

James Howenstine, MD

Iodine is vital for good health

Howenstine J

NewsWithViews

"Among the problems caused by iodine deficiency are:

*

Underactivity of the thyroid gland produces fatigue. In rodents iodine deficiency leads to abnormal pituitary-adrenal function. The adrenal gland provides energy and stamina.

*

When iodine no longer binds to thyroid cell membranes enzymes called peroxidases are able to damage these membranes and produce autoimmune diseases such as Hashimoto's thyroiditis and Hyperthyroidism (Graves Disease)... Iodine therapy allows the sluggish thyroid gland to resume normal production of thyroid hormone leading to resolution of hypothyroidism. Provision of iodine stops the peroxidase injury to the thyroid membranes in hyperthyroidism which permits hyperthyroidism to resolve. Thus thyroid surgery for hyperthyroidism is no longer necessary.

*

Several human organs need iodine but can not absorb it until blood iodine levels reach high values (stomach, salivary glands). Most persons exhibit impaired production of stomach acid as they age. This impaired capability to produce adequate stomach acid may be a result of iodine deficiency as iodine promotes stomach acidity.

*

Resolution of cysts. Iodine therapy resolves nearly every case of breast cysts. This treatment also can heal ovarian cysts and works well on skin cysts when rubbed over the cyst.

*

Iodine is found in large quantities in the brain and the ciliary body of the eye. Lack of iodine may be involved in production of Parkinson's disease and glaucoma.

*

Lipoprotein (a). This dangerous substance is quite important as it produces plaques in arteries because it is very sticky and collects platelets, calcium and fibrin from the blood circulating inside our arteries. Excessive clotting and vascular disease resulting from high levels of lipoprotein (a) can be reversed by iodine treatment.

*

Other Health Problems. Iodine has proven value in treating headaches, keloids, and parotid duct stones."

"Iodine lack is known to be a factor in the development of breast and prostate cancer. Sixty patients with a variety of cancers were studied. All sixty patients were found to have serious iodine deficiency. "

"A third solution that works well in correcting iodine deficiency is Triiodide made by Scientific Botanicals of Seattle, Washington. This has the same dosage of iodine and iodide combined with a sea vegetable called bladderwrack. This can be obtained from natural food stores, Tahoma Clinic Dispensary and compounding pharmacies. This contains 12.5 mg of iodine in the same 2 drop dosage."

"Another valuable iodine preparation is saturated solution of potassium iodide. This does not have the correct ratio of iodine iodide recommended by Dr. Abrahams for correcting iodine deficiency but it does have a multitude of valuable healing properties. It can help open up blocked arteries, disinfect water, cure bladder infections, reduce or eliminate ovarian cysts, diminish unsightly keloids, loosen thick bronchial secretions, reduce or eliminate Peyronie's Disease and Dupuytren's contracture. "

Thyroid hormone therapy appears to cause breast cancer

Howenstine J

News With Views, July 2006

"The essential trace element iodine may be the most important least publicized mineral in existence. Iodine is the only element needed in hormones and in the production of hormones. The iodine containing hormones are involved in the creation of embryos, development of brain function, growth, metabolism and maintenance of body temperature. This means that proper amounts of thyroid hormone, estrogen, progesterone, testosterone, insulin, growth hormone etc. can not be made when iodine is lacking from the body. One third of all individuals on Earth are functioning with subnormal levels of iodine. Low intake of iodine is the leading cause for intellectual deficiency in the world. There is strong evidence that iodine lack predisposes to breast cancer. One out of seven women in the U.S. has deficiency of iodine proven by urine iodine screening tests (urine I less than 50 ug/L). This is the same incidence for breast cancer seen in U.S. women. Without bothering to check urine for iodine, physicians visited by a woman with a goiter or symptoms of hypothyroidism are routinely prescribing thyroid hormone therapy."

"Administration of thyroid hormone to iodine deficient women appears to increase the risk of developing breast cancer. In a group of women undergoing screening mammograms the incidence of breast cancer was twice as high in the women taking thyroid hormone for hypothyroidism (probably caused by iodine lack) than in women not taking thyroid supplements. The mean incidence was 6.2% in controls and 12.1% in women on thyroid hormones. The incidence of breast cancer was twice as high in women taking thyroid hormone for more than 15 years (19.5%) compared to those on thyroid hormones for only 5 years (10%)."

