



Lugols Solution

Iodine (Lugols solution, potassium iodide) can be used to strengthen the immune system, for disinfection and protection against free radicals, but also as a prevention and complementary treatment of breast cancer and other malignant diseases. It is one of the most important and cheapest drugs of our time!

Natural Iodine Sources

Iodine is an indispensable component of the animal and human organism and is taken in with nutrition. With humans, the highest concentration is in the thyroid gland where iodine is built into the hormones thyroxine and triiodothyronine.

All soils, unrefined sea salt, most seafood (ocean fish, haddock, oysters), kelp and other algae, butter, pineapple, artichokes, asparagus, dark green vegetables and eggs contain iodine.

Yet fish alone can't cover the need of iodine. To obtain i.e. 13,8 milligrams of iodine, 11-23 pounds of fish were required to be consumed.

Sources of Usage of Iodine/Lack of Iodine

Iodine is being stored in the thyroid gland and in tiniest proportions in every cell where it is constantly used, emitted to the blood in order to cope with multiple tasks. Every 17 minutes the entire blood flow passes through the thyroid gland where it is provided with iodine. Only with a sufficient iodine level the thyroid gland and the cells can fulfill their many duties. Additional to a constant usage of iodine there are further main causes for the loss of iodine, such as halogens like chlorine in drinking water or in pools, and in first place fluorine (in water or tooth paste) as well as bromine. Too much sodium chloride (refined salt) and heavy metals such as mercury, lead, cadmium or alloy oust iodine. Environmental pollution as well generally leads to a lack of iodine as it is ousted in the body. That explains why our iodine level has dropped by about 50 per cent during the last 30 years. The more of the above mentioned iodine consuming factors occur, the more iodine must be supplemented from outside. Most people don't get enough iodine and the levels usually recommended are far too low!

Tasks/Effects of Iodine/Potassium Iodine Solution

- Creation of health- relevant hormones, in first place the thyroid hormones Thyroxin (T4) and Triiodthyronin (T3)
- Takes care of energy makeup and regeneration. Gives the daily life buoyancy
- Soothes the body, dissolves nervous tensions (reduces crankiness, switches to calmness, improves sleep) – thus allowing for building and storage of new power reserves
- It generally enhances resistibility, enforces the immune system against diseases – especially important with all kinds of radioactive influences!
- It is a potent antioxidant (a radical inhibitor), neutralizing many bad free radicals and their chain reactions
- It augments the excretion of bromine, fluorine, chlorine and some heavy metals including mercury and lead. Bromine and fluorine can only be neutralized and excreted by iodine. Iodine is the only option to remove toxic fluorine, chlorine and bromine from the thyroid gland, where fluorine concentrates.
- It supports essential functions in the regulation of metabolism- and development disorders.
- It is very efficient in decontamination, destruction of microbes, disinfection: antibacterial, immediately destroys weak but dangerous germs in the blood. Stronger germs, presumed sufficient iodine is there, are being weakened with every pass of the thyroid gland until they too die. Thus it cleans the blood in a way that all common infections vanish. More about disinfection: <http://en.wikipedia.org/wiki/Disinfection>
- It helps against infectious inflammations e.g. of the gums
- It improves clear thinking, the intellect works better
- It reduces fat by inducing oxidation and thus the burning of fat
- It helps against thyroid hypofunction
- It reduces a too strong cell growth (as is the case with cysts, knots, hyperplasia, cancer/tumors)
- It reduces the absorption and accumulation of radioactive iodine in glands and tissue (radioactive substances modify and destroy tissue)

Daily Need of Iodine

The stock of iodine in our body is numbered ten to thirty mg. Every day, iodine is needed for the thyroid gland in microgram quantities, for the breast gland and other tissue even in milligram quantities.

The specifications about what the entire daily supplementation with iodine should be – especially with an iodine deficit – vary considerably. Considering the above mentioned iodine consumers and the steadily rising pollution with toxins (e.g. chemicals) and radioactive particles the need of iodine rises, too, continuously. That's why the official data about the daily need for iodine should be registered with great skepticism. They generally might be too low and could be considered a disinformation policy to the disadvantage of health! The German Society for Nutrition (DGE) recommends a daily intake of 180-200 micrograms of iodine for adults, a little more for pregnant women and breastfeeding mothers. Whereas the guide values of the World Health Organization (WHO) are 150 – 200 µg for adolescents and adults. According to Dr. Jarvis, a renown iodine specialist, one to two drops per week of Lugols' solution (6.5 – 13 mg) should be taken in, depending on the body weight. So, people with no more than 70 kilos only need one to two drops twice a week to any meal. Who weighs more should take two drops respectively. In times of stress or diseases in the environment Dr. Jarvis recommends one to two drops three times a week, with cancer, particularly breast cancer, one to two drops of Lugols' solution daily. But even higher doses are recommended, i.e. by Michael B. Schachter, MD: "In order to compensate a lack of iodine, the amount is generally between 12.5 and 50 mg per day, that is two to four drops. Dr. Brownstein even administers 200 – 300 mg per day to prostate and breast cancer patients. Those with metastases require the highest doses. Many smaller doses scattered throughout the day are more effective than bigger doses in greater intervals. For therapeutic reasons iodine can be even administered in gram doses without bigger side effects.

Composition of Potassium Iodine Solution

5 % elementary iodine and 10 % potassium iodide solution, that makes a relation of 1:2. This recipe originates from the French doctor Jean Guillaume Auguste Lugol from 1880. This Lugol's iodine solution has ever since been in use, however its great efficiency and high dosage have usually been concealed by doctors and pharmacists for commercial reasons.

Other labelings of the Lugolschen Solution: Lugols Solution, Iodine potassium solution, diluted Iodine-Potassium iodide solution (with concentration specification); lat.: Solutio Lugoli, Solutio Iodi "Lugol", Solutio Iodi aquosa, Iodi solutio aquosa, Solutio Jodeti kalici cum Jodio; frz.: Solution de Lugol, ital.: Soluzione del Lugol per cento



Friedrich R. Douwes, MD
Medical Director St. Georg Hospital

