

Can This Trace Mineral Reduce Your Breast Cancer Risk?

By A Von Butz (from TheTruthAboutCancer.com newsletter 3/2016)

What if I told you that an essential trace mineral that's been a staple of traditional diets for many centuries is all but missing from the modern food supply? What if I also told you that this elemental micronutrient (which serves as a basic building block for hormone production and healthy growth and development), can reduce your breast cancer risk? This nutrient is known as iodine, and chances are you're not getting enough of it from the foods you eat every day to maintain optimal health. Iodine is absolutely essential for a number of critical bodily processes, including proper metabolism, brain and bone health, and thyroid function. But there's currently an epidemic of iodine deficiency that's causing many people to suffer from a host of chronic health conditions. Breast cancer is one such condition that's directly implicated as a health consequence of iodine deficiency. Breast cancer prevention is top of mind for many women. Therefore it's important to understand the science behind iodine and how it's been shown to be effective at both preventing and treating breast cancer without the need for radiation or chemotherapy. Is Iodine Supplementation Safe? Just so we're clear, iodine isn't some miracle drug or cure for cancer. It's a nutrient that your body requires as part of its natural biochemical makeup. Iodine keep your body from malfunctioning, so to speak, and when you aren't getting enough of it, your defenses against cancer are weakened.

Iodine is stored and used all throughout your body. This includes your thyroid and salivary glands, as well as in your brain, your breasts and ovaries (if you're a woman), your eyes, and in your cerebrospinal fluid. It functions as a modulator for each of these important systems, which use it to perform their respective functions. The recommended daily allowance (RDA) for iodine in the U.S. is a mere 150 micrograms (mcg). Small quantities of iodine are often added to common table salt as a public health measure to help people attain this amount. But many progressive physicians and researchers have found that this amount of iodine is too low to protect against serious illnesses like cancer. Dr. Guy Abraham, MD, a physician from the University of California, Los Angeles (UCLA), explains in his book *The Safe and Effective Implementation of Orthoiodosupplementation in Medical Practice* that iodine can be safely consumed at levels up to 100,000 times higher than the government's RDA. This translates to 15 grams of iodine daily, which Dr. Abraham and his colleagues say is a safe amount for humans. I wouldn't actually recommend taking this much iodine unless you have a serious health condition that might benefit from it, and only with the guidance of a qualified physician. But knowing that you could take this amount and not be harmed demonstrates the relative safety of this largely misunderstood micronutrient.

Iodine Deficiency and Breast Cancer Risk. A much more realistic amount for daily maintenance, and one that Dr. Abraham recommends personally, is 12.5 milligrams (mg) per day. This is roughly the amount that Japanese people consume as part of their normal diet. Iodine is plentiful in seaweed, seafood, and other foods native to Japan, but not so much here in the U.S. Hence the need for supplementation. While the 150 mcg RDA for iodine that the government recommends might help protect you against goiter, it won't protect against cancer. Taking iodine at a therapeutic dose of 12.5 mg daily or higher can help prevent and even reverse several conditions. According to Dr. Abraham, these conditions include: hypothyroidism, fibrocystic disease, diabetes, migraine headaches, breast nodules and cysts, fibromyalgia, and more. Studies he references in his work reveal that iodine deficiency increases a woman's risk of breast cancer, and vice versa. Iodine sufficiency has an anti-proliferative effect on human breast cancer cells (meaning cancer cells don't increase in number). Both animal studies and human

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case studies confirm this, demonstrating an inverse relationship between iodine intake and breast cancer risk.

Dr. David Brownstein, MD, another iodine expert and researcher, in his book *Iodine*, reports of three case studies where women diagnosed with breast cancer successfully overcame their condition by taking iodine. Each of these women took 50 mg of iodine daily, and all were later cleared of their diagnoses. This is over 30 times the U.S. recommended daily allowance for iodine. Contained within the more than 80 research papers he published over a 30-year span during his career, Dr. Bernard Eskin also uncovered evidence that iodine is an effective remedy for fibrocystic breast disease, a pre-cancerous health condition in which lumps form in the breast. Iodine breaks these lumps apart and, in effect, helps prevent nodules and other abnormalities from turning into cancer. 6 foods rich in iodine include sea vegetables, shellfish, fish, cranberries, Himalayan salt and organic yoghurt.

