

## Radiation, Cancer and Iodine

# Radiation Protection - Iodine

<p><b>Rebound Health</b></p> <p>Fix Your Body and be "Healthy as Possible"</p> <p><a href="http://Reboundhealth.com">Reboundhealth.com</a></p> <p><a href="#">Rebound Diet Guide</a></p> <p>Without Prejudice. All rights reserved.</p>	<p><b>Nuclear Power Plants Operating As Of March 1, 2011</b></p> <p>104 - USA [all 33+ years old] 58 - France</p>  <p>55 - Japan 32 - Russia 21 - S. Korea 20 - India 19 - UK 18 - Canada 17 - Germany 15 - Ukraine 13 - China 10 - Sweden 8 - Spain 7 - Belgium 6 - Czech Republic 5 - Switzerland 4 - Finland 4 - Hungary 4 - Slovakia ----- truncated at 19 countries. 443 - World Total - 29 countries.</p> <p>Source <a href="http://World-Nuclear.org">World-Nuclear.org</a></p>
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### Types of Radiation:

There are many types. Nuclear power plants emit neutron radiation. This is one of the most powerful and dangerous.

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### Treatment of Exposure with Iodine:

In high dose the skin must be washed and many things done, see a doctor, treatment includes potassium-iodide. Oral Iodine: [Merck Manual - Radiation Exposure](#).

#### **Serious, urgent exposure:**

Adults: 130 mg potassium-iodide

age 3 to 18 yr 65 mg potassium-iodide  
3-36 months 32 mg potassium-iodide  
< 1 month 16 mg potassium-iodide

People who live within 16 km of a reactor should have access to potassium-iodide at all times.

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Consumer Safety Law permits up to 0.150 mg iodine per tablet/capsule

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## Lugol's iodine:

Dr. Lugol (1786-1851) worked on tuberculosis and found that the body needed two types of iodine. The thyroid uses up to 6-7 mg per day of **potassium-iodide** while other tissues use slightly less of the **iodine-crystal**. These are referred to as iodide and iodine, respectively. His mixture of 6.5 mg iodide and 6.0 mg of iodine became famously known as Lugol's solution in treating thyroid disorders. Lugol's solution contains no alcohol and is not to be confused with "tincture of iodine".

[Lugol's solution still used Feb 18, 2011 in Japan.](#)

Fix Your Body capsules reflect Dr. Lugol's formula.

Potassium Iodide (USP) ..... 6.5 mg [thyroid]

Iodine Crystal (High Purity) ..... 6.0 mg [body]

Brown Rice Powder (filler) ..... 287.5 mg

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## Two kinds of iodine?

Potassium-iodide protects the thyroid; iodine-crystal protects the body.

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## Risk Factors for Iodine Deficiency:

Following is a list of potential risk factors that may lead to iodine deficiency.

1. [Selenium deficiency](#)
  2. [Pregnancy](#)
  3. [Exposure to radiation](#)
  4. Increased intake/plasma levels of [goitrogens](#), such as calcium
  5. Gender (higher occurrence in women)
  6. [Smoking tobacco](#)
  7. [Alcohol](#) (reduced prevalence in users)
  8. [Oral contraceptives](#) (reduced prevalence in users)
  9. [Perchlorates](#)
  10. [Thiocyanates](#)
  11. Age [36.5% of school age children are deficient, regional stats.](#)
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## Iodine Deficiency:

"According to WHO, in 2007, nearly 2 billion individuals had insufficient iodine intake, a third

being of school age. ... Thus iodine deficiency, as the single greatest preventable cause of mental retardation, is an important public-health problem."

Seafood is also a well known source of iodine. Thus, iodine deficiency is more common in mountainous regions of the world where food is grown in soil poor in iodine.

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## Iodine in our body:

15–20 mg of iodine is concentrated in thyroid tissue and hormones, but 70% of the body's iodine is distributed in other tissues, including mammary glands, eyes, gastric mucosa, the cervix, and salivary glands.

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## Iodine Deficiency and Cancer:

**Breast Cancer** - The primary risk factors for breast cancer are sex, age, lack of childbearing or breastfeeding, higher hormone levels, race, economic status and dietary iodine deficiency. PMID [14965610](#)

**Stomach Cancer** - Some researchers showed a correlation between [Iodine](#) deficiency or excess, iodine-deficient goitre and gastric cancer. PMID [16642482,16335780](#).

Preventing Stomach Cancer with iodine. PMID [17497074](#)

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## Consumer Safety in Hong Kong

[Codex in Hong Kong](#).

[Schedule 7 of Ordinance Chapter 132W Section 55:](#)

Iodine 150 micrograms [0.150mg]

Dr Lugol's suggestion of 12.5 mg per day would = **83 tablets / day** of 150 mcg each.

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## Consumer Safety in Canada

[Codex in Canada](#).

[Suggested dose of iodine:](#)

Life Stage Group	Iodine / day.	Range
Children 1 - 3 y	90 mcg	6 - 133 mcg
Children 4 - 8 y	90 mcg	6 - 200 mcg
Adolescents 9 - 13 y	120 mcg	6 - 400 mcg
Adults and over 14 y	150 mcg	14- 400 mcg

<b>Pregnancy</b>	<b>220 mcg</b>	
<b>Breast Feeding</b>	<b>290 mcg</b>	

150 mcg = 0.150 mg

Dr Lugol's suggestion of 12.5 mg per day would = **83 tablets / day** of 150 mcg each.

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**Why are we pretending that The Codex is about Consumer Safety when it appears to be about corporate profits from disease?**

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**Low vitamin K is a major cause of newborn death. The low vitamin K content in breast milk can be increased with 42 tablets/d of the low dose 120mcg allowed by The Codex.**

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**(IMF > WTO) + (UN > FAO > WHO) = Codex**

The Codex: "no herb, vitamin or mineral should be sold for preventive or therapeutic reasons, and that supplements should be reclassified as drugs." [Codex Alimentarius](#)

**UNICEF:**

[Iodine deficiency remained a serious public health problem in the developing world.](#)

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## **Treating Drinking Water with Iodine:**

**Up to one fluid ounce (30ml) of Lugol's solution are exempt from restrictions and available over the counter in Mexico and Canada.**

**Lugol's solution contains no alcohol. Iodine content of 150 mg/mL**

**To sterilize drinking water of bacteria and parasites add 5 drops (0.25mL) per litre of water (or 10 drops if water is cloudy).**

**Mix, let stand at least 30 min for killing bacteria and parasites.**

**This litre of water will contain 37.5 mg of iodine.**

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### **Further reading:**

[Black Gold](#), article on iodine

[The Mighty Thyroid](#), the word thyroid means "shield".

[Germs.. Meet the Thyroid](#), the thyroid keeps us healthy and needs iodine to do this.

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