

# Greenwich Sentinel

Building a Strong Community Together + August 26, 2016

## Iodine: The Lost Trace Mineral



**By Julia Chiappetta**  
*Sentinel Health Columnist*

If you are over the age of 45, you'll remember Morton's Iodized Salt in a large blue cylindrical box with an illustration of a little girl dressed in yellow holding an umbrella. Written on the box was their tagline: "This Salt Contains Iodine, A Necessary Ingredient." I loved that little girl and I loved using that salt growing up, but nowadays you would be hard-pressed to find iodized salt. I searched for such at two grocery stores and after reading 15 or so labels I only found one option with iodized salt.

So why is this important? Well, for one, the World Health Organization (WHO) reports, "Iodine Deficiency is a most prevalent and easily preventable condition that causes impaired cognitive development for children and at least 30 million people are suffering from this preventable condition."

The National Health Nutritional Examination Survey reports that iodine levels have decreased by 50 percent in the last

30 years, and that, in a clinical study conducted by thyroid expert Dr. David Brownstein, 96 percent of 5,000 patients were found to be iodine deficient. According to the WHO, iodine deficiency affects 72 percent of the world's population.

Iodine is essential to the thyroid hormones, triiodothyronine (T3) and thyroxine (T4), which regulate the metabolic activity of cells. Our diets today are lacking iodine, and this can lead to a number of conditions, such as breast cancer, which was of special interest to me, after being diagnosed in 2000. As part of my healing platform I included an iodine protocol in my plan of care, especially since I'd learned that my body was extremely low in iodine, among other things.

The best book on the topic is "The Iodine Crisis," by Lynne Farrow. Her knowledge is vast and her protocol is specific and easy to follow. According to FloraHealth.com, "Iodine is also critically important for maintaining estrogen balance within the body. Based on a controlled clinical trial with 1,365 women, 4mg daily of molecular iodine quickly 'resolves' fibrocystic breast disease—it makes breast lumps and cysts disappear usually within only two months for most women. Iodine can similarly reduce uterine fibroids and one of the first conventional medical treatments for severe fibroids was to paint the uterus with iodine."

Iodine also complements the heart, liver, kidneys and muscles.

I tested myself before I began the protocol by purchasing a tincture of iodine, the orange stuff, and painting a square of it on my abdomen. After it dried, I monitored the area for 24 hours for color changes. I had significant lightening, meaning that the iodine was absorbed quickly into my body, indicating an iodine deficiency. If the same color remains for 24 hours or more, it is considered normal, but iodine is still recommended as part of one's daily diet. Iodine deficiency disorder, or IDD, is the cause of many symptoms that are preventable with the right amount of iodine in our diets. Some iodine deficiency symptoms are:

- Depression
- Difficulty losing weight
- Dry skin
- Headaches
- Lethargy or fatigue
- Memory problems
- Menstrual problems
- Hyperlipidemia
- Recurrent infections
- Sensitivity to cold
- Cold hands and feet
- Brain fog
- Thinning hair
- Constipation
- Shortness of breath
- Impaired kidney function
- Muscle weakness and joint stiffness

More serious symptoms result in hypothyroidism, high cholesterol, goiter, cretinism, obesity, decreased fertility rate, increased infant mortality, impaired brain development in

young children, fibrocystic breast disease and breast cancer.

Foods rich in iodine include:

- Dried seaweed or sea vegetables: kelp, hiziki, kombu and wakame
- Organic cranberry
- Organic strawberry
- Organic navy bean and green beans
- Organic dried prunes
- Organic boiled eggs
- Organic common baked potato
- Organic plain yogurt (without sugars added)
- Codfish
- Wild shrimp
- Organic white bread (I'm not a fan of anything white or bread but it makes the list)
- Himalayan crystal salt
- Banana

As always, try to do something good for your body, mind and soul. Take a walk on the sand at the beach, run or hike in the woods, bike to the market or into town, pray or meditate at sunrise, take an exercise class, do shots of wheatgrass with your best friend, eat or juice lots yummy organic fruits and vegetables and be thankful at sunset.

Our bodies are starving for iodine; I encourage you to try adding some of the foods mentioned here to improve your overall wellbeing.

*Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob.*