

# Iodine - Lugol's Solution (7%)

A considerable part of the reason for chronic ill health across a whole range of conditions can be attributed to whole body iodine deficiency. Every cell in the body needs iodine to function correctly.

Insufficient iodine for proper thyroid function alone has a considerable effect on an individuals health. Soil deficiencies have been rendered all the more tragic by the introduction of toxic chemicals to our water and food especially the halogens (chlorine and fluorine added to water and bromine added to bread). These carcinogenic substances flush out of the body what little iodine was already there, leaving chronically low levels of iodine and blocking iodine uptake. This can leave one open to auto-immune disorders, arteriosclerosis, thyroid malfunctions and cancers. It is important to understand that most of us have what is termed sub-clinical hypothyroidism even if we are not clinically diagnosed with gross thyroid under or over-functioning. Sub-clinical hypothyroidism reduces the energy and creative thinking ability of many of us. Hospital tests of thyroid hormone levels are not always accurate and do not reveal the whole picture.

For chronically sick individuals

Please see the article [Infections & The Immune System](#) and click on the further reading tab above

## Thyroid Problems

If you suffer from Thyroid problems (Iodine is the main agent in therapy for over and under-active thyroid conditions) it is suggested you monitor temperature on rising in line with the Barnes' Basal Metabolic test (Please read the full article [here](#) for details). If you have low thyroid action and are taking thyroid medications, the use of Iodine will almost invariably increase your metabolic rate, necessitating, in most cases, a reduction of your thyroid medications such as thyroxin. Monitoring Barnes' Basal Metabolic test results will give a more accurate overview of metabolic rate and thyroid function than blood tests for thyroid hormones.

## Iodine: Why We Need It

### Introduction

Through many years of clinical experience by dedicated physicians such as Dr. David Bownstein and Dr Guy Abraham, combined with worldwide studies over several decades concerning the consumption of Iodine containing foods related to the health of those populations studied, it has become known that approximately 12 mg of Iodine, daily, provides whole body Iodine sufficiency. Populations consuming these levels show remarkably better health and a drastically reduced incidence of diseases such as endocrine related cancers e.g. breast, ovarian and prostate, and also all other cancers.

The "powers that be" have lied about iodine as it's a major tool for improving health and hence reducing the profits and power of Big Pharma (see the further reading section at the end of this article for links to the article: *Safe Levels of Iodine Supplementation and Medical Misrepresentation - Additional Information*).

A considerable part of the reason for chronic ill health across a whole range of conditions can be attributed to whole body iodine deficiency. Every cell in the body needs iodine to function correctly, but just the ramifications of proper thyroid function alone is considerable on an individuals health.

The introduction of toxic chemicals to our water and food especially the halogens, chlorine and fluorine in water and bromine added to bread cause the body to flush out what little iodine was already there leaving

chronically low levels of iodine and blocking iodine uptake, leaving whole populations open to auto-immune disorders, arteriosclerosis, thyroid malfunctions and cancers amongst other serious health conditions.

It is important to understand that most of us have what is termed **sub-clinical hypothyroidism** even if we are not clinically diagnosed with gross thyroid under or over-functioning. Sub-clinical hypothyroidism reduces the energy and creative thinking ability of many of us, and leaves us open to diminished bodily functions and eventually disease and infection. Dr Barnes has done good work in this area in establishing a simple home temperature test that will indicate how our thyroids are actually functioning. Hospital tests of thyroid hormone levels are not always accurate and do not reveal the whole picture.

Details of the simple Barnes' Basal Thyroid Test can be found [here](#)

Health benefits (Therapeutic Actions) of Iodine

- Antibacterial
- Antiviral
- Antifungal
- Antiparasitic
- Anticancer
- Elevates pH
- Helps relieve mucous
- Essential for all hormone production.

Conditions where iodine supplementation may prove useful

- Thyroid Disorders of all types (including auto-Immune thyroid disorders)
- All Infections (including parasitical infection such as Candida)
- Cancers
- Chronic Fatigue (CFS/ME)
- Auto Immune Disorders (Infection elimination stage)

in addition, ADD/ADHA, Atherosclerosis, breast diseases, Dupuytren's Contracture, excess mucous production, fatigue, fibrocystic breasts , Goiter, Hemorrhoids, headaches and Migraine headaches, hypertension, keloids, Liver diseases, Nephrotic Syndrome, Ovarian Disease, Parotid duct stones, Peyronie's, Prostate disorders, Sebaceous Cysts

Please refer to our [conditions list](#) for specific, further information on health conditions. Iodine plays a very important role in the elimination of many health conditions, along side other nutritional remedies.

Iodine for everyone?

