

# The orange antiseptic that could be the best breast cancer prevention tool yet

by Kathryn Mays Wright

If you don't remember the bright orange stains, I'm sure you remember the sting. Before Bactine and Neosporin, iodine was the go-to antiseptic of mothers everywhere. But researchers are starting to uncover benefits that go way beyond infection fighting. Some of the recent findings show that iodine is also important for thyroid regulation, immune function, detoxification, and more.

Most noteworthy of all is its role in cancer prevention—specifically breast cancer. In fact, Jerry Stine, director of the Lifespan Institute for Anti-aging and Functional Nutrition, said, "Treating iodine deficiency may be the most effective breast cancer prevention technique yet seen."

According to Stine, all of these benefits can be found in an iodine supplement called Iodoral, which he claims is the most bioavailable iodine supplement on the market. But taking the amount that's just right for you can be tricky, since different people need different amounts. (The average intake in the U.S. ranges from 65 mcg to 650 mcg.) That's why Lifespan developed an entire personalized program around it—from testing to supplementing to follow-up consultations.

## The domino effect ends with you

The recommended daily allowance (RDA) in the United States for iodine is 150 mcg (.15 mg). Ideally, you would get all the iodine you need in your diet through seafood, plants, and

meat products. Just a 6-ounce portion of fish from the ocean can have as much as 500 mcg—more than triple the RDA. But in the U.S., fish from the sea is a rarity. The vegetation doesn't offer a good alternative either, since many soils have become low in iodine. If the soil is low in iodine, the crops will be low in iodine, and the meat and milk from the grazing cows will be low as well. This "circle of life" translates to less iodine in your diet.

To compound the problem, manufacturers remove iodine from baked goods and replace it with bromine, a substance that keeps your body from utilizing iodine effectively. High-fat diets, which are becoming more and more the norm, will also slow iodine intake.

Decades ago, steps were taken on a global scale to offset staggering rates of iodine deficiency by making iodine mandatory in table salt. But these well-meaning efforts have only made the problem worse. You see, only 10 percent of the iodine in iodized salt is bioavailable.<sup>1</sup> This amount is enough to affect the most obvious sign of iodine deficiency disorder (IDD), a condition known as goiter. (Goiter is an enlargement of the thyroid gland, which causes the front of the neck to swell.) It only takes 50 to 75 mcg of iodine to prevent goiter, but it still doesn't give you as much as your body needs for good overall health (at least 150 mcg daily).

With goiter conquered, many people have mistakenly assumed

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## And another thing...

...Excess abdominal fat raises your risk of all kinds of health problems, from Type II diabetes to heart attacks. But how much "excess baggage" is too much? A study that assessed several types of body measurement methods found that waist-to-hip ratio was the most accurate predictor of heart attack risk: The larger the abdominal measurement in relation to hip measurement, the higher the risk.

...A couple of cups of tea each day may provide more than just a comforting moment or two—it could keep you from getting ovarian cancer. A new study that examined 15 years of tea consumption by more than 60,000 women found that women who drank at least two cups of tea every day had a significantly reduced risk of developing ovarian cancer compared to women who didn't drink tea. The risk was lowered even further in women who drank more than two cups each day.

...Recreation, by definition, is stimulating and refreshing. So we shouldn't be surprised by the results of a study that compared the effects of recreational exercise and rehabilitative exercise on more than 680 patients with lower back pain. Researchers found that recreational exercise resulted in less back pain, disability, and psychological distress compared to specific exercises designed to ease back pain.

...Treating asthma with

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## breast cancer prevention

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that the epidemic has been solved. But they're wrong.

IDD can lead to a number of other health problems, such as a lower IQ, autoimmune thyroid disorders, certain types of cancer, decreased energy, and depression.<sup>2</sup>

To put the problem in perspective, 38 percent of the people in the world live in iodine-deficient areas. That's about 2.2 billion people!<sup>3</sup> Even in the United States there has been a 50 percent decline in urinary iodine levels over the past 35 years.<sup>4</sup> As these levels have taken a nosedive, autoimmune thyroid disorders and breast, prostate, thyroid, endometrial, and ovarian cancers have skyrocketed.<sup>5</sup>

In speaking with Stine, I learned that one issue in particular has taken center stage—the relationship between low iodine levels and high rates of breast cancer and predisposing conditions that allow cancer to develop.

According to a study presented at the 96th Annual Meeting of the American Cancer Society Research in April 2005, iodine deficiency is strongly associated with the development of breast disease.<sup>6</sup> Another study presented at this meeting showed that iodine deficiency results in fibrocystic changes or abnormally developed cells in the mammary glands.<sup>7</sup>

Researchers have estimated that for women, the amount of iodine required for protection against breast cancer and fibrocystic breast disease is at least 20 to 40 times the amount required for control of goiter. And that amount increases after menopause.<sup>8</sup> (Stine did admit that these studies are small and that larger studies still

need to be conducted.)

