

## The Amazing Mineral Supplement Iodine. How Much Is Enough?

By Ed Kane

Iodine (I) is essential, we must have I, just as we need zinc or magnesium or any essential mineral, we also need I. The common iodine deficiency disorders include goiter, hypothyroidism, mental retardation, reproductive impairment, and decreased child survival; however that short group is only the beginning of health problems with a lack of iodine.

Nobel Laureate Albert Szent Györgyi, the physician who discovered Vitamin C in 1928, commented: “When I was a medical student, iodine in the form of KI (potassium iodide) was the universal medicine. Nobody knew what it did, but it did something and did something good. We students used to sum up the situation in this little rhyme:

*If ye don't know where, what, and why  
prescribe ye then K and I.*

David Derry MD PhD, “Fibrocystic disease of the breast consists of small or large, sometimes painful lumps in women’s breasts. It varies in the way it shows—not only in different women, but also because it changes from month to month in the same women. Medical doctors generally believe that fibrocystic disease results from the excess number of cells that grow in the breast during the menstrual cycle from the hormonal stimulation.

“Since the number of cells increases in the breast during the cycle, some of the cells have to be removed to restore the normal state each month. Iodine is the trigger mechanism that causes excess cells to disappear to complete this normal process of cell death. Without enough iodine, the extra cells that develop during the menstrual cycle due to the hormonal stimulation do not resolve back to the normal breast architecture. These leftover cells build up over repeated cycles and cause the lumps, soreness, and larger lesions of fibrocystic disease.



“However, while about 90 percent of North American women have fibrocystic disease, about 40 percent of these women experience no symptoms. Their breasts may be normal to examination, but the disease may be only microscopically detectable with a biopsy. Enough iodine enables the excess cells to be cleared out, and the breast can return to its normal resting state as the fibrocystic disease slowly disappears from the breast.

“Iodine remains the perfect antiseptic with the least side effects of all time. As a perfect antiseptic killing all single-celled organisms, there has to be a common mechanism of a single element like iodine. This is part of a general thesis that iodine and thyroid hormone act as a team to provide a constant surveillance against abnormal cell development.

“Iodine appears to have several more roles in the body. Iodine protects against abnormal growth of bacteria in the stomach (*helicobacter pylori* is the most clinically significant). Iodine can coat incoming allergic proteins to make them non-allergic, which likely also applies to the internal equivalent called autoimmune disease. Iodine binds softly to the double and triple bonds of lipids to protect these bonds while they are being transported to synaptic sites in the brain and blood vessels of the body. As well iodine in the stomach deactivates all biological and most chemical poisons.

“I propose that...iodine and thyroid hormones act as a team to provide a constant surveillance against abnormal cell development, including chemicals that are carcinogenic, and the spread of cancer cells within the body,” says Dr. Derry, who, in addition to holding an M.D., has a PhD in neurochemistry and is a former University of Toronto Medical Research Council Scholar. “Cancer grows so slowly when using iodine and thyroid hormone therapy that the cancer will not affect the lives of the patients who have it. The treatment is non-invasive, inexpensive and safe.

“Dr. Derry also credits iodine with several other roles in the body: It protects against abnormal growth of bacteria in the stomach. It detoxifies chemicals, food poisoning, snake venom, etc. It coats incoming allergic proteins to make them non-allergic, and probably defuses autoimmune disease mechanisms in the same way.

“How much iodine is enough? It has been shown that daily doses of iodine above two to three milligrams per day (about half a drop of Lugols from a standard eyedropper) saturate the thyroid within a couple of weeks. At this point, the thyroid gland stops taking up iodine. This means that at a dietary intake above two to three milligrams, all of the iodine goes to all its other functions in the body, such as killing off abnormal cells.

BodyBio Liquid Iodine could be the absolute best Iodine source because of the way we propose you to take it -- by taste testing -- using your own taste buds to see if you even need it to begin with. We suggest the same for all the essential trace minerals, which we desperately need.

Dr Derry suggests about a 1/2 drop of Lugols solution. That’s equivalent to ~36 drops of BodyBio Iodine which also equals ~2.4 mgs of Iodine. Why invent the wheel, follow the expert advice as suggested in Dr. Derry’s book available on Amazon “Breast Cancer and Iodine: How to Prevent and How to Survive Breast Cancer <[http://www.amazon.com/Breast-Cancer-Iodine-Prevent-Survive/dp/1552128849/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1309467775&sr=1-1](http://www.amazon.com/Breast-Cancer-Iodine-Prevent-Survive/dp/1552128849/ref=sr_1_1?s=books&ie=UTF8&qid=1309467775&sr=1-1)> ”.

Any good Iodine supplement such as Lugols® or Iodoral® or BodyBio # 9 Iodine, will suffice to build up your body’s Iodine reserves. BodyBio alone allows you to recognize when you have filled up your Iodine bucket, when you have enough Iodine personally in your system.

Follow the same guide for self checking your need as for all the essential minerals. <http://www.bodybio.com/BodyBio/docs/BodyBioBulletin-LiquidMinerals.pdf>. If your Iodine response is low (tastes like plain water), which is where most will be, take 36 drops per day and add that into your daily mineral drink. Please check your taste response often, at least weekly, to avoid taking Iodine or any mineral that you may not need. Do not be discouraged if it takes a long time for your taste to change, it took me 1-1/2 years before I filled up my Iodine bucket. This is too important to put off. Call BodyBio at 888.320.8338 and order the New BodyBio Iodine Test Kit – do it today.



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