"Iodine has a role in promoting general well being as well as protecting against infections, degenerative diseases and cancer. Iodine promotes the normal killing of defective and abnormal cells (apoptosis). Thus, iodine helps the body's surveillance system to detect and remove abnormal cells. Additionally, the presence of iodine triggers differentiation away from the more dangerous undifferentiated type of cell toward normal cells. The presence of adequate levels of

iodine in the body (Japanese diet with lots of sea vegetables and fish) reduces reactive oxygen species (ROS). in the body which decreases the oxidative burden in the body This results in slowing of degeneration disease processes and decreasing the risk of cancer."

Why you probably have hypothyroidism

Howenstine J

News With Views, January 2004

"Among the causes for hypothyroidism are:

*

Estrogen Dominance is caused by petrochemicals, fuel exhaust we breath, estrogenic hormones in meat and chickens, plastics, propylene glycol, sodium laurel sulphate in ointments, herbicides and pesticides. These potent estrogenic substances block the production of thyroid hormone and greatly magnify the incidence of estrogen dependent cancers. All males and females in developed nations have estrogen dominance.

*

Antibiotics, chlorine from our water purification systems, fluoride, and NSAID drugs used for arthritis all kill the healthy bacteria in the intestinal tract. This results in overgrowth in the intestines of candida, fungi, mycoplasma, and anerobic bacteria (Yeast syndrome). These dangerous organisms release powerful neurotoxic substances into the blood stream that damage the hypothalamus often resulting in multiple endocrine disorders including underactivity of the thyroid gland.

*

Mercury released from our dental amalgams is toxic to the thyroid gland.

*

Fluoride in our water directly interferes with thyroid function.

*

Selenium deficiency is related to lack of trace minerals in our soil. The proper conversion of precursors into thyroid hormone depends on a selenium containing enzyme which is lacking.

*

Lack of iodine in our soil and diet leads to decreased thyroid hormone production.

*

Diagnostic x-rays injure the thyroid gland (dental, neck, spine).

*

Perchlorates widely found in drinking water inhibit the production of thyroid hormone by blocking the reuptake of iodine. The natural thyroid hormone (Westthyroid) and (Nature-Thyroid) is derived from fresh frozen thyroid. These products are assayed for T3 and T4 which must be within a narrow margin or the batch is rejected. Thyroid hypofunction can also be corrected with Thyrotrophin (thyroid glandular product) from reputable Standard Process Products, Palmyra, Wis., and iodine as Iosol. After taking Iosol four drops daily for 2 weeks the dose should be reduced to 2 drops daily. One tablet of Thyrotrophin is taken three times a day as initial therapy which may need to be increased depending on basal temperatures. This dose is comparable to one grain of thyroid hormone. The use of thyrotrophin and Iosol may enable thyroid function to become restored to normal whereas the use of thyroid hormone often inhibits the thyroid gland from making thyroid hormone in which case therapy becomes lifelong. Call 800-558-8740 to obtain the name of a physician who can order Thyrotropin for you or call For Your Health at 800-456-4325. Large health food stores should have Iosol. Call 800-888-1415 ext. 9265 if you have trouble locating Iosol.

"Dr. Howard Hagglund has confirmed that thyroid blood tests are often erroneous and are of little value in monitoring thyroid dosage. There is very poor correlation between the blood test

results and the presence of hypothyroidism. Proper conversion of synthetic levothyroxine (T4) to T3 requires good patient nutritional status, adequate selenium, magnesium, vitamin A, cortisol, vitamin B2, essential fatty acids, and lack of Anti-T3 which appears in anyone under stress. More than 50% of patients taking synthetic thyroid (levothyroxine) do not feel well. When switched to natural thyroid these persons often experience falling cholesterol values along with decreased weight, and disappearance of mental depression and brain fog. If you are taking levothyroxine and not doing well suggest to your physician that you would like to try natural thyroid hormone or Protomorphogen from Standard Process Inc."