

iodine deficiency and cancer

Posted by [Jonathan Chamberlain](#) on June 16, 2008

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If you have cancer, then you should browse this site. There's a lot of info here – which supports the info and critical discussion in my two cancer books. For more information go to www.fightingcancer.com

"This book tells me everything. Why didn't my doctor tell me this."

IODINE DEFICIENCY & CANCER

Dr. David Derry said, "Lugol's solution is an iodine-in-water solution used by the medical profession for 200 years. One drop (6.5 mg per drop) of Lugol's daily in water, orange juice or milk will gradually eliminate the first phase of the cancer development namely fibrocystic disease of the breast so no new cancers can start. It also will kill abnormal cells floating around in the body at remote sites from the original cancer. Of course this approach appears to work for prostate cancer as prostate cancer is similar to breast cancer in many respects. Indeed, it likely will help with most cancers. Also higher doses of iodine are required for inflammatory breast cancer. As well we know that large doses of intravenous iodine are harmless which makes one wonder what effect this would have on cancer growth."

Because iodine deficiency results in increased iodine trapping by the thyroid, iodine deficient individuals of all ages are more susceptible to radiation-induced thyroid cancer.

Iodine plays a crucial role in the body's elimination system by inducing apoptosis, or what is called programmed cell death, and this is vital because this process is essential to growth and development and for destroying cells that represent a threat to the integrity of the organism, like cancer cells and cells infected with viruses.

Women with goiters (a visible, non-cancerous enlargement of the thyroid gland) owing to iodine deficiency have been found to have a three times greater incidence of breast cancer.

A high intake of iodine is associated with a low incidence breast cancer, and a low intake with a high incidence of breast cancer.

Dr. Donald Miller Jr.

Iodine is a very important primary nutrient in regards to people's health and healing. So essential is iodine for life that those who are deficient in it suffer from a wide variety of afflictions (including cancer) that are difficult to trace back to this trace mineral. Iodine used to be considered much more importantly, so much so that up until 20 years ago, it had been routinely added to bread as a supplement. "Just how likely is an iodine deficiency in cancer? In an in-house study, 60 cancer patients (various types) were given the iodine-loading test and then measured for urinary excretion. All 60 patients were found to be seriously deficient in body stores of iodine and some had great excesses of bromine. The best case excreted only 50 percent of the load and the worst excreted only 20 percent (that means they were retaining a very high 80 percent). Folks, these are some serious numbers. One hundred percent of these cancer sufferers were deficient in iodine! I assure you the problem is population wide," writes Dr. Robert Rowen.

60 million mainland Japanese consume a daily average of 13.8 mg of elemental iodine, and they are one of the healthiest nations based on overall well being and cancer statistics. [iv]

For follow up see:

<http://www.health-science-spirit.com/iodine.html>