Many Breast and Prostate Cancers Are Caused by One Nutritional Deficiency

What if I told you there's a 90 percent chance you're grossly deficient in an essential trace element?

What if I also said there's a good possibility this nutritional deficiency could cause breast or prostate cancer?

Interested?

Well, not only is all of this true, but if you're deficient in this one nutrient, it also could be causing your fatigue, chronic illness, or many other ailments.

And, most amazingly, the cure for this nutritional deficiency could be sitting in your own medicine cabinet!

So what is this common nutrient that isn't so common in your body?

Iodine!

Everybody knows iodine is essential to your body. But few know how much is essential. In the 1800s, when iodine was discovered, doctors quickly found iodine alone cured most goiters (enlarged thyroid). Iodine was the first trace element proven to cure a disease, which ushered in the era of "modern medicine."

In fact, during the 19th century, iodine was considered the universal treatment: "If nothing else works, try iodine" was the adage. Considering the broad range of symptoms of thyroid deficiency (fatigue, hypertension, depression, hair loss, hoarseness, dry skin, constipation, cold intolerance, concentration difficulties, muscle cramps, menstrual problems, poor memory, inability to concentrate, weight gain, nervousness, infertility, irritability, bone thinning, just to name a few), no wonder it was promoted as the universal treatment.

While we consider iodine common, it's a relatively rare element, with 67 of the 92 naturally occurring ele-

ments more abundant. There are not many good natural sources of iodine. It's found in seawater in low concentrations. Plants pick up iodine if available in the soil. However, iodine is more common on land close to coasts where winds can blow it in from evaporated sea spray.

Iodine is lacking in the American Midwest, where the "goiter belt" exists. Forty percent of Michigan's school age children had goiter in the early 1920s. When potassium iodide was added to salt, goiter (and cretinism) incidence dropped precipitously and immediately. Cretinism — a cause of deafness and mental impairment of children — is an iodine deficiency!

By 1950, goiter incidence dropped to 0.5 percent. Due to the success of this program, potassium iodine was routinely added to table salt in amounts of 110 PPM (parts per million). This equates to 77 mcg of iodine per gram of salt. While this amount was enough to shrink goiters, it pales in comparison to the amount the earlier researchers were using (12.5 to 37.5 mg daily). That's more than 100 times as much as that supplied in iodized salt.

Iodine is concentrated in the thyroid, where it's used to make the hormone thyroxin. What you may not know, and what medicine ignores, is that every cell in the body contains and uses the element. Large amounts of iodine are (or should be) stored in your fat tissues, liver, heart, salivary glands, stomach cells, parts of the eye that deal with aqueous fluid and intraocular pressure, and even in specific brain cells that are related to Parkinson's disease.

More than any other element, iodine is associated with intelligence. But that's not all. Your white blood cells absolutely require iodine to make germ-killing compounds! The stomach cannot make acid without it. And, if you're a woman, your breasts are a sponge for iodine. I'll tell you more about that *fantastic pearl* in a moment.

You already know that the RDA is set up merely to prevent severe deficiency states. No RDA of any nutrient was ever evaluated for optimal performance. For example, the RDA for vitamin C was set at a paltry 60 mg, just enough to prevent scurvy, when studies have shown that 50-100 times that amount optimizes immune system performance. The early goiter belt studies led to endocrinologists setting the RDA of iodine at about 150 mcg, just enough to prevent most goiters. These guys were not looking at, nor even considering iodine's impact on other tissues.

If you don't eat iodized salt or if you're on a salt-

restricted diet, where are you to get it naturally? The Lord in His wisdom gave us seaweed, which is able to extract and highly concentrate iodine from seawater. Iodine was discovered when a French scientist working with seaweed noticed a peculiar violet color emanating after acid had been added to the preparation. He termed it *iodin*, the Greek word for violet.

To more fully explain the iodine story, I need to explain a few terms regarding basic chemistry and pathology. Please bear with me for a moment.

Hypertrophy is the enlargement of cells to work harder for what is asked of them. For example, if you have hypertension, your heart hypertrophies to pump your blood in the face of greater resistance. *Hyperplasia*, on the other hand, is when cells divide and multiply more than normal. In the uterus, for example, monthly cycles of estrogen cause cells to divide (hyperplasia), thickening the uterine lining. When estrogen is withdrawn, the cells shed off (menses), protecting the woman. If these cells remain exposed to the estrogen, they will continue to divide abnormally and cancer can result. You know that estrogen use can lead to uterine cancer. That's how! While hypertrophy is not good, hyperplasia is downright bad.

