

Iodine and Bromine Detox With Unrefined Salt by Jeffrey Dach MD

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by Jeffrey Dach MD

This article is part one of a series.

For part two, [click here](#).

David Brownstein MD advocates the use of unrefined sea salt for Bromine detoxification prior to and coincident with an Iodine supplementation program with Iodoral. He will typically start the unrefined sea salt, half tsp twice a day, Magnesium and Vitamin C, for at least a week, and then start the Iodoral at 25 mg per day. (personal communication)

This is important to avoid the annoying symptoms of Bromide excretion called “Bromism” which may be severe enough to cause the patient to stop taking Iodoral.



Here is a typical protocol:

Unrefined Sea Salt (Celtic) – 1/2 tsp. in water twice a day
 Selenium – 200 – 400 mcg per day
 Magnesium – 400 – 1200 mg per day
 Vitamin C – 3,000 – 10,000 mg per day
 Vitamins B2/B3 (ATP CoFactors) – 100 mg riboflavin and 500 mg no flush niacin, inositol hexanicotinate form, 1-2x per day

See the [Guide to Supplementing with Iodine Stephanie Burst ND](#), What you need to know to get started with Iodine

Supplementation.

Here are the symptoms which can be avoided with the Bromine Detox Protocol with Celtic Sea Salt:

Symptoms of Bromide Detox From the [Guide](#) :

Fatigue

[Cherry Angiomas](#)

Headache

Sluggishness / Lethargy

Rash

Tremor

Impaired Memory/Concentration

Bromoderma (acne) on face and hands
Disturbance of color perception
Impaired Memory/Concentration
Irritability
Abnormal pigmentation
Slurred Speech
Emotional Instability
Hair loss
Vision changes
Depression
Runny Nose
Reflex changes
Schizophrenic-like actions
Metallic Taste
Sensitivity to light
Hallucinations
Diarrhea / Constipation
Eyelid twitching
Dream changes
Increased salivation
Extensor Plantar Responses
Anxiety
Kidney pain
Dry mouth
Body Odor / Sweating

.....*This list is quoted from "Gulfink Military document – Chapter on Bromism"*

Discussion of Symptoms of DermoBromism – [Dermatology_Colour_Handbook_Rycroft_Manson_2010](#)

See p.172 in Color Handbook of Dermatology by Rycroft and Manson.

These are the dermatologic manifestations of Dermo-Bromism:

"urticaria, acneiform papules and pustules, tense haemorrhagic bullae arising on plaques of erythema, and hypertrophic vegetating masses" Quoted from Rycroft.

Buy Unrefined Celtic Sea Salt (Grey) on Amazon.

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For part two, [click here](#).

Articles with Related Interest:

[Low salt Diet Found to Increase Mortality](#)

Graves remission with Iodine Case report

Jeffrey Dach MD
7450 Griffin Road Suite 190
Davie, FL 33314
954 -792-4663
<https://jeffreydachmd.com>

Links and References:

1) <http://www.newsmaxhealth.com/Dr-Brownstein/bromine-toxic-agent-halogens-glands/2012/03/19/id/482115/>

How do you detoxify from bromine? By reversing the competitive inhibition of the halogens — iodine supplementation will help the body excrete excess bromine. Salt, which provides a large amount of the chloride, can also help the body eliminate bromine.

I have found the combination of unrefined salt and iodine invaluable in helping my patients detoxify from bromine. You should take one-half to one teaspoon of unrefined salt each day. Iodine supplementation of 12 to 50 mg per day is adequate for most patients.

Read Latest Breaking News from Newsmax.com <http://www.newsmaxhealth.com/Dr-Brownstein/bromine-toxic-agent-halogens-glands/2012/03/19/id/482115#ixzz2wdQL9VBh>

2) <http://www.stopthethyroidmadness.com/2013/12/29/companion-nutrients-the-key-to-iodine-protocol/>

So why do so many people state that they cannot take iodine due to a reaction?

The answers may lie with what are termed the “companion nutrients”. Each of these nutrients are critical to the success of the Iodine Protocol, and thus is essential to the proper working of your body. Those companion nutrients are as follows:

Unrefined Salt (Celtic) – 1/2 tsp. or more per day

Selenium – 200 – 400 mcg per day

Magnesium – 400 – 1200 mg per day

Vitamin C – 3,000 – 10,000 mg per day

Vitamins B2/B3 (ATP CoFactors) – 100 mg riboflavin and 500 mg no flush niacin, inositol hexanicotinate form, 1-2x per day

3) [The Guide to Supplementing with Iodine Stephanie Burst ND](#)

The Guide to Supplementing with Iodine, What you need to know to get started By Stephanie Buist, ND HC . pdf file

