

Dr. Sonja's Blog



Creative Medicines NOW in Branson

Bio-Identical Hormones-Pain-Stress-Fatigue-Autoimmune Disease-Scar
Therapy-Fertility-Aesthetics-Pediatrics-Weight-Anti-Aging-Skin
Care-Nutraceuticals-Adrenal-Saliva Testing

Dr. Sonja O'Bryan, Pharm.D., ABAAHP Board Certified Health Practitioner Diplomate-American Academy of Anti-Aging Medicine: "Creative Medicines" for Hormones-Weight-Pain-Fatigue-Skin Diseases-Pediatrics-Autoimmune Disorders-Veterinary Needs. Using Complimentary, Integrative, Regenerative, Bio-Identical, and Lifestyle Medicine For Health and Healing.

Saturday, April 27, 2013

Iodine, Lyme Disease, Fluoride Exposure, Thyroid Symptoms, and More.

Iodine : Why You Need It. Why You Can't Live Without It.

By David Brownstein M.D.

Iodine deficiency has become rampant in our society. Dr. David Brownstein has found, through the years he has tested his patients for iodine, that over 90% of these patients have been deficient in this trace element. In my experience I have noticed that most Lyme disease sufferers have problems with their thyroid gland. All Lyme patients that I have met, report subnormal body temperatures. They also complain of being cold and

very fatigued. It is thought that the Lyme disease pathogen attacks the thyroid which in turn would lower immune system function.

Throughout the book it is stressed repeatedly, that certain chemicals, such as the halides... bromide, chloride and fluoride, compete with iodine for absorption into the body tissues and glands, including the thyroid gland. If there is a shortage of iodine in the body, these toxic elements will be absorbed in place of the iodine. So, then, not only would many people have an iodine deficiency but as a result they may also have accumulated toxic levels of halides. Dr. Brownstein assures his readers that supplementing with adequate iodine (above the RDA) will help their body to detoxify. He also speaks of how to lessen the detoxification reaction.

Another important point made was....if one is being treated with thyroid hormone, while the body is deficient in iodine, then the thyroid hormone could exacerbate the iodine deficiency. So, while one may feel better in the short run on thyroid hormones, iodine deficiency may eventually worsen the thyroid condition, despite prescribed hormones. Many times people do well on both the iodine and the thyroid hormones together. However, Dr. Brownstein tells us that about one third of the patients are able to discontinue the thyroid hormone and take only iodine. Also included are iodine dosage guidelines and a question and answer section.

.Dr. Klinghardt, one of the most recognized Lyme specialists in the world, views Iodine as the most critical element in Lyme patients. He feels filling up the body's mineral reserves has always been the most essential part of his heavy metal detox program. It is also the most essential part of his Lyme treatment.

HEALTH BENEFITS OF IODINE

Iodine is a trace mineral produced by the body that is essential for normal growth and development. Seventy to eighty percent of iodine is found in the thyroid gland in the neck. Your thyroid is a small butterfly-shaped gland, located in your neck, wrapped around the windpipe, behind and below the Adam's Apple area. The thyroid produces several hormones, of which two are key: triiodothyronine (T3) and thyroxine (T4). These hormones help oxygen get into cells, and make your thyroid the master gland of metabolism.

All the blood in the body passes through the thyroid gland every 17 minutes. During this 17-minute passage the gland's secretion of iodine kills weak germs that may have gained entry into the blood. Without iodine the germs can pass the thyroid unaffected.

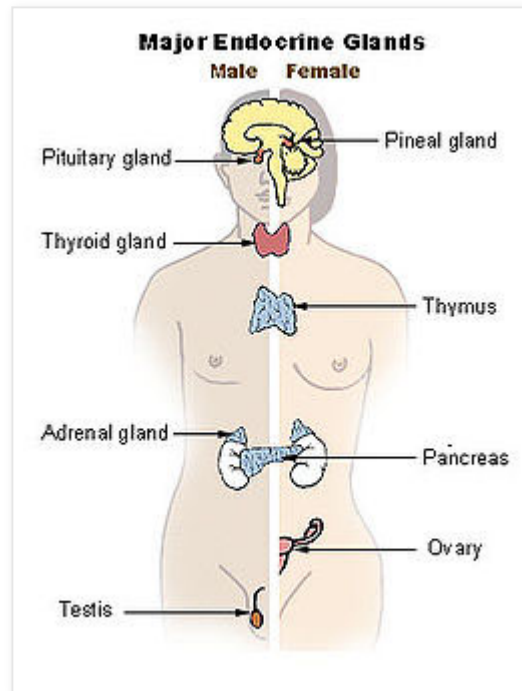
Iodine is used by every hormone receptor in the body. The absence of iodine in your diet causes a hormonal dysfunction that can be seen with practically every hormone so it become easy to understand why many doctors think iodine is the missing link to many, many health problems!

IODINE DEFICIENCY SYMPTOMS

Here's just a few symptoms that could be caused by not enough iodine in your diet:

- Anemia
- Cold hands and feet
- Excess mucous

- Dry skin
- An enlarged tongue
- Slow speech
- Puffiness of the hands and face
- Problems with skin and hair
- Drowsiness and/or Fatigue
- Mental apathy / Brain fog
- Hoarse throat
- Increased body fat
- Enlarged thyroid gland or Goiter (Goitre)
- Sleep apnea
- Muscle soreness and stiffness
- Depression
- Constipation
- Elevated blood cholesterol
- Heavier than normal menstrual periods
- Cretinism



There are several ground-breaking brave doctors out there that have had great success treating diseases with iodine. These diseases include:

- Aids
- Autism
- Lyme Disease
- Diabetes
- Multiple Sclerosis
- Heart Disease
- Colds and Allergies
- Candida
- Cancer
including thyroid cancer, breast cancer, ovarian cancer, prostate cancer, stomach cancer, pancreatic cancer, colon cancer, and lung cancer
- Thyroid Disease
(hypothyroidism, hyperthyroidism, goiter, autoimmune issues)
- Graves Disease / Hypothyroidism
- Hashimoto's Disease
- Lupus & more!

IODINE RICH FOODS

The only foods that are truly rich in iodine are foods from the sea. The highest content coming from sea kelp or seaweed. Other seafood such as cod fish or haddock are also food with iodine. The level of other foods containing iodine vary greatly depending on the region they came from.

IODINE DEFICIENCY TEST

There's a simple home test that you can do to see if you are iodine deficient. We can ship the kit to your home and you can do it at your convenience. Non-invasive by using twice daily urine samples.

WARNING - A small number of people are allergic to iodine. Also, people with kidney disease or tuberculosis should avoid iodine.

TYPES OF IODINE

Iodine tincture (topical use only)

Tincture of iodine (3% elemental iodine in water/ethanol base) is an essential component of any emergency survival kit, used both to disinfect wounds and in an emergency can be used to sanitize surface water for drinking (3 drops per liter, let stand for 30 minutes).

Lugol's iodine, also known as Lugol's solution, first made in 1829, is a solution of elemental iodine and potassium iodide in water, named after the French physician J.G.A. Lugol.

Povidone iodine

trade names: ACU-dyne, Aerodine, Betadine; drug class: iodophor This is a nonirritating disinfectant to be used topically. The iodine is usually mixed vegetable glycerin (unlike iodine tincture which is alcohol based) so it won't burn or sting on wounds.

Iodoral

Iodoral is an iodine supplement in the form of tablets that contains both iodine and iodide for the most biological activity.