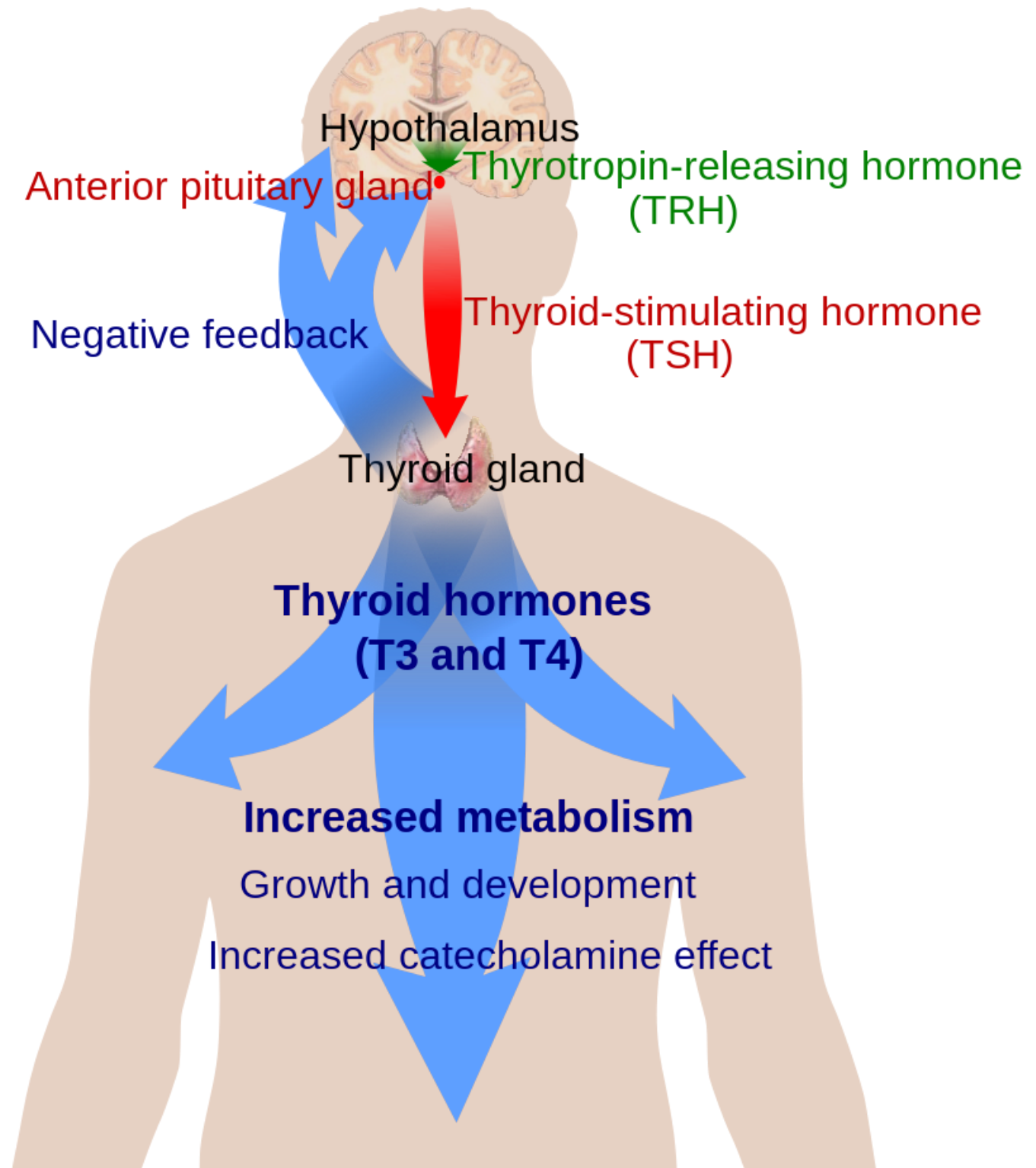


Why I Prescribe Iodine For Breast Pain, Ovarian Cysts, And PMS

I consider iodine one of the most important supplements for women's health (just behind [magnesium](#), vitamin D, and zinc).

I prescribe iodine for breast pain, ovarian cysts, ovulation pain, and PMS, and I prescribe it even when there is no thyroid problem. In fact, I am more cautious when there is a thyroid problem (because iodine can damage the thyroid gland).

Thyroid system



Via: Mikael Häggström

Benefits Beyond Thyroid

Iodine is not just for thyroid. Many tissues need it including brain, immune system, prostate gland, ovaries, uterus, and breasts. More than 70 percent of the body's iodine is concentrated in those tissues — and not in the thyroid gland or thyroid hormone. It's there because it's an important antioxidant, and because it plays a key role in [immune function, detoxification, and mitochondria regulation](#).

Iodine also affects ovulation and estrogen.

Iodine Promotes Ovulation

The [ovaries contain more iodine](#) than any other organ except the thyroid. Researchers don't yet exactly know what it is doing there, but it does seem to promote healthy ovulation.

Iodine reduces ovulation pain, prevents ovarian cysts, and boosts progesterone (because ovulation is how you make progesterone). Read "[Road Map to Progesterone](#)."

Iodine Is Anti-Estrogen

It reduces estrogen in two ways.

- 1. It promotes the healthy [detoxification of estrogen](#).
- 2. It makes cells [less sensitive to estrogen](#).

That's why iodine is one of the most important treatments for [estrogen excess/estrogen dominant](#) symptoms such as breast pain, ovarian cysts, and PMS.



Tip: Iodine alone is not sufficient treatment for PMS. Additional treatments include anti-inflammatory diet (possibly [low-histamine diet](#)), magnesium, and vitamin B6. Read "[The PMS Solution](#)."

Conditions That Benefit From Iodine

- [Fibrocystic breasts, breast cysts, and pain](#)
- [Breast cancer prevention](#)
- Ovarian cysts and pain
- Anovulation (failure to ovulate) and irregular periods including some [types of PCOS](#) [Polycystic Ovary Syndrome]
- Fibroids
- Heavy periods
- PMS

You need some iodine for these conditions, even if you have thyroid disease (Hashimoto's), or even over-active thyroid (hyperthyroidism).