KALAYA PRODUCTS RESEARCH & DEVELOPMENT CONSORTIUM

THE IODINE PROTOCOL

NO.10

THE "IODINE" PROTOCOL

Condensed from the David Brownstein, MD. book "IODINE"
By: Gerald Hancock (2014)

INTRODUCTION:

Iodine deficiency is a worldwide problem. Diets deficient in iodine can result in many severe medical conditions including severe brain damage occurring in very early life (cretinism), mental impairment, reduced intellectual ability, goitre and infertility. Iodine deficiency predisposes one to an increased risk of breast, prostate, endometrial and ovarian cancer. There is also a decreased childhood survival rate associated with iodine deficiency. Other illnesses that may result include sudden infant death syndrome (SIDS), multiple sclerosis, and other myelin disorders, as well as ADHD.

HISTORY:

Bernard Courtois was the first to discover Iodine in 1811 during the course of making gunpowder. He observed purple vapour and coming from adding too much Sulphuric acid to his compounds of potassium and sodium from the seaweed he was using. He named the new

element iodine from the Greek word ‘Iodes’ which means violet.

The first medical use of iodine was reported by Jean Francols Coinet (1774-1834), who showed that Goitre (the swelling of the thyroid gland) could be successfully treated with iodine. This was the first time that a single item (iodine) was used for a specific illness (goitre). Some cite this discovery as the birth of western medicine.

WHERE IS IODINE FOUND IN THE BODY?

Every cell in the body contains and utilizes iodine. Iodine is concentrated in the glandular systems of the body. The Thyroid gland contains a higher concentration of iodine than any other organ of the body. Without iodine the thyroid gland will become inactive. Iodine is also stored in the salivary glands, cerebrospinal fluid and the brain.

Without adequate iodine levels, life itself would not be possible. It is necessary for the production of all of the hormones of the body, particularly the production of the thyroid hormones.

IODINE IN FOOD

Iodine, unlike many vitamins and minerals, is not present in adequate amounts in most foods. Iodine is found in many ocean foods such as fish (cod, sea bass, haddock and perch) and sea vegetables (seaweed).

Iodine can be added to salt products (i.e., iodized salt). However, iodized salt, although an effective way to prevent goitre for very low cost, it is inadequate to supply the body’s needs for iodine. Multiple vitamins and many farm products may contain iodine. Dairy products, eggs and meat may contain iodine if iodine supplements are properly added to the feed of animals.

IODIZED SALT:

For over eighty years medical schools have taught that there is enough iodine in iodized salt to supply the body’s needs for iodine. However there were no studies to back up this claim and todays research does not support that the iodine in salt is a readily available source of iodine for the body. It has been suggested that iodized salt is only 10% bioavailable.

Refined salt is a lifeless, devitalized product that has had all the minerals removed and has also been exposed to toxic chemicals that gives it its white colour. The ingestion of refined salt leads to many health problems and needs to be avoided.

Unrefined salt should be the salt-of-choice. *(For more information on the health benefits of unrefined salt see Kalaya protocol on salt.)*

WHY ARE PEOPLE DEFICIENT IN IODINE?

Due to poor farming techniques, deficiencies of iodine and many other minerals in the soil crops have become iodine deficient. The stigma of any salt causing high blood pressure has convinced too many individuals not to use salt in their foods. Low-salt diets can naturally lead to an iodine-deficient state.

One of the most significant changes in the iodine status has occurred in the food industry. Once iodine was added as a dough conditioner by the commercial baking industry. Today the

baking industry has replaced iodine with Bromide. Bromide is a “halide’ (as is iodine, fluoride, and chloride). All halides compete with one another for absorption and receptor binding in the body. Bromide interferes with iodine utilization in the Thyroid as well as wherever else iodine would normally concentrate in the (glands) body.

Bromide is a toxic substance that has no therapeutic use in our bodies. Any level of bromide could possibly cause health problems. Bromide can bind to the receptors in the breast and is a known carcinogen to the breast. On the other hand iodine has anti-carcoinogenic properties and is necessary for breast health. Ingesting iodine causes the body to excrete larger amounts of bromide.

TESTING FOR IODINE LEVELS

Testing for iodine levels is measured by the amount of iodine in the urine. However this is not a reliable method. The iodine-loading test is based on the concept that the more iodine that is retained by the body results in less iodine excreted in the urine. As iodine binds to the ‘iodine receptors’ throughout the body it is logical to assume that a body that is lacking sufficient iodine will retain more iodine that a body that is iodine saturated.

Therefore the test is performed after taking 50 mg of iodine/iodide combination and the urine is collected for 24 hours. In an iodine sufficient state approximately 90% of the 50 mg iodine/ iodide mixture will be excreted. Levels below 90% excretion would indicate an iodine-deficient state. Extensive testing has consistently indicated that 96% of patients that had thyroid abnormalities including Hypothyroidism, Hashimoto’s, or Graves’ disease had an iodine deficiency.

IODIDE & IODINE:

Iodine is not very soluble in water. In order to dissolve iodine in a solution that uses water, iodine must be reduced to iodide. To do this iodine has to gain an extra electron, which will allow it to form a salt with certain elements like potassium or sodium. When the molecule of iodine has a full complement of electrons it is referred to as iodide.

It was thought that the intestinal tract could easily convert iodine to iodide, but research has shown that this is not true. Different tissues of the body respond to different forms of iodine. The thyroid gland primarily utilizes iodide. The breasts use iodine; tests have shown that iodine deficiency can alter the structure and function of breast tissue. Iodine deficiency can cause dysplasia and atypia that is a forerunner to breast cancer. Tests have shown that iodide is ineffective at reversing the pre-cancerous lesions of breast tissue. Only iodine will decrease the lipoperoxidation (a chemical reaction that can cause damage to the cell membrane and mitochondria) of breast tissue.