But perhaps an even better example of iodine's benefits is demonstrated by the health and longevity of the Japanese. They have a much lower rate of fibrocystic breast disease than Americans do, which is possibly due to their high iodine intake, says HSI's medical adviser, Dr. Martin Milner. Because of the high amount of seafood and sea vegetables (seaweed) in the Japanese diet, they have a daily intake of 10,000 to 15,000 mcg of iodine (10 to 15 mg).

To avoid all of these problems associated with IDD, the best option is to supplement with iodine. Iodoral is based on a well-known, well-respected iodine product called Lugol's Solution, developed by the French physician Jean Lugol in 1880. Since then, numerous studies and literally decades of clinical experience of thousands of doctors have demonstrated that this particular formula is the most effective iodine formula with the least side effects.

But still, like so many first generation products, Lugol's Solution does have its share of shortcomings: It tastes horrid, it stains, and it can be irritating to your stomach and GI tract. That's why in 2003, Guy Abraham, M.D. Ph.D., created an updated version of Lugol's Solution—one that has all the well-documented benefits and none of the unpleasant side effects.

By putting the liquid solution into tablet form and coating it with a pharmaceutical glaze, he was able to eliminate the bad taste and prevent possible staining. He also added an excipient to prevent the gastric irritation. (Excipients are parts of the product that aren't active, such as binders, coloring,

and preservatives.)

## The benefits continue to add up

Abraham's work with Iodoral suggests that iodine sufficiency is associated with a variety of health benefits, including improvements in immune and hormonal function. It also improves urine pH. Most Americans don't have a proper acid/alkaline balance. But, according to Stine, recent experiments showed that "The pH was shifted one full point from acid to a healthier midrange value."

Iodine also seems to play a role in stress, hyperactivity, and moods. Sam, a client of Stine's, is a perfect example of this. Sam was in his early 50s when he decided to try Iodoral. He had been plagued by mild depression his whole life, but after he began taking Iodoral the inexplicable low-grade depression went away.

Another man, Jeffrey, also in his early 50s, was prone to catching colds and flu on his regular cross-country flights. But since he's begun taking Iodoral, he hasn't gotten sick once.

A sign that Iodoral affects hormone regulation is demonstrated in the following two women—one in her late 40s and the other in her early 50s. Both women had an unusually quick onset of menopause because of other health challenges. But once they started taking Iodoral, their normal cycle returned for a few months. As Stine told me, "The point here is that iodine supplements have a very substantial impact on hormone regulation and that suboptimal levels of iodine can be a contributing factor in many hormone related problems."

These two women also experienced less pain from fibrocystic breasts. In addition, one of the

women had a chronic sinus infection that had been unresponsive to antibiotics. But with Iodoral, she finally experienced improvement.

### Taking the guesswork out of supplementation

Until recently, you could only get Iodoral from your doctor. But now you can also get it through Lifespan. And when you get it from Lifespan, you have the added benefit of professional testing and personalized treatment.

Lifespan sets the bar for personalized health treatment plans. Last September, we told you about their Adrenal Support Program, which included a test of your adrenal glands and a treatment plan based solely on your results. Lifespan approaches iodine deficiency the same way.

First, they test the iodine level in your urine. Then they recommend a treatment plan based on your individual results. This test, although often bypassed, is extremely vital: Not taking enough iodine could still leave you vulnerable to diseases caused by deficiency. Taking too much iodine could lead to other types of problems, such as hyperthyroidism, Graves' disease, and Hashimoto's thyroiditis.

Enter Lifespan's personalized testing. It's called an iodine loading test. Basically, you start by "loading up" on iodine (four tablets totaling 50 mg). Then you collect your urine over the next 24 hours and send a portion of it to the lab. There, they'll test the amount of iodine present in the urine.

If your body needs a lot of iodine, it will hold on to it, resulting in a lower iodine level in the urine. If your body has enough iodine, it will get rid of

the excess, resulting in more iodine in the urine.

Your goal should be to excrete 90 percent of the 50-mg dose of iodine. Anything less than that means your body held onto what it needed. The difference between what you excreted and the optimal 90 percent is called the saturation percentage. That's the number you'll receive from the lab. And it's the number that will indicate how much iodine you need to take.

Stine told me that "In the tests we have done so far, only people that have been on iodine supplements have a saturation level of 90 percent. Most people only reach 24 to 40 percent."

If your saturation is below 50 percent, you should take two tablets twice a day. If it's higher, you may only need one tablet twice a day. Whatever your optimal dosage is, you should begin taking it gradually. Iodine helps the body get rid of bromine, chlorine, and even mercury. It's best to do this gradually so as to reduce any symptoms of detoxification.

