

## IODINE AND T3 MODULATE MIND AND MOOD

A recent population study in China compared intellectual development in high versus low iodine villages.[3] About three fourths of adults born during a time of iodine deficiency had IQ scores below 70. In another rural village with normal iodine levels, less than half as many scored this low. This is an example of the importance of nutrition to the intelligence and adaptability of whole population groups. The iodine deficiency villagers also had a high rate of nerve deafness and spasticity, a sign of gross brain damage.

[https://www.olaloa.com/resources/articles-on-nutrition/381-the-healing-power-of-potassium-iodide-sski\[8/31/](https://www.olaloa.com/resources/articles-on-nutrition/381-the-healing-power-of-potassium-iodide-sski[8/31/)

### The Healing Power of Potassium Iodide (SSKI)

Iodide therapy can be used to interrupt TSH production and consequent over-activity in Grave's disease. This same mechanism can be useful in some cases of hypomanic excitement, even as an adjunct to lithium and tranquilizers. Another basis for this therapy is implied by results of a study by Drs. Dratman, Futaesaku et al.[4] They demonstrated that the thyroid hormone concentrates in specific areas of the brain, particularly in the cerebellum, which generates habit patterns, the hippocampus, which coordinates memory via attentional mechanisms, and the gray matter of the cortex, which contains memory storage. At low or deficient levels of thyroxine, as are seen in case of iodine deficiency, the more active T3 hormone increases in the brain. This would explain the paradox of mental overactivity in patients with poor nutrition. It also explains the calming effect of iodine.