

Open Forum > Nutrition Talk

iodine and stomach acid

(1/3) > >>

KatiW:

I read somewhere that low stomach acid could be due to iodine deficiency. If this is true, would supplementing with iodine help the body produce adequate amounts of stomach acid? If so, how much supplementation is needed?

jodi f.:

I've read something about this, too, but it brings up more questions for me than answers. Some low thyroid function is due to iodine deficiency, and low thyroid will slow HCl production. So is it the iodine that's increasing production or the improvement in thyroid function? And if it's not thyroid related, then would the iodine work the same way? I don't know.

The best way to know if there's an iodine deficiency is to have the Iodine Loading Challenge done through Doctor's Data. That would also help determine how much supplemental iodine might be needed. But once again, would that boost HCl production? I don't know.

KatiW:

Thanks for your input. I've been taking HCl for a couple months now and still have to take the same amount. I've read that by supplementing with HCl your stomach will eventually begin to start making enough HCl on its own. So, I was trying to figure out why mine hasn't yet. I've had some symptoms of hypothyroidism for a few years also, so I thought that maybe it is all due to not enough iodine. I don't really eat any iodine rich foods, and it's not in my multiple. I also do eat a lot of cruciferous vegetables, so I thought that the goitrogens might be working against me some. Also a year or two ago I suddenly got several cavities, so for a while the dentists insisted on a lot of fluoride, which inhibits iodine absorption right? anyways, so it just seemed like it could be iodine deficiency at the root of all of this. Do you think it would be a good idea to try taking some iodine (from seaweed)? If so, how much is a safe amount? Thanks.

jodi f.:

Yes, Kati, that flouride is nasty stuff. It's not that our bodies don't need some flourine/flouride, but what's in toothpastes and dental products is sodium flouride, a by-product of the aluminum industry.

All of the halogens--iodine, flouride, bromide, and chlorine--compete with each other for uptake, so flouride in the water or dental products can be detrimental. One of the biggest problems in my opinion, though, is the chlorine in our shower/bath water. We absorb this very efficiently right through our skin, making it pretty important to use filters. Most of us are good about drinking filtered water, but we forget that water on our skin is just as (more?) important. For you, or anyone else in need of such a filter, www.bestfilters.com has pretty good pricing. They have a bath ball filter that doesn't remove the chlorine but changes it to a non-toxic chloride. You just swish it around in the water.

The RDA for iodine is 150mcg., but since you have symptoms of hypothyroidism, you may want to take some other nutrients along with iodine-containing foods/supplements. I don't suppose there's any way you can get tested???? If you go to www.canaryclub.com, as a registered member you can get a very good blood spot thyroid test for \$140.00. That's the best deal anywhere, and it's an accurate test. They test for antibodies, as well as thyroid hormone output, and this is an important factor, especially since you sometimes get migraines. They can be a symptom of low thyroid function.

If your Henry's carries the MegaFood line of supplements, I highly recommend that as nutrient support for both iodine repletion and thyroid support. You can view the label here: <http://www.smartbomb.com/mf20029.html> I

like that it contains herbs that support thyroid and adrenal health. The form of ashwagandha they use, especially, is very effective. It contains the highest % of active constituents I've seen. It's an excellent adaptogen. Also, I like sea vegetables for iodine much more than isolated, high potency iodine/potassium iodide. That has its place in the supplement world, but not as an everyday supplement (in my "humble" opinion). And sea vegetables are a much more delicious way to add iodine. For the thyroid, bladderwrack is especially nice.

The brassica family is really only a problem if you're eating lots of it raw. Lightly steamed is much better, and cooked well, such as in a soup or stew, is even better. Most people I see for "thyroid" actually have a combination of Hashimoto's (so more of an inflammatory immune issue) and low adrenals. Brassicas just aren't a problem in this scenario, and in fact are too nutritious to put into that "bad" category. Just don't use the more concentrated versions, such as supplements and sprouts.

Another thought: What form is your HCl--tablet or capsule? I like tablets because it seems they break down more quickly than capsules. You want the effect in your stomach, not lower down. I recommend to my most depleted clients to take their HCl with some diluted ACV or some bitters, just to make sure they've got some acid going down, along with the tableted acid. Also, digestive enzymes, the protein-digesting ones, though I recommend a full-spectrum, can also help with protein digestion even with low HCl. You might consider adding these.

But from a Functional Medicine point of view, the idea is to understand as much as possible why you have low stomach acid, especially at a young age. Is it iodine, low thyroid, stress, a medical issue, etc? If you simply supplement it, you're missing the "leak". The boat still has a hole and you could be baling forever. Testing your thyroid, taking the Adrenal Fatigue Questionnaire (www.adrenalfatigue.com) or a saliva panel, etc. are great ideas. How else will you get to the bottom of the issue?

KatiW:

Thanks for all your info and input.

I would really like to test. I've got an interview friday for a second job (actually with a Bauman Natural Chef graduate, Rhianna Glor, who opened up Healthy Creations down here in Encinitas). If I get that, I'll start feeling more comfortable about my financial situation and might be able to afford that test through the canary club. How much is a saliva panel? What exactly does it test for?

I'm in the process of getting a water filter right now (the aquasana aq-4000) and I'm hoping to get one for my shower too.

I believe initially all my health problems began with gluten. Since I stopped eating gluten about 1 year ago, I've healed my intestinal lining and mucosa, addressed any vitamin and mineral deficiencies, gone off of birth control, and have done several things to support my digestion while it strengthens from being impaired by the whole gluten thing. I feel a million times better and basically all of my health symptoms have gone away or improved considerably.

I take a decent multivitamin (Rainbow Light's Womens One), probiotics, digestive enzymes (a full spectrum), HCl (650 mg with 165 mg pepsin, tablets by Source Naturals), flax oil, fish oil, omega 7's, a liver supportive complex, vitex (still working on getting that period back), and stress advantage by New Chapter regularly. Since iodine is not in my multi, i just started taking about 225 mcg from a kelp supplement. My diet is pretty good too, full of lots of veggies and fruits, healthy fats, non-glutinous grains, and some protein.

Really, I would like to get to the root of my HCl deficiency too. At first I just thought it was because my digestive system got so impaired from eating gluten for years when I shouldn't have been, but after taking HCl for about 2 1/2 months now, I still have to take the same amount, so I'm trying to figure out why my stomach hasn't been starting to make enough on it's own again. That's when I thought maybe my body is missing a key component needed for the production of stomach acid. And then I read that you need iodine to make stomach acid.

Iodine deficiency would also explain the hypothyroid symptoms I've had for a couple years.

I don't know if we have that specific product by MegaFoods, but we do have several thyroid supportive

complexes(off the top of my head I know we have one by Gaia and by Michaels), I'll take a closer look at some of them the next day I work.

I do know i have some issues with stress/anxiety. Sometimes it seems like my hormones go a little crazy or something and contribute to anxiety attacks. I usually handle it by relaxing myself with tea and long walks. The Stress Advantage supplement seems to be helping too.

I hope I am able to get to the bottom of this. I don't like the idea of always having to take HCl.

Thanks again for all your advice.

Navigation

[0] [Message Index](#)

[#] [Next page](#)

[Go to full version](#)