You should get retested every three to six months until your saturation values are at the 90 percent level. When you retest, be sure to stop taking Iodoral two days before the test so that the supplemental dose doesn't add to the loading dose and throw off the results. Once you reach your optimal level, you only need to take a maintenance dose of one or two Iodoral tablets a day.

Not everyone agrees with this approach. Dr. Milner says, "I think it is a risky posture to suggest loading or maintenance doses of 50 mg. A safer, more reasonable approach is to consider replacement doses

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### And another thing...

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inhaled corticosteroid drugs can help you breathe easier, but it can also trigger side effects such as bone loss, cataracts, and even immune-system suppression. But vitamin C may help alleviate all of those problems. Researchers gave 90 subjects with asthma 1 gram of vitamin C per day for 16 weeks. The results showed that with the vitamin C supplementation, the need for inhaled medication was reduced. That, in turn, reduced the risk of side effects. Researchers believe that vitamin C prompts the body's natural production of corticosteroid hormones.

And, in case you didn't see it in the *e-Alert*...

...Researchers have found yet another benefit of vitamin D: It prevents gingivitis, an inflammation of the gums that is a precursor of periodontitis. In a recent trial, researchers examined dental records and the vitamin D levels of 6,700 subjects and found that those with the highest D levels were 20 percent less likely to have gingival inflammation compared to subjects with the lowest levels.

...You may be putting yourself at greater risk of developing pneumonia if you take antacid drugs to relieve heartburn. In a 2004 study, Dutch researchers evaluated data collected from the medical records of more than 360,000 patients. The researchers concluded that people who used drugs to sup-

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## And another thing...

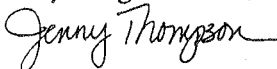
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press gastric acid were four times more likely to develop pneumonia than patients who didn't use the drugs.

...Want to lose weight? Make sure you're getting enough calcium. In a recent study, researchers randomly assigned 19 female subjects to follow either a low-calcium diet or a high-calcium diet for one year. Results showed that the high calcium diet increased the breakdown of fat in the entire body. Good dietary sources of calcium include salmon, cabbage, kale, and yellow, green, and waxed beans.

...The risk of high blood pressure increases significantly after menopause, especially for women who undergo a hysterectomy. Researchers believe the uterus produces chemicals that help control blood pressure. Needless to say, blood pressure and other cardiovascular risk factors should be monitored on a regular basis after menopause.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

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somewhat higher than the RDA of 150 mcg and as high as the Japanese daily intake of 12 to 18 mg of iodine. I start my patients with one drop of Lugol's Solution (6.25 mg of iodine) for the first week and increase it to two drops the second week (12.5 mg). Saturating your tissues with 90 percent iodine has no long-term safety studies that I am aware of."

If you have excess amounts of fluorine, chlorine, or bromine in your tissues from fluoridated water, dental treatments, swimming pools, or hot tubs, Dr. Milner warns that taking iodine in high amounts can cause you to develop significant detoxification reactions.

Although this procedure is quite common, it's still a good idea to consult your health care professional, especially if you have any preexisting disorders or are

currently taking any medications. If you have iodine sensitivity, you should not use Iodoral. And if you suffer from thyroiditis, Hashimotos, or hyperthyroid, or if you are pregnant, consult your physician before you take Iodoral.

Also if you experience any the following, you should stop taking Iodoral: acne-type skin lesions, sinus headaches, an unpleasant metallic or brassy taste, or increased salivation and sneezing. However, based on the experience of clinicians with thousands of patients on Iodoral, the incidence of the above side effects was only about one percent.<sup>10</sup> But you should also be aware that if you supplement without doing the test you are at a greater risk for side effects since you're not being monitored to determine the optimal iodine level. **HSI**

Citations available upon request and on HSI website

## MEMBER SOURCE DIRECTORY

**Iodoral.** Lifespan Institute. (866)856-5445; fax (415)883-9036, or on the web at [lifespanproducts.com](http://lifespanproducts.com). A bottle of 90 tablets costs US\$26.00 plus \$6.50 shipping.

**Iodine Loading Test 1.** Lifespan Institute. (See above). US\$100. The easy-to-use test kit includes everything you need to do the test: The test dose of Iodine tablets, the container for 24-hour urine collection, small vials to send in samples to the lab, and prepaid FedEx shipping.

**One hour consultation.** Lifespan Institute. (See above). US\$100. (This price reflects a \$20 discount for HSI members.)

**Special Iodine Testing Discounted Package for HSI members**  
Lifespan Institute. (See above). US\$175. This includes both the Iodine Loading Test and the one-hour comprehensive consultation.

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