

Nutritional Therapy & The Iodine Protocol

Bromide & Salt Loading

The iodine doctors have found in treating over 4000 patients that what is commonly thought to be a bad reaction to iodine is most likely bromide toxicity. Iodine, Bromide, Fluoride and Chlorine are all halides. When we are low in iodine and are exposed these other halides they will take a place on the iodine receptors. If we have been exposed to many of these halides over a long time period we may be considered bromide toxic. In the lab tests for iodine sufficiency the docs are seeing high levels of bromide excreted as the dose of iodine increases. Moving bromide out of the body can cause symptoms (listed below) in people who are highly bromide toxic, as the iodine pushes the bromide off the iodine receptors. There are several strategies for dealing with bromide symptoms if you get them.

Dr. Brownstein has said that less than 5% of his patients had any kind of detox symptoms from the iodine protocol.

<https://www.drbrownstein.com/homePage.php> (<https://www.drbrownstein.com/homePage.php>)

1. *Salt Loading (see details below).*
2. *Stopping iodine for 48 hours to rest the kidneys.*
3. *Reducing the iodine dose temporarily, then working back up.*
4. *Taking several grams vitamin C spread out throughout the day along with the Iodine Companion Nutrients.*
5. *Drinking more water.*
6. *Pulse-dosing (stopping and restarting iodine therapy.) Commonly 5 days on 2 days off*

www.breastcancerchoices.org (<http://www.breastcancerchoices.org/>)

Far less is known about the effect of Fluoride as it is pushed out of the body. It often can take high doses of iodine over a period of time for the body to start to move the other halides out of the body. Iodine used to be added to breads and baked good when that was stopped many manufactures started to use bromide instead. Bromide is also a common fire retardant it is found in most new plastics, carpets, household goods, new cars. Bromated oil is in Mt. Dew and some Gatorade. Bromide is commonly used in hot tubs and spas and of course chlorine is used in swimming pools and drinking water systems. Fluoride is added to many water supplies and is in toothpaste and in many foods manufactured with fluorinated water. Avoiding these halides is very difficult in our current culture.

Iodine is our only protection, After we have reached iodine sufficiency (which for some of us will take some time due to our currently high halide load) how much iodine we need to maintain that sufficiency in this toxic world is a matter of debate. The iodine Doctors originally thought 25 mg and since have

raised that and believe 50 mg is required. We all have to take into account our body weight and exposure. Some on the iodine list on yahoo who are in pools often take a high dose to counteract the chorine and bromide they are exposed to.

More and more doctors are becoming aware of the importance of iodine again but still it is too few. Many if not most of us are using the iodine protocol on our own and taking responsibility for our own bodies. As always nothing on this site is medical advice just a culmination of my experience and experiences of others on the protocol through observation of our own bodies. Please seek out the assistance of an iodine knowledgeable physician. I am accustomed to using myself as a guinea pig but that doesn't mean I recommend it to those who have no experience in self treatment.

Iodine-related bromide symptoms may include:

eye lid twitching – foot twitching – tingling in hands or feet

dark thoughts (e.g., there is no reason to live)

depression (e.g., there is no reason to get out of bed)

anxiety – emotionality – irritability – sedation – lethargy

skin “cuts”rash (bromaderma) bromide acne,” “acne-like eruptions” without “coniform.”

hair loss

leg and hip ache (feels like arthritis)

metallic taste – dry mouth – increased salivation

mouth and tongue sores and cuts or “sore mouth”

sinus ache – runny nose

headache- brain fog

odd swallowing sensation (reported in old medical literature as “swollen glottis”)

body odor (bromos is Greek for stench)

ureteral spasm, frequent urination (mistaken for urinary infection) – unusual urine odor

diarrhea – constipation

kidney pain

vision changes

dream changes

hormone changes

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Bromide Overdose

Many of these extreme symptoms of bromide toxicity are not likely to happen on a iodine protocol but it is interesting non the less.

