

LiveIt!

Nutritional Lessons



Iodine Facts

LiveIt! Lifestyle Lesson 22

Alan P. Duben, DC
4165 E. Thousand Oaks
Blvd.,
Suite 301
Westlake Village, CA
91362
805-494-1339

“Iodine has a growth regulating effect independent of thyroid activity, which illustrates this mechanism of iodine by its own right. . .Iodine acts in excess to decrease thyroid activity, acts in deficiency states to increase cellular activity.” Dr. Royal Lee 1959

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*

The Cycle of Life - Iodine and Health

It is no coincidence that our blood and body “water” is very similar to ocean water. All animals remain “linked” to the sea with a modified form of “sea water” flowing through their arteries and veins.



Life on our planet is sustained by an orderly balance of water and trace minerals coming from the sea, raining on the land, watering the plants and animals and returning minerals to the sea. The “living” sea purifies our environment, feeds sea vegetables and other ocean life, providing for the sustenance of land and sea in this “Cycle of Life.”

Iodine – A Nutritional Essential

A common thread in this cycle of life is the Nutritional Essential – Iodine. Iodine is not made in the body and it is essential for health – therefore it needs to be consumed regularly. Essential iodine supplies are concentrated in the ocean’s bounty of kelp, sea salt and fish. On land, in some locations, iodine levels in the soil are great enough that humanity’s “connection with the sea” is maintained by plants grown there. In other places it is impossible to obtain adequate iodine from locally grown food and we must seek sources of iodine in support of our health. **Iodine is a Nutritional Essential.** Many functions of the body rely upon iodine such as:

- Energy production
- Mental development
- Production of thyroid hormones
- Reproductive gland support
- A strong lymph system

◦ Control of cell growth

Small amounts of iodine are found in the blood, nerves, and other organs, but most of the body’s iodine is present in the thyroid, breasts, ovaries, uterus and prostate.

Iodine aids in the digestion of complex carbohydrates and in the metabolism of calcium and phosphorus.

Iodine is a mineral that is stored in and activates the thyroid gland and it is interesting to note, all cells of the body have iodine receptors to control metabolic rate.

Iodine helps to prevent abnormal tissue formation and growth such as goiter, fibrocystic breasts, enlarged prostate and cancer.¹

Iodine integrated into foods is typically released slowly into the body, supporting many healthful functions.

One example of iodine’s Health-Building qualities is the Japanese, who consume an average of 13.8mg of iodine daily (nearly 100 times the RDA) and are some of the healthiest people of the industrialized world, with very low rates of heart disease, atherosclerosis and cancer. An important note here is that these levels of iodine are consumed from natural food sources of iodine. In this way they follow the Nutritional Essentials principle that food integrated sources are superior to inorganic, chemi-

cal sources of nutrients. **One can see the many health benefits of iodine. Iodine deficiency leads to symptoms, syndromes, dysfunction and disease. Let’s learn more.**

Iodine Deficiency Leads to Toxic Build Up

Iodine is a member of the chemical family called halides. Unfortunately there are environmental toxins which are also halides. Chlorine, fluorine and bromine fall into this category. When iodine is deficient, these toxic halides can fill the chemical bonds where iodine belongs and we suffer double trouble as we are both deficient of iodine AND overloaded with toxins impeding the healthful metabolic activities of iodine. The ideal iodine health solution, simply put, is this: We must consume enough iodine to fill the need while avoiding these toxins.

Brief History of Iodine and the Response to Iodine Deficiency

Iodine was discovered in kelp in 1811 and soon after was identified as the substance in kelp and sea sponges known to cure goiter, a disease of the thyroid gland. In 1922 iodized salt was introduced to the US population as a voluntary form of iodine supplementation to prevent goiter. This public health measure did control the endemic disease most noted in the upper Midwest of North America. Iodine

Iodine is a Nutritional Essential - Get the Big IDEA

was further introduced in the American food supply through additions to dairy products, breads, and through supplementation of beef and chicken feed, resulting in varying amounts of iodine in meat, milk and eggs.

As goiter declined over the next 50 years, other forms of thyroid problems increased, such as hypothyroidism, autoimmune disease of the thyroid and hyperthyroidism.³ Unable to resolve this dichotomy, a movement has recently began to restrict iodine, despite the known health benefits in populations with higher iodine consumption.

Deficiency on the Increase as Food Fallacies are Promoted

- Iodine was removed from bread and replaced by bromide which inhibits iodine uptake.
- Sea salt & iodized salt intake was further reduced through a campaign against "salt-induced" hypertension.
- Egg yolks, another source of iodine, were taken off the plate by a misdirected fear of cholesterol intake (See Livell! Lesson 21 on Cholesterol) and iodine was reduced in dairy processing.

With so much information about the negative effects of iodine deficiency how could we go so wrong? The answer is, our thinking is based on a model of drugs and medicines rather than foods. Whole food integrated sources of iodine are safe as a part of your healthy lifestyle. The body merely eliminates through the urine the iodine it does not need. The solution is simple, yet iodine deficiency diseases continue.

