Why Iodine Is So Important To Health

Lack of iodine could lead to pregnancy loss, cretinism (extreme stupidity), goitre, irreversible mental and growth retardation, neurological dysfunction, learning disability, fatigue, brain fog, ADHD hyperactivity disorder, and more thyroid and breast cancers.

By Peter Lim

Iodine promotes sense of overall well being
The iodine controversy in Bonsoy soymilk is a blessing in disguise for the nation and the world. A study was made in the US of over 4000 people in over three years to determine the whole body sufficiency for safe elemental forms of iodine at 12.5 to 50mg per day. Findings confirmed: better sense of overall well being; lifting of brain fog; feeling warmer in cold environments; increased energy; needing less sleep; achieving more in less time; experiencing regular bowel movements; improved skin complexion; some obese people lost weight with decreased body fat and increased muscle mass; increased urinary excretion of goitrogens and toxic elements of fluoride, bromide and toxic metals, mercury, lead, cadmium and aluminum; improved diabetic condition with reduced need for insulin supplement; improved fibrocystic breasts; normalisation of blood pressure without medications; and improved immunity against diseases as iodine is a natural antibiotic with antiviral effects. Side effects are metallic taste and acne in one per cent, resolved by reducing the dosage or just in three weeks.

The truth behind thyroid problems
Thyroid problems are due to many factors including the use of radiation, drugs, viral infection, smoking, etc. But one clear factor is due to lack of iodine in the diet. It causes goitre (a sign of severe iodine deficiency) which can be corrected with intake of at least 150mcg per day. Declining iodine intakes (not high iodine intake) in the US population over the last thirty years, coupled with the use of iodised salt has been related to increased risk of auto immune thyroid disease in the US. Autoimmune thyroid disease is believed to prelude to thyroid cancer, one of the few cancers on the rise since 1997, with an alarming increase of six per cent incidence every year in the US.

The truth behind iodine phobia
1948 article by Wolf and Chailkoff demonstrated use of excess iodine in mice results in low uptake in radioactive iodide by the thyroid. Authors postulated that this would lead to hypothyroidism though they never measured thyroid hormones, neither was hypothyroidism replicated in any other animal studies or seen in clinical experience in man. The same group suggested that intake of 2mg and more would be harmful in man. It supplied such information and linked to popularising the use of radioactive iodide treatment of thyroid problems which is found to damage the thyroid gland, leading to hypothyroidism. By the 1970s, physicians concluded that one must avoid inorganic, non-radioactive iodine just like leprosy, unless it was incorporated into the toxic, organic iodine-containing drugs.

In contrast, the use of elemental iodine in the form of Lugol (natural and inorganic iodine) has been safely used for the last three generations of US physicians, and by the physicians all over the world for the last 150 years since its discovery. Dosage commonly used is from 6.25 to 37.5 mg though usage of up to 180mg has also been used. In a survey of US thyroidologists, some 70 per cent used radioiodide to treat hyperthyroidism instead of the Lugol solution used previously to treat this condition safely and effectively with a success rate as high as 90 per cent, compared to a thyroid destruction rate of 90 per cent with radioiodide. Using unnatural organic iodine has led to much health misery and death!

The truth behind high iodine in diet
The Singapore standard for iodine is only 100mcg dietary allowance for iodine and 300mcg with fortified materials. World Health Organisation (WHO) sets at 150mcg, the minimum amount (not maximum) to prevent goitre in thyroid alone. It does not take into account other organs like thymus, breast, salivary, gastrointestinal, mucosa and immune system which retain 60 to 80 per cent of iodine. If included, the minimum to prevent diseases could be several times more! The US advocates the Upper Limit (UL)/Upper Tolerable Limits as 1,100mcg/day to unlikely result in adverse health effects. The health authorities’ insistence on such low iodine levels could lead to long-term health disasters like cancer. Current standards require high iodine levels be administered only by physicians.

In contrast, 60 million Japanese take a diet of high iodine from 13 to 50mg per day on average for as long as their culture without supervision by doctors. They have lowest cancer rates, thyroid disease and longest lifespan until 1982 when Western diets were popularised. Japanese children and babies are subjected to high iodine intake from birth consuming mother’s milk with high iodine and throughout their childhood to adulthood. The rates of thyroid disease may not be significantly higher than that of the US. If high iodine intake were really a risk factor, their rates would be very much higher than US. WHO is aware that many exceed its limit by 10 to 200 times without adverse health effects! Increased levels of inorganic iodine could help to reduce the intake of thyroxine and insulin and their discontinuance, with many other improved severe health conditions!

For further information, visit our website at www.natures-glory.com re article “The Iodine Controversy In Bonsoy” and www.optimox.com/pics/Iodine/IOD-08/IOD_08.htm. This article works closely on the studies by Dr. Guy E. Abraham, MD, a former Professor of Obstetrics and Gynecology at the UCLA School of Medicine. His pioneering spirit received several outstanding awards. He initiated the Iodine Project to reevaluate the role of iodine in medical practice from 2002 to 2007. His book "The Original Internist, Iodine, The Universal Nutrient", worth $38, is available free to the first 100 people in the health profession.