

## Benefits of iodine for Female Health in milligram dosages

Iodine has been used for many years as a natural antiseptic for cuts and an antibacterial remedy used for coughs, colds, mouth and lung infections.

More and more research is now appearing with high dose iodine being breast protective against breast cancer and fibrocystic breasts. Though, more of a preventative than a cure. If you have fibrocystic breasts a high dosage of iodine taken over 2-3 weeks, will usually decrease the size of the cyst.

Iodine works on female health by reducing oestrogen metabolism that has been linked to female health conditions including:

- PMS
- Endometriosis
- Fibroids
- Breast Pain
- Ovarian Cysts

Always check with your Health Practitioner. Do not combine iodine with thyroid medication or if you have thyroid antibodies, ie., Hashimoto's Disease.

### Food sources of iodine

- Seafood
- Egg yolks
- Iodized salt
- Seaweed or kelp - think Nori Sheets
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Iodine deficiency has been linked to a causative role in the development of breast cancer. Dietary iodine has also been previously proposed to play a protective role in breast cancer.

Iodine is taken up by the sodium/iodide transporter into the breast which is important in development of normal breast tissue. In animal models of breast cancer, iodine in supplement or seaweed form, has demonstrated beneficial effects in suppressing breast cancer cell and tumour growth. The mechanism of action of iodine's anticancer effect may be complex, and roles as an antioxidant, promoting differentiation and apoptosis related to breast cancer have been proposed.

Iodine supplement reduces proliferation of cells and tumour size through altering DNA expression