

Supplementing Safely with Iodine/Iodide

Our products are designed and labeled to be used under the supervision of health care professionals.

The average daily intake of iodine in Japan has been close to 13 mg. Some islanders have consumed a diet containing as much as 50 -100 mg. of iodine for centuries with no known side effects. Keep in mind that it may have taken centuries for this diet to evolve.

Since the RDA in the US is only 150 mcg., some people have concerns about taking higher levels of iodine/iodide supplementation. Endocrinologist, Guy Abraham, M.D., calls it *MEDICAL IODOPHOBIA*.

Various iodine solutions and iodine tablets for internal use have been used in the US with a good safety record for over 150 years. According to Dr. Abraham, the average, healthy 150 pounds male or female body may hold as much as 1,500mg. of iodine (after supplementing with high doses). Before the age of prescription antibiotic drugs, some infections and COPD were treated with doses that ranged from 900mg. to more than 3,000mg. with very few side effects. (Source: 8/6/2006 presentation by cardiac surgeon and Professor of Surgery of U. of Washington, Donald Miller)

There are some symptoms and concerns for you to be aware of: Supplemental doses of iodine may cause symptoms like runny nose, red eyes, increased salivation, sneezing, sinus headache, and a metal taste in the mouth. Even temporary conditions of heart arrhythmia and hyperthyroid have been reported. Such symptoms are called “iodism” and simply means that the current dose is too high. When such symptoms manifest, discontinue the use of iodine for 2-3 days, then try it at a reduced level. In most cases the above symptoms will disappear. It may be wise to use our iodine products every other day during the first 1-2 weeks of supplementation, in order to prevent an unpleasant detox reaction.

In addition, iodine supplementation can cause halides and toxic metals like mercury, lead and cadmium to be released from the body. During this process you may experience fatigue, muscle aches, fever, diarrhea, brain fog and other symptoms. These symptoms may be minimized by slowing down the detox process, by reducing the dose, by utilizing nutritional support, proper diet, and by increasing pure water intake. **Less than 10% of users report any of the above symptoms.**

Some people express an “allergy” to iodine. Although this may be true, it is not as common as one might expect, since these individuals react to organic iodine in shellfish, seaweeds, etc. They may also react to radioactive contrast material and contrast agents. These substances contain other materials that may exacerbate the reaction.

Comments: Testing the skin with a drop of inorganic iodine may be a very helpful precaution when iodine sensitivity is suspected. Watch for redness or skin irritation. The second step would be to start with a very small dose. e.g. insert one drop in a glass of water or a 16 oz. bottle, mix well, and then take one tablespoon of the solution for three days before increasing the quantity.

Dr. Abraham indicated that thyroid suppression with high iodine supplementation should not be a concern unless one reaches daily levels of 100 mg. or higher. Since iodine may enhance hormone activity, individuals who take thyroid hormones, as well as other forms of hormone replacement, should be evaluated for adjusting their hormonal intake.

Jonathan V. Wright, M.D., who has used saturated solution of potassium iodide for some 30 years with various applications and with great success, seems to agree that it is rare to see thyroid suppression even in ranges up to 150 mg. However, such cases do exist and when patients report persistent fatigue or gradual decrease in energy level, basal metabolism should be evaluated and the dose should be adjusted accordingly.

Some physicians determine iodine deficiency by a simple skin test where a drop of iodine is applied to the skin and allowed to dry. If the color fades and almost disappears within a few hours a deficiency may be present. Dr. Guy Abraham developed a more accurate test called the iodine-loading (urine) test that is described in Dr. Brownstein’s book (see below).

Our iodine products were designed for use under the supervision of health care professionals. If you are experiencing any discomfort, or unusual symptoms that are not alleviated by simply following the above safety tips, please contact the health care consultant that provided you with this product. We value your opinion and your experience with our product(s). If you have something to share, please call, write, or send an e-mail to info@hhpdr.net Thank you for your patronage.

Source material

Iodine, Why You Need It, Why You Can’t Live Without It, by David Brownstein, M.D. (Medical Alternative Press, 2008)

Visit www.drbrownstein.com

Nutrition & Healing, Newsletter by Jonathan V. Wright, M.D., 11/02

Breast Cancer and Iodine, by David Derry, M.D., Ph.D. (Trafford, 2001)

Updated 7/09

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Hollywood Health Products, Inc.

1395 Sunset Strip, Sunrise, FL 33313