4) https://docs.google.com/document/d/16Dpy1_mGUy3dOxSpr7QY4oeiDVvS0jH9bkeQK_KzvG4/edit?pli=1
Iodine – Instructions on Google Docs

5) <http://iodinehealth.wordpress.com/bromide-salt-loading/>

Salt Loading: 1/4 teaspoon* unrefined salt dissolved in 1/2 cup warm water, then followed immediately with 12-16 oz pure water. Repeat in 30-45 minutes if needed. May repeat again until copious urination begins. Observe subjective response (usually within several hours). *Iodine Investigation Project participants have found 1/2 teaspoon salt dissolved in water works faster than the 1/4 teaspoon dosage. Note: not for use in patients with CHF, heart disease, or the elderly.

6) http://www.drshevin.com/patient_education/nutrition_hygiene/salt/

7) http://www.drshevin.com/patient_education/nutrition_hygiene/iodine_deficiency/

8) Brownstein, David. "Clinical experience with inorganic, non-radioactive iodine/iodide." *The Original Internist* 12.3 (2005): 105-108.

8) Miller, D. W. "Extrathyroidal benefits of iodine." *Journal of American Physicians and Surgeons* 11.4 (2006): 106.

9) Dijck-Brouwer, DA Janneke, et al. "Thyroidal and Extrathyroidal Requirements for Iodine and Selenium: A Combined Evolutionary and (Patho) Physiological Approach." *Nutrients* 14.19 (2022): 3886.

Nevertheless, some adults fail to escape from the usually transient Wolff–Chaikoff effect and remain hypothyroidic (iodide myxedema) or progress to hyperthyroidism (Jod–Basedow effect) [207]. They obviously lack appropriate thyroid autoregulation [195], and likely have thyroid autoimmunity, often unrecognized or subclinical, or another underlying thyroid disease [6,103,202,207]. Basing optimal intakes on them closes a perfect vicious circle, because many of those may have contracted this condition because of anD iodine/selenium disbalance in the past.

10) Nichol, R. W. "Bromism: The Sodium Chloride Treatment." *British Medical Journal* 1.3405 (1926): 636.

11) BECHET, PAUL E. "THE INTRAVENOUS ADMINISTRATION OF SODIUM CHLORIDE IN BROMODERMA." *Journal of the American Medical Association* 87.5 (1926): 320-321.

12) Togawa, Go, et al. "Effects of Chloride in the Diet on Serum Bromide Concentrations in Dogs." *International Journal of Applied Research in Veterinary Medicine* 16.3 (2018): 197-202.

13) Cann, Stephen A., Johannes P. Van Netten, and Christiaan van Netten. "Hypothesis: iodine, selenium and the development of breast cancer." *Cancer causes & control* 11.2 (2000): 121-127.

14) Manjer, Jonas, Malte Sandsveden, and Signe Borgquist. "Serum Iodine and Breast Cancer Risk: A Prospective Nested Case–Control Study Stratified for Selenium Levels." *Cancer Epidemiology, Biomarkers & Prevention* 29.7 (2020): 1335-1340.

Redmond Minerals, Inc.

<http://www.realsalt.com/>

Celtic Salt

<http://www.celticseasalt.com/>

Hawaiian Specialty Salt Company, Inc.

<http://www.hawaiisalt.com>

<https://www.youtube.com/watch?v=DunTZ4ocQKIDr> David Brownstein on Bromine Detoxification Published on Sep 17, 2012

Excerpts of Dr. David Brownstein's Lectures on Iodine, Mercury, Cancer and Detoxification.

magnesium citrate

<http://www.naturalthyroidchoices.com/SaltAdrenal.html>

Salt Loading / Adrenal Support Protocol

Perform the salt loading protocol when you are experiencing issues with iodine supplementation. 1/2 tsp celtic (or other unrefined) salt in 1/2 cup of warm water Follow the above with a glass of 12 oz filtered water. ** Repeat every 30-45 minutes as needed until urination begins Why does this help? Salt – containing chloride – binds to the bromide in the blood stream and carries it out through the kidneys.

<http://www.naturalthyroidchoices.com/SaltAdrenal.html>

Adrenal Support (heart palps, racing pulse)

You may experience times when you feel jittery when taking iodine. Some have also described a “vibrating” sensation. Others have reported heart palpitations or even increased pulse rates. This is more than likely adrenal related. (Note: If these continue seek the advice of your healthcare practitioner) Performing the following supplementation can help with these symptoms.

2,000 mgs Vitamin C

200 – 400 mgs Magnesium

1/2 tsp Celtic Salt

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Link to this article: <http://wp.me/p3gFbV-1jO>

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