

# Breast Cancer & Iodine

## Breast Cancer & Iodine

Breast cancers may be an iodine deficiency. Thanks to the independent researchers truly devoted to finding a cure for cancer, the following information has been gleaned from ongoing studies.

- As iodine consumption has gone down in the U.S., breast cancer rates have gone up
- Iodine reduces fibrocystic breast disease which often precedes breast cancer
- Causes more cancer cell death than the chemo drug, Fluorouracil
- Reduces estrogen production in overactive ovaries
- Desensitizes estrogen receptors in the breast
- Prevented rats from getting cancer when they were fed the breast cancer causing toxin DMBA
- Iodine-blocking bromides have been added to flour, some sodas, and some medications, exacerbating the iodine deficiency

So what that means to us, simply put is, every body needs iodine for optimal thyroid function. Our bodies do not produce iodine, so we must ingest it with our diet or supplements. The thyroid controls growth, energy and metabolism. As optimal nutrition enhances the formation of the thyroid hormone in the thyroid gland, that in turn enhances the activation of T4 (thyroxine hormone) to the biologically active T3 (triiodothyronine hormone), and hence enables the cells to utilize the thyroid hormone. In general, thyroid hormones are virtually responsible for all metabolic activity in the body. That means nerves, heart, liver, kidneys, lungs, and you guessed it, just about everything.

How that interrelates to breast cancer is how the iodine enhances the thyroid hormone to do its job. Cell death by differentiation is regulated by the thyroid hormone. So, enabling cell death of cancer cells which are abnormal cells is simply the thyroid hormone doing its normal continuous job. Lack of iodine hinders the hormone production, and hence its ability to do its job.

Now, how do we make sure we get enough iodine in our diet? Well these foods, more than others, have an iodine presence:

Foods Rich in Iodine	Serving Size	Mcg
Kelp	1/4 Cup	415
Yogurt	1 Cup	87
Milk	1 Cup	58
Egg	1	23
Strawberries	1 Cup	12
Mozarella Cheese	1 Ounce	10

How much iodine do we need? Well the Institute of Medicine has established these guidelines of daily intake amounts of iodine.

- 1-3 years: 900 mcg
- 4-8 years: 300 mcg
- 9-13 years: 600 mcg
- 14-18 years: 900 mcg
- 19 years and older: 1,100 mcg

So this gives you an idea of how much you need to eat of just one of those items to ensure your daily iodine intake is sufficient.

Like most people, you are wondering if you get enough every day in your diet, and who wants to calculate it all the time. Of course vitamin supplements I have used, don't provide iodine by itself. They do have Vitamin B included, but intake of **B vitamins** will increase levels of homocysteine, but there is no evidence that such supplements will modify thyroid function, and the same is true with Selenium that you'll find in most vitamin supplements.

The good news is we do have a wonderfully active and highly efficient supplement for iodine that you may not want to eat in your regular diet, Kelp.

Kelp is a form of seaweed from the brown algae family. It grows primarily in the Pacific Ocean on the West Coast of the United States and is often found in large formations called kelp forests or kelp

beds. Kelp has a well documented ability to grow very quickly, especially in water that is high in nutrients.

Since kelp is a natural source of iodine, it is absorbed by your body more slowly and safely than chemical iodine is. And, for people that are allergic to chemical iodine, kelp is an ideal alternative. To be optimally effective, the recommended daily dosage is 200 to 400 micrograms. If you look at our chart above, you will see that Kelp easily provides that. It comes in liquid form too, for those who hate to take capsules. The kelp itself has a salty taste to it and people have been known to use it in place of salt.

