

# WHY Iodine?

## RDA for Iodine

Adult Males & Females = 150 mcg/day  
Pregnancy = 220 mcg/day  
Lactation = 290 mcg/day

*These levels were set up to prevent goiter only without concern for other body tissue requirements.*

**National Health & Nutrition Survey (NHANES)** showed that iodine levels in the United States declined 50% while thyroid illness, breast, prostate, endometrial and ovarian cancers increased.

**The World Health Organization (WHO)** claims that an iodine deficiency is the world's greatest single cause of preventable mental retardation.

**72% of the world's population is affected by iodine deficiency.**

## Why Are We Deficient in Iodine?

Fear of using salt on medical advice, especially those with hypertension.

Less than 50% of households in United States use iodized salt.

Radioactive iodine used in diagnostic testing exacerbated an iodine-deficient state.

Exposures to chemicals and toxins. Goitrogen is a substance that decreases iodine uptake as well as inhibits iodine from binding where it is needed. They include:

- Chlorine in pools, cleaning products, water supply, steam from dishwasher, sucralose (Splenda).
- Fluoride in water supply, toothpaste, dental treatments, mouthwash.
- Bromide in some soft drinks (Mountain Dew & some Gatorades), baked goods (they used to contain iodine but it was replaced with bromide in the 1970's), pesticides, hot tubs, fumigant of produce, and some medications
- Declining mineral levels due to soil erosion and poor farming techniques.
- Failure to eat sufficient iodine-containing foods.
- A combination of any or all of these.

## Iodine:

- Is essential for normal growth and development of children
- Deficiency can result in cretinism, mental deficiency, delayed physical and intellectual development and ADHD
- Elevates pH
- Is needed to produce thyroid hormones
- Prevents goiter, autoimmune thyroid conditions, thyroid and other cancers, hypothyroidism
- Is antibacterial, antiviral and antiparasitic
- Is a mucolytic agent (breaks up mucous)

## Conditions Treated with Iodine

Breast Disease  
Dupuytren's Contracture  
Excess Mucous Production  
Fatigue  
Fibrocystic Breasts  
Hemorrhoids

Headaches and Migraine  
Headaches  
Keloids  
Ovarian Cysts  
Parotid Duct Stones  
Peyronie's

Sebaceous Cysts  
Thyroid Disorders  
Cancers (breast, ovarian, thyroid, prostate)

Taken from *Iodine, Why You Need It, Why You Can't Live Without It*, by David Brownstein, M.D. Medical Alternative Press, 2004 along with lecture notes.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Medical Iodophobia

"Medical Iodophobia is the unwarranted fear of using and recommending inorganic, non-radioactive iodine/iodide within the range known from collective experience of three generations of clinicians to be the safest and most effective amounts for treating symptoms and signs of iodine/iodide deficiency (12.5-50 mg./day)" Dr. Guy Abraham, 2004