

Iodine

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Traditionally, iodine has been known as an element necessary for thyroid hormone production. Most people think this is the sole purpose of iodine. You may be surprised to find that iodine is found in each of the trillions of cells in your body. Without adequate iodine supply, life itself would not be possible.

Iodine is not only a key player in thyroid hormone production but it is also responsible for production of all of the other hormones in the body. It also exhibits potent antibacterial, antiparasitic, antiviral, and anticancer properties which gives iodine a key role in the immune system. Iodine is an important factor in alleviating fibrocystic breasts and ovarian cysts. Other disorders that may have an iodine deficient component: ADD/ADHD, atherosclerosis, breast diseases, excess mucous production, fatigue, goiter, hemorrhoids, headaches and migraines, hypertension, infections, keloids, liver diseases, nephritic syndrome, ovarian disease, prostate disorders and vaginal infections.

Sound too good to be true? The World Health Organization estimates approximately 1.5 billion people (about 1/3 of the Earth's population) live in an area of iodine deficiency. Iodine is primarily found in seawater in very small amounts. It can also be found in sea organisms such as seaweed which is one of the most abundant sources.

Most are concerned about iodine overdose. This can be a problem but is extremely rare. Definitely not worth the iodine phobia as expounded in main stream medicine. Excess iodine in doses greater than 1 gram per day has been associated with hyperthyroid symptoms. Iodized salt is the typical source of iodine for most people. In our salt phobic society, the potential for iodine deficiency weighs more heavily than any possibility for iodine overdose.

How much do you need? We do not recommend anyone supplement iodine on their own. Best results are found when working with a holistic healthcare professional that will test to determine your status. In addition, you are not deficient in just one mineral. Work must be done to balance any other nutrient deficiencies and/or lifestyle habits contributing to those deficiencies.

Think you might be iodine deficient? Incorporate iodized sea salt into your diet. Sea salt contains half the sodium of regular table salt. For further help, set up a nutritional consultation with one of our experts. Testing is the only way to know exactly what you need to supplement and the dose that's appropriate for you.

Are you taking a lot of supplements already? How do you know you need them or if the dose is right for you? We can help you with that. Set up a consult today to get you on the road to better health!



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Thyroid Health

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At A Glance... Factors that Affect Thyroid Health

1. Get tested properly. Make sure your doctor is doing more than just a TSH.
2. Avoid eating large amounts of processed soy products.
3. Avoid low calorie diets...this can lower your metabolic rate.
4. Vitamin D, cobalt and riboflavin deficiency.
5. Diets low in protein can reduce your ability to make thyroid hormone.
6. Be sure to use iodized sea salt.
7. Get BPA free water bottles like the CamelBak Better Bottle. www.REI.com
8. Do not cook in plastic. Do not store hot food in plastic containers. Wait until the food cools or use glass containers.
9. Avoid pesticide sprays around your home. Visit www.organicgardening.com for safe tips on pest repellants.

Don't Guess About Your Health...
Schedule a Nutritional Consultation Today!
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Have you long suspected you had thyroid problems but your test results come back "normal"? Maybe you're not being testing thoroughly! Commonly a routine thyroid screening only involves testing the Thyroid Stimulating Hormone (TSH). TSH is produced by the pituitary gland in response to low circulating levels of thyroid hormone (T4). The TSH alone cannot be used to screen for secondary hypothyroidism and usually requires a measurement of thyroid hormone levels to be adequately interpreted. A screening of T4 (thyroxine) and T3 (triiodothyronine) in addition to TSH are helpful in determining thyroid function. T4 and some T3 are produced by the thyroid. T4 converts to T3 outside the thyroid in most all tissue with the liver and kidney doing the most conversion. Most of the T3 (80%) is produced outside the thyroid. T3 is most responsible for increasing metabolic rate.

When T4 becomes T3, this causes energy to be made in each living cell. T4 can also become Reverse T3 (RT3) which reduces the energy production in the cell. Just as a car needs an accelerator and brakes for proper function, the same is true for the body. The body needs T3 (the accelerator) and RT3 (the brake) to manage its energy needs.

If you have a low TSH, it could mean several things:

- normal thyroid function with optimal T3 and T4
- overactive thyroid gland with high T3 and T4
- Secondary Hypothyroidism with low T3 and T4 indicates pituitary gland dysfunction

If you have a high TSH, it could mean:

- Under-active thyroid gland with low or normal T3 and T4
- Rare is pituitary gland tumor

Is It Really the Thyroid? Because 80% of T3 is produced outside the thyroid, what appears, clinically, to be low thyroid function could actually have nothing to do with the thyroid gland. Many environmental factors, illnesses and drugs affect conversion of T4 to T3.

Many environmental exposures can affect your thyroid function. See the side bar for environmental aspects you should be aware of. As mentioned previously, maintaining good iodine status is one way to support thyroid function and combat these environmental exposures but there are other minerals and amino acids necessary for adequate thyroid hormone production.

Would you like to be tested properly to determine how your thyroid's doing? Set up a nutritional consultation today with one of our experts. You can't base your health on how you feel. Get tested today to get the facts on your health status.

Federal Law requires that we warn you of the following:

1. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.
2. The Constitution guarantees you the right to be your own physician and to prescribe for your own health.