Such a list (as above) is woefully short of the reach of Iodine's therapeutic and normalizing actions. Merely eliminating chronic infections (known and unknown) can break the back of many serious, long term, chronic health disorders especially if used as part of a wholistic nutritional infection resolution program. For more details of this aspect we refer you to our infections article [here](#)

Furthermore, when one realises that Iodine works on improving not just thyroid function but is beneficial (essential) for the entire hormonal system, the knock on benefits are wide indeed. Iodine affects every cell in the body and is essential for nerves/brain cells to function properly. In conjunction with [Selenium](#), it helps to remove mercury and other toxins from the system. Iodine is also important for the production of sufficient stomach acid and hence effects the digestive system. Low metabolic rate, one of the prime indicators of Iodine deficiency leads to general under functioning of many body systems and a state of internal sluggishness. This can cause multiple problems slowly developing over years. One example is excess mucous retention and this can, for example, be a contributory factor in asthma and bronchitis.

One struggles in reality to define the limits of the therapeutic scope of iodine as there are so many organs, glands and systems it facilitates, and so many biochemical processes it performs. In fact it is probably wise to abandon a search for such precise definitions of this or other major significant minerals such as magnesium.

Supplementation, to at least the level obtained naturally (by the average) Japanese population, provides whole body sufficiency of 12mg daily, as understood by Dr David Brownstein and Dr Abraham in their writings (see further reading section below for links to extracts from both doctors).

It is useful at this point to give a guide about dosages, bearing in mind that one can find ones own best dosage over a period of time and experimentation. To download a short information sheet about the suggested levels of use, please right click on the icon below and select "save target as...." or simply click the icon to view in your browser.



Iodine Usage Guide

So Iodine supplementation is an essential thing to do if we want optimum health. It is such a safe mineral and has safety margins far higher than commonly used trace element supplements such as zinc and certainly selenium. Even if you feel perfectly well, just 12 mg a day of iodine can help fight off infections so that the "latest" pandemic scare need not concern us if we understand Iodine's use in eliminating infections. Unless of course you are drinking and even bathing in chlorinated water and eating quite a lot of bread with bromine added, then you will need more than 12 mgs daily for whole body sufficiency. In fact many people have high levels of bromine in their system that can be flushed out over a period of weeks using Iodine in the higher dose range referred to in this article (and/or its links).

The uses of iodine and the health benefits gained are many and very wide ranging, wider than is generally realised by people who have made a moderate study of Iodine. This is because there are so many areas of action. For example, just in the area of wiping out infection, including the chronic infections that are almost always present in all serious disease such as all auto-immune disorders, and even cancers. Cancer has been found to thrive in conditions of fungal overgrowth. Then there is the modern plague of Candida infection, dysbiosis and also the related chronic fatigue, These can all be dealt with and of course prevented with Iodine supplementation.

Some of these aspects are discussed in a small article of information from Dr Truss and Walter Last [here](#)

The use of Lugol's solution may be the most elegant way to treat Candida and other infections. See the article [here](#) for a more through discussion of the subject, and other options.

The use of [Zell Immunocomplex](#) and [Sodium Ascorbate Vitamin C](#) are also suggested whilst clearing infections and beyond. One effect of these are to help the body to detoxify more efficiently and with less unpleasant symptoms. Furthermore Zell Immunocomplex is a good complement to iodine supplementation as it provides selenium, B vitamins and respiratory (mitochondrial) enzymes, that are all complementary to Iodine, to help restore the metabolism, and organify iodine so it can be used to normalise thyroid and metabolism. Some people with thyroid problems will not respond to iodine alone, as they need such complementary nutrients. Unrefined salt such as [Celtic Ocean Sea Salt](#) and magnesium supplements such as [Mag Sea Pure](#) are also foundation supplements to help normalise thyroid and the general health and well-being.

Dr David Brownstein and Dr Guy Abraham discovered that in some cases the iodine transport mechanism does not work properly. This can be rectified with 3g daily of [Sodium Ascorbate Vitamin C](#). Poor Utilisation of iodine occurs in people with high blood levels of bromine also. In these cases, iodine in the range of 50 to

75mg daily has been found to work.

Use of Iodine as part of a wholistic healing regime has extremely wide ranging benefits, see the Core Regime article [here](#) for more details.

Further reading and reference

**Recommended reading:** Iodine: Why You Need It, Why You Can't Live Without It, by David Brownstein MD (ISBN 978-0-9660882-3-6)

NEW! 4th EDITION (A DVD is also available now) Website: [https://www.drbrownstein.com/bookstore\\_Iodine.php](https://www.drbrownstein.com/bookstore_Iodine.php)

Dr. Brownstein has expanded and updated his book with all the latest information about iodine. The entire book has been updated with new case histories. In addition, there are two NEW chapters which provide information about:

- Iodine and Detoxification
- Children and Iodine
- What iodine does in the body
- Why autoimmune thyroid disorders form from a low iodine state
- Why it is so important to ensure an adequate selenium intake

Other References

To download the book *Iodine Remedies: Secrets From The Sea*, by Dr. Chris Robin, in .pdf format, right click on the icon below and select "save target as..." or to view in your browser, simply click on the icon.



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