

## BOOK REVIEW

# IODINE

Why you need it  
Why You Can't Live Without It

by

(David Brownstein, M.D.)

**An excellent source of Information on an Important Food Supplement-Iodine  
Book Review by Laurie Teitelbaum, M.S.**

## INTRODUCTION

**I**odine - "Why you need it Why You Can't Live Without It" by David Brownstein M.D., Medical Alternatives Press. The 4th edition now available!

Dr. David Brownstein has a knack for explaining complex scientific subjects in a way that can benefit and be understood by both the lay person and scientist. His books are informative, interesting, filled with life changing information, and surprisingly are also easy-reads. Brownstein's iodine book is no exception. I found this book to be extremely engaging and eye-opening. It provides an in-depth look into iodine deficiency and the main reasons why iodine deficiency is a recurring epidemic. He describes testing procedures to identify a deficiency of iodine, the medical conditions associated with a deficiency in iodine and how these disorders can be improved with supplementation. As iodine deficiency is so common, he also discusses looking at clinical

symptoms to identify iodine deficiency - if one prefers not to do the testing.

Dr. Brownstein's books include information on his in-office scientific experiments and is jam packed with case studies. The case studies help our understanding because they give real life examples of conditions associated with iodine deficiency. Furthermore, these case histories explain the importance of discovering and treating iodine deficiencies. Supplementation of iodine, when needed, can be an integral part of one's recovery.

Although many people are familiar with iodine's importance in thyroid function, iodine is also crucial for the production of all the hormones in the body. It is important for immune function, in fact, the immune system cannot function optimally without iodine. Iodine deficiency can be very helpful in treating fibrocystic breasts, ovarian cysts and breast cancer.

Supplementation can also be important in combating chronic fatigue, ADHD, thyroid disorders, and improving detoxification. Supplementation is especially important for pregnant women, as iodine deficiency has been shown to increase the incidence of mental retardation, cretinism, and ADHD in the pregnant woman's offspring.

At 150 mcg's, the RDA for iodine is set to avoid goiter. Dr. Brownstein writes that iodine is the safest of all essential minerals and can be supplemented quite safely in greater amounts than the RDA. Adding iodine to wheat and salt helped reduce iodine deficiency. Unfortunately most flour now has been brominated instead of iodinated- and bromide is an iodine antagonist. In addition, most of our salt intake comes from refined salt- which is not normally iodized.

The bottom line? Americans are now getting 50% less iodine in their diets than 30 years ago, and iodine deficiency is again becoming epidemic.

Brownstein's book describes the iodine loading test, which Brownstein says is the most reliable test to determine an iodine deficiency. He explains how to interpret the results of this test and the specifics of supplementation. Dr. Brownstein explains why supplementing with an iodine/ iodide combination (Iodoral) , as opposed to iodine alone, is much more effective therapeutically since absorption is greatly increased in this combination.

Dr. Brownstein's book on iodine is an important book for anyone interested in health. However, for those with breast dysfunction (including cysts, tenderness and even breast cancer ) , chronic fatigue, thyroid disorders, headaches and other conditions mentioned in this book, I find this book to be outstanding and a "must read".

*Iodine Why you need it Why You Can't Live Without It* can be purchased at drbrownstein.com for \$15 or at amazon.com for \$34.45 which includes a bottle of Lugol's solution. Lugol's solution or Iodoral can be purchased from Dr. Brownstein's office at: [www.centerforholisticmedicine.com](http://www.centerforholisticmedicine.com) or by calling: 1866.877.6467.

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