Allergies to Iodine

Some of us have heard people say, "I can't eat food with iodine in it because I am allergic to it." While some people are allergic to some sea foods – it is not the iodine in the foods they are allergic to – but the protein of the sea food.⁴ A very small number of people are "allergic" to iodine on their skin but in these cases their reaction was only to synthetic formulations containing iodine. Virtually nobody is allergic to simple iodine nor iodine that occurs naturally in foods.⁵

Why do people believe they are allergic to iodine?

The answer to this question may be in the chemicals mentioned earlier – halides. When the body does not have enough iodine, the chemical bonds intended for iodine are filled with the toxic chemicals. Providing the body usable iodine "results in a detoxifying effect by increasing urinary excretion of the toxic metals lead, mercury, cadmium, and aluminum, as well as the goitrogens fluoride and bromide."⁶ Detoxification of these chemicals and heavy metals may be the cause of the symptoms some people refer to as "allergic reactions." In fact, they are likely not allergic, but burdened by the release and elimination of these chemicals.

Get the Big IDEA!

Iodine is a Nutritional Essential. It is best whenever possible to get it from foods and from sea salt. But not all food is grown in soil high in iodine and thus we suffer deficiency. Substantial levels of iodine are very beneficial to Health-Building and health maintenance. Increasing iodine will

have direct positive results of improved function and assist in the release of toxins.

Are you physically fatigued or mentally sluggish? Are you irritable and restless? Do you experience a metallic taste in your mouth from time to time? Or do you just wish to prevent iodine deficiency? Ask me for the Big IDEA!

Iodine Deficiency Evaluation & Assessment.

We will provide a simple test you and your family can perform together which indicates your likelihood of having iodine deficiency. Bring the results to the office – ask me what might help you to enhance your levels of this vital Nutritional Essential.

Amounts of iodine in some Standard Process products:

Prolamine Iodine—3mg
Iodomere—200mcg
Trace Minerals B12—145mcg
Organically Bound Minerals—250mcg
Min Chex—300mcg
Min Tran—200mcg
Cataplex F (tablets)—95mcg

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

What Did You Learn?

Iodine is not made in the body and it is essential for health – therefore it needs to be consumed regularly. **True False**

Iodine deficiency leads to disorder, symptoms, syndromes, dysfunction and disease. **True False**

Iodine integrated into foods is typically released slowly into the body, supporting many healthful functions. **True False**

Virtually nobody is allergic to simple iodine nor iodine that occurs naturally in foods.⁵ **True False**

Substantial levels of iodine are very beneficial to HealthBuilding and health maintenance. Increasing iodine may have direct positive results of improved function and assist in the release of toxins. **True False**

1. David Brownstein, M.D., Iodine: Why You Need It, Why You Can't Live Without It, 2006
2. Laroche D, Namour F. Allergy. Anaphylactoid and anaphylactic reactions to iodinated contrast material. 1999;54 Suppl 58:13-6.
3. 1999 Journal of Clinical Endocrinology and Metabolism "Iodine Nutrition in the United States."
4. Leung PS, Chen YC, Chu KH Seafood allergy: tropomyosins and beyond. J Microbiol Immunol Infect. 1999 Sep;32(3):143-54.
5. Nishioka K, Seguchi T, Yasuno H, Yamamoto T, Tominaga K The results of ingredient patch testing in contact dermatitis elicited by povidone-iodine preparations. Contact Dermatitis. 2000 Feb;42(2):90-4.
6. Abraham, G.E., The Wolff-Chaikoff Effect: Crying Wolf? The Original Internist, 12(3):112-118,2005

This LiveIt! Lifestyle Lesson is brought to you by:

Duben Holistic Chiropractic & Kinesiology

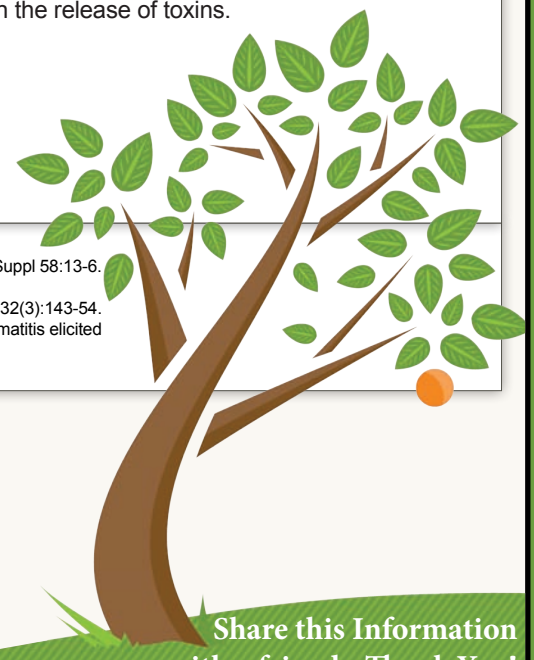
Alan P. Duben, DC

4165 E. Thousand Oaks Blvd.,
Suite 301

Westlake Village, CA 91362

805-494-1339

http://www.docduben.com



Share this Information
with a friend - Thank You!