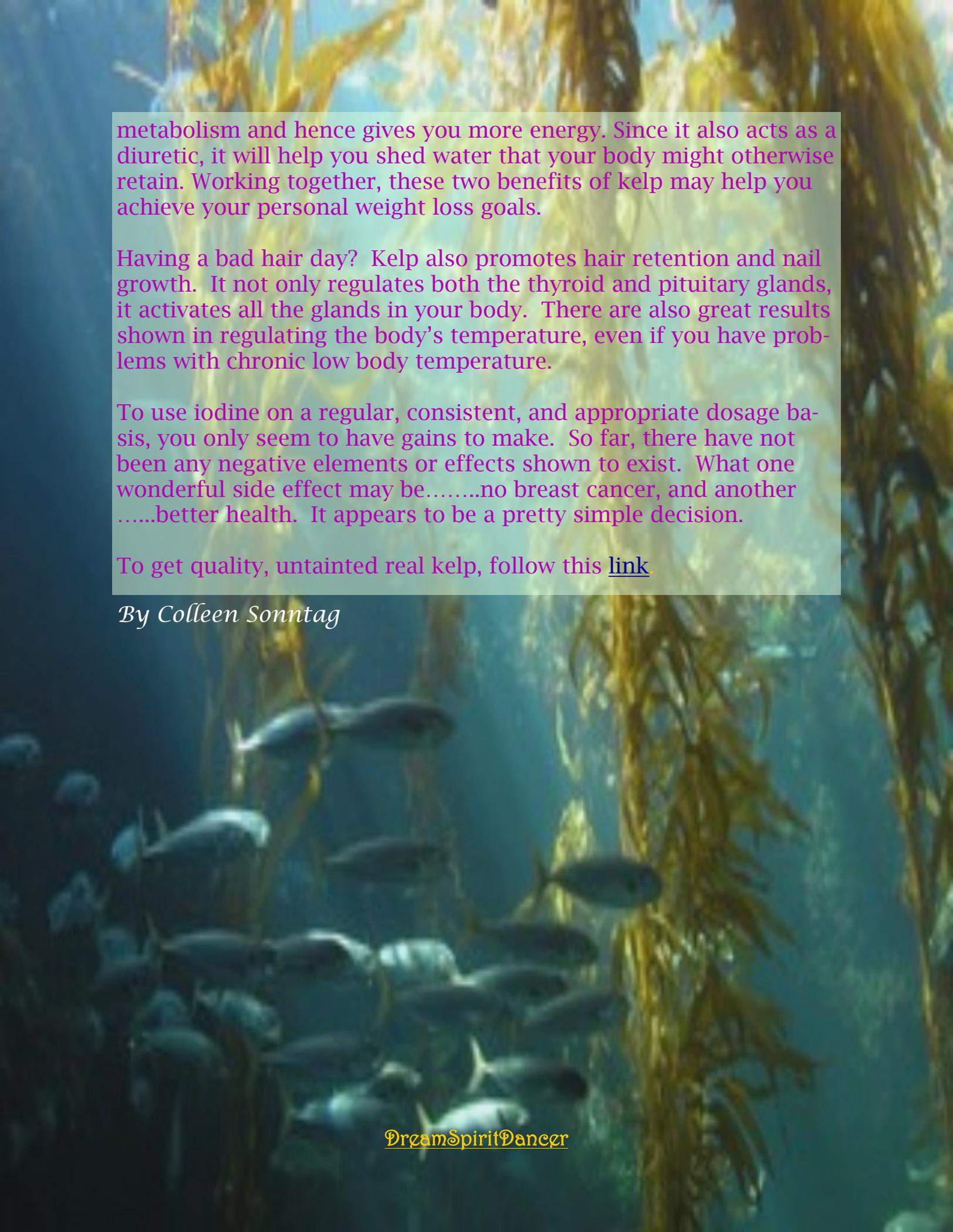
Kelp has other benefits as well, since it has other nutrients. What are they? The properties of Kelp include vitamins A, B, C, D, E, and K, as well as minerals, trace elements, and proteins.

So for starters it is beneficial to the pancreas and the prostate. In fact it helps with both female and male organs in the body. It also builds cell membranes, helps the digestive system, can help prevent the growth of tumors, can help cleanse the body of radiation, and normalize glands and hormones. That last part makes it an excellent supplement to take while pregnant, particularly because Kelp contains such high mineral content as well.

The naturally high iodine content helps it act as an antibiotic in your body as well. When there is an infection in your body, Kelp will help assist the thyroid to release more iodine into your blood stream and iodine kills infections.

Make it into a tea to take when you have strep throat. Add a gel capsule of ground kelp to regular, hot black tea, let it dissolve, stir it around and then drink the tea. The kelp coats the throat as it goes down, and the iodine kills the strep bacteria. It will also relieve pain almost immediately. Although it is gritty and does not taste too good in tea form, it works really fast and it is cheap as well.

Although not so well known, Kelp offers some benefits for weight loss. Since it helps your thyroid, this in turn stimulates your

An underwater scene featuring a large school of silver fish swimming in clear blue water. Tall, golden-brown kelp stalks rise from the bottom, their feathery fronds reaching towards the surface. The lighting is bright, creating a serene and natural environment.

metabolism and hence gives you more energy. Since it also acts as a diuretic, it will help you shed water that your body might otherwise retain. Working together, these two benefits of kelp may help you achieve your personal weight loss goals.

Having a bad hair day? Kelp also promotes hair retention and nail growth. It not only regulates both the thyroid and pituitary glands, it activates all the glands in your body. There are also great results shown in regulating the body's temperature, even if you have problems with chronic low body temperature.

To use iodine on a regular, consistent, and appropriate dosage basis, you only seem to have gains to make. So far, there have not been any negative elements or effects shown to exist. What one wonderful side effect may be.....no breast cancer, and another .....better health. It appears to be a pretty simple decision.

To get quality, untainted real kelp, follow this [link](#)

*By Colleen Sonntag*