Iodine Supplements and Breast Cancer Prevention. If you decide to start supplementing with iodine, be sure not to ingest the standard iodine tinctures sold at drug stores. These are usually brownish-orange in color and are sold for topical rather than internal use. Ingestible forms of iodine include potassium iodide (Iodoral is one great option), Lugol's iodine solution, and Nascent iodine. I won't get into too many details about each of these, but I will say that Nascent iodine is particularly beneficial because it contains iodine in atomic rather than molecular form. This makes it more energetically potent and bioavailable for your thyroid gland, which is where most of the iodine in your body is stored. The following quote is from the late Dr. Albert Szent Györgi, a Nobel laureate physician who's been credited as being the first to discover vitamin C. He sums up the healing potential of iodine and its amazing ability to fill an important nutritional gap that many Americans lack: "When I was a medical student, iodine in the form of KI (potassium iodide) was the universal medicine. Nobody knew what it did, but it did something and did something good. We students used to sum up the situation in this little rhyme: If ye don't know where, what, and why, prescribe ye then K and I."

Article Summary...

Iodine is an essential trace mineral that is required for a number of critical bodily processes including proper metabolism, brain and bone health, and thyroid function.

There is an epidemic of iodine deficiency that's causing many people to suffer from a host of chronic health conditions, including breast cancer.

The recommended daily allowance (RDA) for iodine in the U.S. is a mere 150 micrograms. Dr. Guy Abraham, MD, says that iodine can be safely consumed at levels up to 100,000 times higher than the government's RDA. However, a more realistic amount for daily maintenance that Dr. Abraham recommends is 12.5 milligrams (mg) per day. If you supplement with iodine, do NOT ingest the standard iodine tinctures sold at drug stores. Forms of iodine considered safe to swallow include potassium iodide, Lugol's iodine solution, and Nascent iodine.

What Does an Iodine Deficiency Have to Do with Cancer?

By Dr. David Brownstein MD (DrBrownstein.com)

(from an interview by Ty Bollinger at TheTruthAboutCancer.com)

Dr. Brownstein: Alright, so I talk about let's do the basics on people to help supply their body with the things it needs to function optimally, which is how we were designed by our Maker. If we supply the body with the right nutrients, it should do fine for a lifetime. So, I consider one of the basics iodine. Every cell in the body needs and requires iodine to function optimally. We can't

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function optimally in an iodine deficient environment. I've tested, along with my partners, over 6,000 patients. Over 96 percent were low in iodine, the vast majority significantly low in iodine. When I talk to clinicians around the country who are looking at this, they find the same numbers that I'm finding.

Dr. Brownstein: Iodine's main job in the body. Iodine has a lot of jobs in the body. The immune system can't function without it. You can't fight infections without it. But one of its main jobs is in the endocrine glands. The endocrine glands include the thyroid, the breasts, the ovaries, uterus and the prostate. What are we having problems with out there? The thyroid, the ovaries, the uterus, breasts, and prostate. I've mentioned the prostate, I've mentioned the breasts. The fastest-growing cancer in the United States is thyroid cancer. We have uterine and ovarian cancer growing at epidemic rates. We're having epidemic rates of problems with them.

Iodine's main job is to maintain a normal architecture of those tissues. With iodine deficiency, the first thing that happens is you get cystic formation in the breasts, the ovaries, uterus, thyroid, prostate and, let's throw in the pancreas in here as well, which is also increasing at epidemic rates – pancreatic cancer. Cysts start to form when iodine deficiency is there. If it goes on longer, they become nodular and hard. If it goes on longer, they become hyperplastic tissue, which is the precursor to cancer. I say that's the iodine deficiency continuum.

The good thing about iodine is, iodine has apoptotic properties, meaning it can stop a cancer cell from just continually dividing, dividing, dividing until it kills somebody. Iodine can stop this continuum wherever it catches it and hopefully reverse it, but at least put the brakes on what's happening. Over 80 percent of women suffer from fibrocystic breast disease. That's a precursor to breast cancer, which, as I said, one in seven women have. I say it's an iodine deficiency problem, period. That's what it is. David Brownstein, MD.

In the words of Bob Wright at American Anti-Cancer Institute (americanaci.org)...

