincingly—that 12.5 milligrams (that's 12,500 micrograms) is the optimal daily amount of iodine, not only for your thyroid but for the rest of your body, too.

It's very likely this extra breast cancer risk would disappear...and possibly some of the need for thyroid supplements, too...if the women in these studies had been taking a "Japanese" amount of iodine every day. The

Japanese have traditionally consumed more iodine, mostly from seaweed, than any other population. The average daily intake of iodine in Japan, 13.8 milligrams, is very close to Dr. Abraham's optimal daily amount. Breast cancer incidence is lower in Japan than anywhere else in the world. In fact, except for stomach cancer, Japan has one of the lowest worldwide rates of every other type of cancer known, including prostate cancer. Japan also has one of the lowest incidences of iodine deficiency, goiter, and hypothyroidism. Several thousand years of safely consuming a diet containing a daily average of 13.8 milligrams of iodine with all its cancer-reducing and other benefits strongly suggests that Dr. Abraham's 12.5 milligrams daily is "optimal" and not an overdose.

Japan isn't the only country whose statistics support the iodine-cancer link. Researchers have also pointed out that Iceland (another "high-iodine-intake" country) has low rates of both goiter (enlarged thyroid) and breast cancer, while the low-iodine-intake countries Mexico and Thailand have high incidences of both these problems.

Optimal Dosages of Iodine

Dr. Abraham arrived at his conclusion that we need 12.5 milligrams of iodine a day based not only on his own experience and observation but also with the help of an extensive research review. One study he points out was co-authored in 1954 by Roslyn Yalow (later a Nobel Prize winner). She and her co-worker found that the total amount of iodine in the adult human body ranges from 7 to 13 milligrams. The iodine "pool" is divided into two major compartments, the thyroid gland and the rest of the body.

Other researchers determined that the amount retained by the thyroid gland is 6-7 milligrams, which, according to Dr. Abraham, is the optimal amount to keep the thyroid gland itself operating at peak performance. Keep in mind, though, that's just for thyroid health.

Another prominent iodine researcher, Dr. Benjamin Eskin, determined that female breasts need about 5 milligrams of iodine per day. Add that to the amount your thyroid gland needs, and you come up with the 12.5 milligrams Dr. Abraham recommends.

Dr. Eskin also established that our thyroids "prefer" to concentrate the iodide form of iodine, while breasts concentrate iodine. Iodine and iodide are not always interchangeable: "Iodine" is the basic element, consisting of two "I" molecules bonded to each other (I-I); an excellent analogy is chlorine, which is two "Cl" molecules bonded to each other (Cl-Cl), while "chloride" is just one Cl molecule. "Iodide" is one of those two iodine molecules, and is almost always found with another molecule, such as potassium (potassium iodide, or K-I). In experimental animals, the thyroid glands and the skin concentrated more iodide than iodine, while the stomach concentrated more iodine. Based on these and other findings, Dr. Abraham recommends that iodine supplementation should include both forms: iodine and iodide.

Iodine as a Chelator

Iodine, chlorine, bromine, and fluorine are in the same “family” of elements. Although very tiny quantities of fluoride are likely useful for human health, the amounts poured into most American public water supplies are much too high and have been correlated with higher risk of a rare bone cancer as well as bone fracture in older women. Bromide also carries some risks at high quantities, including impaired thinking and memory, drowsiness, dizziness, and irritability.

But iodine can actually help your body get rid of these potentially harmful elements, as well as others like lead, cadmium, arsenic, aluminum, and mercury.

Following observations by Dr. Abraham, my colleague David Brownstein, M.D., conducted a study to test iodine’s ability to help rid our bodies of fluoride and bromide. Eight individuals had “baseline” measurements taken of their urinary output of fluoride and bromide. Each research volunteer took one 50-milligram “loading dose” of iodine and then proceeded to take the 12.5 milligram optimal daily dose from that point on. Only one day after starting iodine, their urinary output of bromide and fluoride increased significantly and continued at this higher rate for all 30 days of the study.