High levels / Overdose / Toxicity / Negative Side Effects – Symptoms and/or Risk Factors:

Drowsiness, fatigue, nausea, vomiting, acne, skin rash, blurred vision, dizziness, mania, hallucinations, increased thirst, hunger and urination, pancreatitis, muscle weakness, hypothyroidism, poor memory, psychosis, coma, possible attention deficit hyperactivity disorder (ADD/ADHD) in children.

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.*

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

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

Pulse dosing of iodine has often helped our participants with detox symptoms: taking a two day break from iodine supplementation as needed seems to enhance the kidneys' ability to excrete bromide. These are only our observations as educated patients. Consult your own physician about your particular iodine regimen.

<http://www.breastcancerchoices.org/iprotocol.html>
(<http://www.breastcancerchoices.org/iprotocol.html>)

How do we get exposed to Bromide? Learn more on Bromide Dominance ...

<http://www.breastcancerchoices.org/bromidedominancetheory.html>
(<http://www.breastcancerchoices.org/bromidedominancetheory.html>)

Personally I could not tolerate drinking the salt water so I take my salt in OO caps that I fill with a cap-m-quick. 2 caps is a barely heaping 1/4 tsp. Just drink lots of water with the caps. Dr. Brownstein has said not to salt load for more than a week. If the bromide detox symptoms do not subside in that time lower your iodine dose for a while then work back up again. Make sure that you are getting at least 1/2 tsp plus generous use on food daily. The salt loading is above and beyond that daily need

Redmond Minerals, Inc.

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

Celtic Salt

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

Hawaiian Specialty Salt Company, Inc.

<http://www.hawaiisalt.com> (<http://www.hawaiisalt.com>)

24 Comments leave one →

1.

Health Medicine : [PERMALINK](#)

October 28, 2010 4:12 am

i like to dip on a hot tub every morning and before going to sleep, it is really nice”-:

REPLY

2.

Senaida Gorri [PERMALINK](#)

August 2, 2012 4:43 am

enjoyed the post I have a question I'm looking for a good chiropractor because I need a good one I wanted reviews or info on Total Health Chiropractic ?529 North Market Street Chattanooga, TN 37405 (423) 265-2225

REPLY

3.

Roni Dorris [PERMALINK](#)

November 29, 2012 2:21 pm

Orthiodosupplementation induces a cleansing reaction in some patients with high bromide levels. The signs include improved body odor and cloudy urine. The body odor lasts one to two weeks, but the cloudy urine may last several months before clearing up.

REPLY

4.

Hailey Bains [PERMALINK](#)

December 6, 2012 2:50 pm

I know that I could not drink the salt water like that without throwing up! I know I could not tolerate it! Luckily caps seems like the way to go.

REPLY

5.

youtube.com [PERMALINK](#)

January 19, 2013 4:04 am

I was recommended this web site by my cousin.

I'm not sure whether this post is written by him as no one else know such detailed about my difficulty. You are amazing! Thanks!

REPLY

6.

http://yahoo.com [PERMALINK](#)

February 9, 2013 4:04 pm

"Bromide & Salt Loading Journey to Health" honestly enables myself imagine a small bit extra. I actually appreciated every single part of this post. Many thanks -June

REPLY

7.

Peter E [PERMALINK](#)

March 19, 2013 10:07 pm

Your thyroid needs iodine. The thyroid controls everything.<http://iodinedeficiencylinkedtohairloss.blogspot.com.au/>

REPLY

8.

Red Moon [PERMALINK](#)

March 30, 2013 2:24 pm

Thank You for taking the time to create this site. As I am about to do a post also...Perhaps add a reblog widget and I will link you to my blog, thewiseoneoncesaid.com so people can learn of this. I awakened today with symptoms, ie. muscle aches, odd dreams, fatigue. What a journey is right! My body temperature has finally reached normal after years of it being low. Incredible!!! Please let me know if you are willing to add the reblog widget. Kindest Regards, ~Red Moon~

REPLY

9.

web page PERMALINK

August 18, 2013 6:44 pm

This is my first time pay a quick visit at here and i am truly pleassant to read everthing at single place.