"I sincerely maintain that if Americans had blood/tissue sufficiency of both vitamin D3 and organic iodine, most sickness and disease would leave us... especially cancer." Are you iodine deficient? Your blood must reach a 1.5 gram (1,500 mg.) level to be iodine sufficient. Outside of a lab-ordered CBC (complete blood count), there are self-testing iodine kits available. Or, simply paint a two-inch square on the inside of your forearm with tincture of iodine from the drug store (the brownish medicinal type). If it vanishes in 24 hours or less – you are severely deficient! If the iodine is still readily visible at 48 hours – you're probably OK, but you would be one of the few. (Don't self-test if allergic. Few are, and if you are, you already know it.) Prolamine Iodine is made from zein, a protein found in organic corn to which iodine binds. This product can be acquired from Standard Process in 3 mg. tablets for about \$11-\$12 per bottle. As with any change in health habits, the AACI recommends you consult your physician before starting an iodine supplementation program. Cataplex F tablets from Standard Process contain a whole food source of Omega 3 (alpha linolenic) fatty acids from Flax Oil, as well as iodine. The AACI recommends both of these supplements for optimal cellular function. Catch them on the web at www.StandardProcess.com.

PS from Factor Ready: Cancer of some form or fashion will visit 1 out of 3 American females (and 1 out of 2 males) at least once if not more, within their lifetimes according to current statistics. We hope to convince all of us to take better charge of our own Health with appropriate diets and any needed supplements, etc. Of course any medical situations should be under the care and guidance of your health care provider. Be sure and visit the web sites at :

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TheTruthAboutCancer.com, DrBrownstein.com, AmericanACI.org and subscribe to their informative free e-mail newsletters by all means. This article was excerpted from same. Note: check out the Iodine offerings at amazon.com for a quick comparisons on many various iodine brands, including the specific ingestible types recommended in above articles. Note: Iodoral 12.5mg iodine tablets (180 count) are available there and from DrBrownstein.com and others. Obtain Dr. Brownstein's book, "Iodine: Why You Need It-Why You Can't Live Without It." A iodine human test kit may also be found at Amazon from ZRT Labs. Note: The iodine-resource.com web page indicates that Dr. Brownstein recommends a daily intake if iodine liquid supplementation of 2 to 6 drops of 5% Lugol solution containing 12.5 to 37.5 mg total iodide/potassium iodine. If your health is compromised, you may need to increase the amount until your symptoms lessen. Start slowly and build up. No prescription is necessary.

On the medical front, the MammaPrint test, made by Agendia sounds promising for anyone diagnosed with breast cancer for guidance in chemo treatments. It is a genomic test that analyzes the activity of certain genes in early-stage breast cancer. Research suggests the MammaPrint test may eventually be widely used to help make treatment decisions based on the cancer's risk of coming back (recurrence) within 10 years after diagnosis. Knowing if a woman has a high or low risk of early-stage breast cancer coming back might help women and their doctors decide if chemotherapy or other treatments to reduce risk after surgery are needed. MammaPrint can only be used to analyze early-stage breast cancers. In the United States, apparently It can be approved used on cancers that are stage I or stage II, invasive, smaller than 5 centimeters, and estrogen-receptor-positive or -negative. The MammaPrint test looks at the activity of 70 genes and then calculates a recurrence score that is either low risk or high risk. If having this test, the patient and doctor will usually consider a number of factors when deciding on whether to add chemotherapy to any treatment plan, including patient age, the size of the cancer, cancer grade, whether cancer cells were found in nearby lymph nodes, and patient general health. If confronted with breast cancer, ask your doctor and/or research internet for more information, such as at breastcancer.org, etc., concerning this test and any updated details. We would also suggest ladies should also visit BreastCancerConqueror.com (Dr. Veronique Desaulniers) and obtain her book, "Heal Breast Cancer Naturally-7 Essential Steps" and consider her coaching service if needed. Also, see the anti-inflammation and anti-cancer supplements available at EpigeneticLabs.com as well as Transfer Point Beta Glucan 1,3D such as available from BetterWayHealth.com. This product serves to safely enhance immune system activity. Visit VitaWithImmunity.com for details.

Special Update 10/2018: Chris Wark at ChrisBeatCancer.com has posted an article outlining the use of lemon and garlic extracts used together to eliminate breast cancer cells. See the post at: <https://www.chrisbeatcancer.com/the-anticancer-power-of-lemon-and-garlic-extracts/>

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