The Safety of Iodine

Working with 10 female volunteers, Dr. Abraham conducted safety studies of the optimal 12.5 milligram iodine/iodide dose. He checked each woman’s blood pressure, weight, muscle mass, and body fat prior to starting iodine treatment, then again three months later. There were no statistically significant changes, although the body fat percentages did go down.

Dr. Abraham also took before-and-after measurements of several different markers of thyroid function, which included thyroid gland volume, TSH, total T4, free T4 (the active form of the thyroid hormone T4), and free T3. Although total T4 for the group declined significantly, both the “before” and “after” values were well within normal ranges, and there were no significant changes in free T4.

The next part of Dr. Abraham’s safety study involved taking glucose, BUN, creatinine, sodium, potassium, chloride, calcium, total protein, albumin, globulin, bilirubin, alkaline phosphatase, and ALT and AST (liver-function measurements) before and after three months. Although all values were within normal ranges before and after, there were statistically significant improvements in creatinine, alkaline phosphatase, and AST, and a statistically significant decline in serum albumin.

Lastly, Dr. Abraham measured hemoglobin, hematocrit, and red and white blood cells before and after three months. None of them changed significantly.

Despite this apparent safety record, if you decide to adopt “optimal-dose” iodine/iodide supplementation, it’s best to work closely and carefully with your physician to monitor your thyroid function and general iodine safety. Iodine can either suppress thyroid function or cause a hyperthyroid state in some people. Monitoring TSH and T4 blood tests every few months while on therapy under the supervision of a naturopathic doctor is imperative.

It’s possible to be allergic to iodine, although it’s considerably less common than people usually think. This results in a red rash that will stop once the iodine is discontinued.

Best Source of Iodine

Until recently iodine was only available in kelp preparations or Lugol’s solution. As a result of Dr. Abrahams and Brownstein’s research more palatable types of iodine are being made available.

Ioplex is a slow release capsule containing 5 milligrams of iodine and 7.5 milli-grams of iodide—a total of 12.5 milligrams available through Dr. Pincott.

Resources:

All of Dr. Abraham’s articles are available from the Internet at www.optimox.com. They are a bit technical, though. An excellent non-technical explanation of iodine and health is available in the book *Iodine: Why You Need It, Why You Can’t Live Without It*, by David Brownstein, M.D. (available from Medical Alternatives Press, 1-888-647-5616). Another good, (mostly) non-technical book covering additional aspects of iodine and health is *Breast Cancer and Iodine*, by David Derry, M.D., Ph.D. (available from Trafford Publishing, 1-888-232-4444).

Recipe - Curried Lamb Shanks/Curry Soup

2 or more lamb shanks

one large onion chopped

one tomato chopped

One package Thai Red Curry Paste

2 tablespoons organic canola oil

2 cans coconut milk

sliced fresh or dehydrated shitake mushrooms

Fry onions and curry paste in canola oil in frying pan for two minutes add lamb shanks to brown. Transfer ingredients to baking dish add coconut milk and bake covered at 250 degrees for 3 hours or more. Serve the lamb with generous amounts of sauce. Any sauce left over can then be turned into a delicious curry soup by adding 2 handfuls of chopped galangal, several chopped lime leaves and a 1 tbsp of fish sauce and simmer for one hour. (these ingredients available at Amy’s).

New at the Office

Website Update: A reminder that a few of our bestseller dispensary items are for sale to non-patients. See the website for the order form that can be faxed or called into the office.

Common Questions: Dr. Pincott is collecting common questions that she can then answer in the form of a Mid Week article. Email or fax your questions to the office.

Osteo SAP: This new calcium, magnesium, mineral supplement will replace Bone Basics. This product developed by NFH company in Quebec, Canada is very similar to the ingredients and dosages found in Bone Basics, in a vegetarian capsule and taken 6 per day. The price is \$36.75 for 180 capsules.

Thymus Spray:

This great tasting immune booster is sprayed onto the back of the throat to treat and prevent acute and chronic infections as well as boost the immune system in chronic diseases such as autoimmune diseases. It is great for the treatment of allergies and asthma with great compliance in children. Ask Dr. Pincott about it! Cost \$ 64.00 for 30mls.

Merry Christmas and may 2007 bring you good health and good cheer!