

Why Iodine?

RDA for Iodine

Adult Males & Females = 150 mcg/day
Pregnancy = 220 mcg/day
Lactation = 290 mcg/day

>>> These levels were established to prevent goiter only, without concern for other body tissue requirements. <<<

National Health & Nutrition Survey (NHANES) showed that iodine levels in the United States declined 50% while thyroid illness, breast, prostate, endometrial and ovarian cancers increased.

The World Health Organization (WHO) claims that an iodine deficiency is the world's greatest single cause of preventable mental retardation. **72% of the world's population is affected by iodine deficiency.**

Why Are We Deficient in Iodine?

A Multi-Dimensional Issue

- A)** Fear of using iodized salt on medical advice, especially those with hypertension. Keep in mind that even iodized salt is very low in iodine based on recent recommendations of some physicians that specialize in clinical nutrition. (Abraham, Brownstein, Wright, etc.)
- B)** Less than 50% of households in the United States use iodized salt.
- C)** Exposures to chemicals and toxins (goitrogens). Goitrogen is a substance that decreases iodine uptake as well as inhibits iodine from binding where it is needed. They include:
- Chlorine in pools, cleaning products, water supply, steam from dishwasher, sucralose (Splenda).
 - Fluoride in water supply, toothpaste, dental treatments, mouthwash.
 - Bromide in some soft drinks (Mountain Dew & some Gatorades), baked goods (they used to contain iodine but it was replaced with bromide in the 1970's). *
 - Pesticides, fumigant of produce, and some medications.
- D) The American diet** is typically a land based diet, which **is deficient in iodine**. By comparison, **Japanese** and other islanders have a diet rich in sea veggies that is high in iodine (**higher by a factor of 100- 300 X** the RDA for Iodine)

WHY SHOULD WE CONSIDER 10mg.-15mg. of iodine to be a desirable daily maintenance dose for good health insurance?

Studies And Physicians Report That Iodine:

- Is essential for normal growth and development of children
- Deficiency can result in cretinism, mental deficiency, delayed physical and intellectual development and ADHD
- Elevates PH
- Is needed to produce thyroid hormones and support the entire endocrine system
- Prevents goiter, autoimmune thyroid conditions, thyroid and other cancers, hypothyroidism
- Is antibacterial, antiviral and antiparasitic
- Is a mucolytic agent (breaks up mucous)

Conditions That Responded To Treatment With Iodine

Breast Disease	Hemorrhoids	Peyronie's
Dupuytren's Contracture	Headaches and Migraine Headaches	Sebaceous Cysts
Excess Mucous Production	Keloids	Thyroid Disorders
Fatigue	Ovarian Cysts	Cancers (breast, ovarian, thyroid, prostate)
Fibrocystic Breasts	Parotid Duct Stones	

Bibliography: *Iodine, Why You Need It, Why You Can't Live Without It*, by David Brownstein, M.D. (Medical Alternative Press, 2006), *Breast Cancer and Iodine*, by David M. Derry, M.D. (Trafford 2001).

These statements have not been evaluated by the Food and Drug Administration.

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Sunrise, FL 33313