REPLY

10.

back pain kidney PERMALINK

August 22, 2013 4:14 am

Very good article! We are linking to this great content on our website. Keep up the good writing.

REPLY

11.

Ria PERMALINK

December 3, 2013 9:18 am

I am intrigued by everything Dr. Brownstein has to say, however, even Celtic Salts contain Bromine (unfortunately). How can this be overcome? Selina's Celtic Salts have a Bromine content of 0.0403 and an iodine content of <0.0002. See: https://www.selinanaturally.com/content/PDF/css_analysis.pdf

Are there any other brand of Celtic Salts which do not contain bromine?

Thank You.

REPLY

◦

Tatiacha PERMALINK*

December 5, 2013 2:28 pm

All natural salts have low levels of bromine, iodine and fluoride but the salt overall is a balanced and natural product. The salt itself helps the body to remove bromide and fluoride while on the iodine protocol as it binds to the bromide and carries it out of the body. So I would not be concerned with the tiny amount of bromine in the salt. The only salt that does not have it is processed salt which is not good! I prefer the celtic but often use the realsalt as well,

REPLY

12.

carole carole watkins PERMALINK

December 26, 2013 9:23 am

Do I need to use salt that isnt ionized?

REPLY

◦

Tatiacha PERMALINK*

December 26, 2013 5:05 pm

any unprocessed natural salt the most common are Redmond's real salt, Celtic brand sea salt or Himalayan Pink salt

REPLY

13.

Kristy K. James...Where Romance and Fantasy Collide PERMALINK

January 14, 2014 2:48 am

Great article! It took about a year of research, and listening to Dr. Brownstein's videos on YouTube, before I had the guts to start the iodine protocol. I am also the kind of person who tries things without checking with a doctor first. I've found most can't think outside the box and I prefer a natural approach to health issues whenever possible...including dealing with my hypothyroidism.

Anyway, I started taking Iodoral (12. mg) a few months ago, starting with half a tablet a day. So far I'm up to 2 full tablets when I get up every day, and then 1 1/2 six hours later (with the companion nutrients: Selenium, B2/B3 – or the co-factors when I can find them, and C). I keep trying to do the full 50 mg (2 tablets twice a day) but whenever I add the extra half, I don't feel good, so I'll just hang here for a while. The one thing I notice is the runny nose, which seemed to start almost immediately after starting the Iodoral. Any time I'm around steam (think shower, dish washing, cooking), or eating, I need tissues. I should own stock in the company that makes Puffs by now.

So I wondered if you knew how long this might last. Would it help if I make a better attempt to add more unprocessed Celtic salt to my diet? I've just never used a lot of salt, so it's hard for me to remember.

REPLY

◦

Tatiacha PERMALINK*

January 14, 2014 5:17 pm

boy the sinus area is really sensitive to clearing with iodine. Salt helps immensely with that. I put some Celtic salt in a veggie cap and take it with my supplements when i feel i need more than i am using with food, that way it is kind of a no brainier as far as remembering. I had a lot of nose discharge for several months.

REPLY

Trackbacks

1. Iodine Links « Healthy Empowerment
2. Leptin Reset Experiment starts today - Jack Kruse style | Mark's Daily Apple Health and Fitness Forum page 1417
3. Hashimotos help | Mark's Daily Apple Health and Fitness Forum page 4
4. Iodine Anyone? | Mark's Daily Apple Health and Fitness Forum page 7
5. 21 Home Remedies for Migraines and Headaches | The Nourished Life
6. Dry Mouth and Diabetes – Onlymyhealth | Filters are the best

7. Will fluoride make history in Sheridan again? – The Sheridan Press (subscription) | Filters are the best
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