Because different tissues concentrate different forms of iodine, using a supplement that contains both iodine and iodide is preferable. The breasts concentrate iodine. The Prostate concentrates iodine. The Thyroid concentrates Iodide. Other tissues, including the kidneys, spleen, liver, blood, salivary glands, and intestines can concentrate either form.

Therefore it would make common sense that a greater therapeutic benefit from iodine would be achieved by using a combination of iodine and iodide. Clinical experience has proven beyond doubt that a combination of iodine/iodide (Lugol’s or Iodoral) is much more effective that an iodide only supplement (e.g., SSKI and most other liquid iodide formulations).

Iodine has many anticancer properties.
Iodine has been shown to be a potent antioxidant even more effective that Vitamin E, and Vitamin C.
Iodine, like Vitamin C, can function as both an antioxidant and an oxidant in the body. This dual effect makes it a strong anticancer agent.
Iodine deficiency causes estrogen production to increase. Estrogen is a class of steroid hormone and iodine can help to maintain the correct balance of the three types of estrogen (estrone (E1), estradiol (E2), and eastriol (E3).
Iodine deficiency also leads to an increased sensitivity of breast tissue to estrogen.

SPECIAL NOTE ABOUT STORAGE:

It is best to keep the iodine filled bottle sealed with a conventional chemical resistant lid rather than a rubber and glass dropper lid. Iodine is a very strong chemical and it can "crawl" up a glass dropper and start to dissolve the rubber bulb. It is a good idea to make sure that there is no Lugol's Iodine standing in the glass dropper in contact with the rubber lid seal. So always keep the bottle standing upright to prevent the dissolution happening. (It will make a mess when the iodine leaks out.) If it has happened throw away the now contaminated rubber and iodine solution.

DAILY INTAKE:

The required daily intake of iodine necessary for maintaining iodine sufficiency for the whole body is at least 13 mg per day. The Thyroid gland holds a total of approximately 5 mg of iodine. The breasts need 6 mg per day, which leaves 2 mg a day for the rest of the body.

It is necessary to get your iodine levels elevated and to do this supplementation with the correct amount is necessary. The recommended daily allowance (RDA) of 150ug/day is totally inadequate.

DETOXIFYING WITH IODINE:

The Halide family of elements consists of Iodide, Chloride, Astatine, Fluoride and Bromide. The toxic halogens are Bromide and Fluoride and both can cause harm to the body. Both should be avoided.

BROMINE was discovered in 1826. Bromide (the reduced form of Bromine) is rapidly absorbed in the intestinal tract, because it is so similar to iodine. These two, Iodine and Bromide, being so similar compete with each other for binding to the receptors in the body, especially in the thyroid gland. Bromine can worsen an iodine deficient problem and is very difficult and slow to be removed from the body.

Bromide is widely used in some over the counter medicines, agriculture sprays, in pools and hot tubs as an antibacterial, some carbonated soft drinks (including Gatorade at one point), it is found in brominated vegetable oils and has been used in bread since the early 1960s when it replaced iodine as anti-caking agent. Bromide replaced iodine in bread completely by the 1980s. This was a tremendous mistake.

It is lunacy to use bromide in any form (either bromine or bromide) as a medicine or a food supplement. The replacement of iodine with bromine not only increased the incidents of iodine deficiency it increased the levels of bromide in the population. Bromine is a toxic element and has no place for ingestion by man.

To lower bromine levels we must stop ingesting bromine-containing foods and medicines. That means eating organic foods grown without pesticides and limiting bakery products that contain bromine. Taking iodine can help to completely inhibit the binding of bromine. Iodine supplements allow the body to detoxify itself from bromine, while retaining the iodine.

FLUORIDE has been added to our drinking water as a preventative measure against dental cavities. There is much scientific evidence that fluoride added to the water is ineffective in preventing cavities. Many countries have recognized the fallacy of adding fluoride to the water and have stopped the harmful practice. Fluoride is possibly more harmful than bromide. It is a serious toxic agent.

CHLORIDE & PERCHLORATE. Large amounts Chloride is found in the body — approx. 100 g. It is an important element in the extracellular fluid. Chlorine (the oxidized form of chloride) is added to many products including drinking water, swimming pools and hot tube as a disinfectant it is also added to toothpaste as a whitener. A byproduct of chlorine is dioxin, which is one of the most toxic carcinogens known to mankind, and does not breakdown in the environment readily.

THE SELENIUM/IODINE CONNECTION:

Selenium is a trace element that is essential for health. Small (microgram) amounts of selenium are necessary for maintaining optimum levels. It cannot be manufactured in our bodies; therefore it must be found in our diets or supplemented. **Adequate selenium levels are necessary for regulating thyroid function and iodine metabolism.**

Selenium is found in the soil and taken up by (edible) plants, it is also found in meat and seafood. Nuts can also contain selenium with Brazil nuts containing the largest amount. Selenium is required to maximize the activity of the antioxidant enzyme glutathione peroxide, which is necessary to help detoxify the more toxic agents, such as pesticides, mercury, chlorine and bromide.

Selenium has a narrow margin of safety, so too much selenium can cause adverse effects. Symptoms of “Selenosis” (too much selenium in the blood) can include: hair loss, fatigue, irritability, garlic breath odour, and mild nerve damage.

DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of Kalaya Magnesium Oil with Borax.

www.kalayaproducts.com.au Ph. (07) 32767347