

Iodine Can Prevent or Help Cure Breast Cancer

By: Paul Fassa, Natural News

If you or a woman close to you were advised to have a double mastectomy performed in order to prevent breast cancer, shouldn't another option be available? Medical mutilations have been performed lately on women told they are genetically predisposed to getting breast cancer.

That other option could be a good diet with supplemental iodine. Exactly why iodine offers the other option for preventing breast cancer regardless of genetics is referenced later in this article.

Dr. David Brownstein could be called Dr. Iodine for all he's done to inform others of the importance of iodine through interviews and his book *Iodine: Why You Need It; Why You Can't Live Without It*.

Dr. Mark Sircus, who occasionally contributes articles to *Natural News*, constantly promotes bicarbonate of soda, magnesium, and iodine as more important and effective for health than most realize.

Now, Dr. Jeffrey Dach has grabbed the iodine talking stick, producing several international clinical, lab, and case study reports that demonstrate the efficacy of iodine ingestion for breast cancer.

Dr. Dach on iodine

Salt used to be iodized with elemental iodine to prevent goiter, but no more. So what little protection that offered has vanished. Dr. Dach notes that iodized salt is not sufficient for supplementing iodine.

Iodine's RDA (Recommended Dietary Allowance) is 150 mcg (micrograms) per day. Dr. Guy Abraham, who initially mentored Dr. Brownstein, insists we should be taking in 12.5 mg (milligrams) of elemental iodine daily. This is 100 times greater than our RDA.

It's also the estimated iodine per individual intake from seaweed and seafood among Japan's population. Japan has the lowest rates of thyroid, prostate, and breast cancer. Some might argue that the Japanese get their iodine from food, but iodine supplements are unsafe.

Well, the FDA recommends 165 mg of iodine to prevent thyroid cancer in the event of a radiation emergency, and iodine has been used medicinally with even higher doses in the past.

Speaking of thyroid cancer, there has been an upsurge of thyroid nodules, leading to *complete removal* of thyroid glands to determine whether the nodules are cancerous.

Some biopsy! Even if no cancer is detected, the person is sentenced to a lifetime of synthetic prescription thyroid hormones. Iodine can prevent that unhealthy scenario.

In addition to preventing some cancers, there are several studies and actual case histories demonstrating iodine's ability to cure breast cancer.

Lab studies and breast cancer case histories

Here's that option for stemming genetically predisposed breast cancer. Iodine has been determined to actually alter breast cancer associated gene expressions. It turns off cancer promoting genes and turns on genes that promote cancer cell apoptosis or cellular destruction. (<http://www.medsci.org/v05p0189>)

Another study proves that large iodine intake does not adversely affect thyroid hormone production or quality. The researchers did this to allay concerns in the medical profession about potential downsides for using iodine against breast cancer. Downsides don't prevent using chemo and radiation though.

Dr. Dach lists many international in vivo studies using rats, epidemiological human surveys, and in vitro (petri dish) lab studies demonstrating the efficacy and safety of ingesting elemental iodine for cancerous tumors. ***All of these studies, with a few actual case histories, are available in Dr. Jeffrey Dach's articles sourced below.***

Dr. Guy Abraham developed a product called Idoral. And Dr. Edward Group, DC, ND, lists four types of iodine supplements that vary in bio-availability: Nascent iodine, Lugol's solution, potassium iodide, and transformative nano-colloidal detoxified iodine.

The cancer industry's willful denial of iodine for breast cancer is not because it's ineffective and dangerous. It's because supplemental iodine can't be patented.

Sources for this article include:

<http://open.salon.com>

<http://jeffreydach.com/2007/05/05/jeffreydachdrdachiiodine.aspx>