

An Essential Element?

review by David Goldstein, MD

Iodine: Why You Need It, Why You Can't Live Without It

by David Brownstein, MD

Medical Alternatives Press, 4173 Fieldbrook Rd., West Bloomfield, Michigan 48323 USA; 888-647-5616 or

www.drbrownstein.com

ISBN: 0-9660882-3-9, 136pp. \$15.00

Iodine: Why You Need It, Why You Can't Live Without It is a must-read for both patients and all health care practitioners. Dr. David Brownstein has written another timely and interesting book in his series on natural therapies. Dr. Brownstein describes the use of therapeutic doses of iodine to treat many different disorders such as: thyroid problems (including Graves' and Hashimoto's Disease), autoimmune disorders, cancer (breast, uterine, ovarian and prostate), fatigue, fibromyalgia, chronic fatigue syndrome, and cystic breasts. Many more uses of iodine are covered in this book. Dr. Brownstein gives numerous citations and uses case studies to illustrate his points.

Chapter 1 describes the history of iodine and the breadth of iodine deficiency. Approximately 1/3 of the world's population lives in an iodine deficient area. Dr. Brownstein makes the case that iodine, being a relatively rare element, is often deficient in the diet. Studies dating back almost 90 years pointed to iodine deficiency occurring in a large proportion of the United States, including the Great Lakes Basin.

In Chapter 2, he makes a compelling case that the iodination of salt has not been adequate to supply the body's need for iodine. Through laboratory testing, Dr. Brownstein has demonstrated iodine deficiency occurring in a substantial number (over 90%) of his patients.

Chapter 3 reviews the different forms of iodine found in the body – iodine and its reduced form, iodide. This Chapter shows you which tissues concentrate which form of iodine. The breasts primarily concentrate iodine while the thyroid concentrates iodide. Dr. Brownstein carefully explains why

the body is unable to convert between iodine and iodide. Therefore, he feels it is best to use a combination of iodine and iodide when correcting an iodine deficiency.

I found the most interesting information in the book presented in Chapter 4. Illnesses from breast cancer to fibrocystic breast disease is covered in this chapter. Dr. Brownstein presents a compelling case that the epidemic of breast cancer that is present (1/7 women) is, in part, due to iodine deficiency. Dr. Brownstein gives a lengthy (and necessary) discussion on why it is crucial to maintain adequate iodine levels to protect the breasts from cancer and pre-cancerous lesions such as fibrocystic illness. This Chapter should be a must-read for all women.

Chapter 5 reviews the problems of the other halogens, fluoride and bromide that are present in our environment. Bromide is found in many medications (e.g., Atrovent) and in bakery products. The exposure to so much bromide has made us bromide toxic and has exacerbated an iodine deficiency problem. Dr. Brownstein describes the fallacy of adding fluoride to the water supply and how this has further worsened the iodine-deficient state. Dr. Brownstein presents a very interesting study of 12 patients who were found to be deficient in iodine and toxic with fluoride and bromide.

Thyroid disorders and iodine deficiency are reviewed in Chapter 6. Dr. Brownstein shows why iodine needs to be evaluated in all patients with a thyroid disorder. He focuses on three major illnesses of the thyroid: hypothyroidism, Graves' and Hashimoto's disease. Not a lot of information has been written about iodine deficiency in relation to Graves' and Hashimoto's disease. Dr. Brownstein first presents his own studies that show that Graves' and Hashimoto's patients are iodine deficient. Next he gives compelling case studies showing these autoimmune patients improving with iodine replacement. The case histories are a must read. This information needs to be read by all who treat or suffer with thyroid problems.

Dr. Brownstein reviews all the information in the final chapter. He gives easy to follow advice on how to test and how to take the correct form of iodine.

This book has provided me with a huge amount of new information. I believe this book needs to be read by all who seek a safe and natural way to improve their health. In addition, healthcare practitioners will find easy to follow advice on how to test for iodine deficiency in their patients and why iodine deficiency can be a precursor to many common conditions such as cancer, thyroid disorders and autoimmune illnesses. This book is a must read.

The Moss Reports

A new era in cancer information

Ralph W. Moss, Ph.D. writes detailed reports for patients about the most promising treatment options for every type of cancer.

FOR MORE INFORMATION, CALL

800-980-1234

and visit www.cancerdecisions.com

Copyright of Townsend Letter for Doctors & Patients is the property of Townsend Letter Group and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.