

Case Histories

Case History – Iodine Resolves Painful Breasts

Gender, Age, Occupation, Nationality, height and weight.	Example: Mrs B.S. is a 39 year old who is currently studying for an MSc as a mature student. She has recovered with nutritional therapy from a variety of health problems, but recently reported very painful, sore & swollen breasts. She is 5ft 7 tall and weighs 10 stone 6 (174 cm, 65 kg).
Presenting complaint – list and duration	<p>In 2004 Mrs B.S. presented with a history of endometriosis & glandular fever, uncomfortable digestive symptoms, difficulty maintaining weight, water retention, thrush, aches & pains and erratic pulse and headaches. She also described painful breasts but there was no particular emphasis on this condition. In 2004-05 she undertook a number of tests and followed a comprehensive Nutritional Therapy programme that significantly benefitted her health – confirmed in our last contact in 2007.</p> <p>In Jan 2010 she re-contacted me, as her painful breast tissues had never resolved and recently had become increasingly uncomfortable.</p>
Any Investigations	<p>In the years 2004-07 Mrs. B.S. had undergone functional medicine assessments for food intolerances, H. Pylori, female hormones, SIgA and organic acids. Very recently, however, when Mrs B.S. presented with her single complaint, a trial of one supplement was recommended prior to any testing to attempt a rapid resolution. Her detailed case Hx and description of her breast tissues suggested bilateral painful fibrocystic breasts.</p>
Strategy	<p>I recommended an iodine supplement, given that her diet was already very comprehensive, providing a variety of wholesome foods, and largely vegetarian. She was also already taking a number of other supplements (see below).</p>
Diet & Supplements: name and dose	<p>The diet that suits Mrs B.S. is one which is high in plant-based foods with a small amount of meat or fish or eggs. She has maintained this for the past 5 years.</p> <p>She was also continuing to take a comprehensive range of supplements which greatly supported her health, including Glutamine, Aloe Vera, Mastic Gum, Ocudyne (multi vit & min with antioxidants for eye health), additional Vitamin E, Evening Primrose Oil and Fish Oil, CoQ10 and L-Tyrosine. She had conducted exclusion trials over the years to determine these were still required.</p> <p>The one ADDITIONAL supplement recommended was this:</p> <p>Biotics Research – Liquid Iodine Forte – 10 drops per day</p> <p>This product contains 150 mcg of potassium iodine per drop.</p>

Duration	Mrs. S.B. was due to follow the recommendations for 4 weeks and then report back. If there had been no progress, then a more detailed assessment and consideration of lab. testing was to take place.
Outcome	After less than one week of taking the iodine S.B. reported a tremendous response to the iodine, and that her breast inflammation was virtually gone! "I can't believe the relief, it's absolutely fantastic!" She can wear all her clothes now and no longer winces if she accidentally bumps her chest, she reported. She can barely believe the speed of benefit that the iodine has had.
Comments	<p>S.B.'s fibrocystic breasts had not responded to a comprehensive supplement programme including fatty acids, antioxidants, liver detoxification support, multi vitamin and minerals, and some digestive support, along with a very healthy diet. Despite this approach being effective in the resolution of the many other symptoms from which she had suffered.</p> <p>There was only 10 mcg of iodine in her supplement programme and a significantly higher dose is believed to be optimal as a daily intake (5-50mg is an estimated figure). Iodine is very strongly associated with breast health and cysts. Numerous patients have reported significant breast tissue improvement using iodine. Iodine concentrates in the mammary tissues, as well as the thyroid and ovaries. There is good research to show the link with fibrocystic breast conditions and an insufficiency of iodine. Iodine insufficiency, as determined by an iodine challenge test is prevalent and affects about 90% of people, according to Dr. Brownstein. In his book "Iodine, Why You Need It", he writes that 96% of his patients test low for iodine. Learn More</p> <p>The evidence from this case, and the research and experience of practitioners like Dr. Brownstein, strongly suggests that iodine/iodide is a suitable nutrient for fibrocystic breasts. Iodine is unique in terms of its effects on these tissues and exposure to competing halogens such as bromide and fluoride has increased the risk of inadequate tissue stores.</p> <p>Note: Firstly, other patients may not respond as swiftly as S.B. did, and it may take a few months for the benefits to manifest. Secondly, iodine or the combination of iodine with iodide (Iodizyme-HP™) rather than potassium iodide alone may be more effective for breast conditions.</p>
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