It's critical for your thyroid to be producing adequate hormones. Every cell in your body depends upon it. So the thyroid is extremely adept at pulling iodine from your blood. As long as you get a minimum amount of iodine in your diet, your thyroid will find it. If you aren't getting enough iodine, you'll develop a goiter. A goiter is the result of the thyroid going into hypertrophy and hyperplasia (thus the large size of a goiter). And hyperplasia of any organ is an early step toward cancer.

The FDA has determined that the required daily allowance (RDA) of iodine is only 150 mcg. This is because clinical deficiency of iodine is foolishly held to be goiter (no goiter = no deficiency). For adults, the RDA range is 150 mcg, with up to 250 mcg set for a pregnant or lactating woman. The small amount of iodine added to table salt in those who used such salt was sufficient to prevent 90 percent of goiters. So the medical minds of the day thought they had iodine all sewed up. Trouble is, if you have clinical signs of any deficiency (scurvy, hypothyroidism, goiter) you're in the "terminal" stages of the deficiency, according to Albert-Szent-Gyorgi, the brilliant Nobel Prize-winning discoverer of vitamin C.

I contend that we should not determine minimum

amounts of iodine needed for the body based on the thyroid alone. Let me explain. You see, the rest of your organs have greater difficulty finding iodine in your blood. This is good because it allows the thyroid to take out what it needs first before the other organs begin to use it. But in order for these organs to receive adequate levels of iodine, your blood needs to have an abundant supply.

The second largest concentration of iodine in the female body is in the breasts. To give you an idea of how much iodine your body needs, the breasts must have *100 times* as much iodine in the blood to have their fill as does the thyroid! The same is true for the other endocrine glands, the prostate, stomach, and white blood cells.

What that means is that just because you don't have a goiter doesn't mean you have adequate levels of iodine. It also means that your mammary glands and these other organs could move into hypertrophy and hyperplasia because they don't have enough iodine! Again, those are the early steps toward cancer.

So how much iodine do you need? Prior to RDA guidelines, many free-thinking medical scientists were daily providing up to 100-400 times the RDA. Yes, you read that right! And this is still the standard.

So is that dose toxic? Iodine has gotten a bad rap from the medical mob. It seems their synthetic iodine-containing drugs, such as amiodarone and X-ray dyes can lead to serious allergic and even fatal reactions. Even though their literature clearly has fingered the synthetic molecule forms, iodine itself is blamed. None of these chemicals are found in nature. Of course, they should be *expected* to have toxic effects. But you can't blame iodine.

Still, some "experts" consider iodine to be toxic in just a little more than the RDA requirements. In fact, one recent medical publication blames iodine as a *contaminant* in preventing thyroid uptake of goitrogens (chemicals that induce goiters or serious thyroid dysfunction). Can you believe that craziness? This unfounded fear led to the removal of iodine from bread, used until a few decades ago as an anti-caking agent.

While 150 mcg may prevent goiter, it might take five to 10 mg to fill up the breasts. In fact, studies on rats confirm exactly that! And people are no different.

Japanese women have a very low incidence of breast cancer compared to American women. The same is true for Japanese men and prostate cancer. However, when natives move from Japan to America, their risk of these

cancers approaches that of Americans. We've always attributed it to adopting the American diet. But let's look closer. The average daily dietary intake of iodine in Japan is about 13.8 mg per day, some 100 times the American RDA. Japanese living closest to the coast take in up to 100 mg daily and these have the lowest incidence of breast cancer. I haven't seen reports of iodine poisoning either! Their diet is rich in seaweed.

How important is iodine to the breasts? Many of us integrative physicians have used iodine for decades to completely quell all symptoms of fibrocystic breast disease and menstrual-associated breast pain. Why? Because iodine is an absolute requirement to reduce unbridled sensitivity of mammary cells to estrogen. Without it, estrogen effects can run rampant! Estrogen is a well-known carcinogen. Animal studies confirm that iodine deficiency makes mammary glands much more susceptible to damage from injected estrogen!

I hope you're beginning to see how important iodine is to your health and why you're likely deficient.

What I haven't told you yet is how iodine deficiency could also be the cause of your fatigue, chronic illness, immune defects, and lack of stomach acid.

Next month, I'll show you how iodine deficiency can lead to these problems. And I'll tell you how to test your iodine levels and fix any deficiency. You won't want to miss it.

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SECOND OPINION

October 2004

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