

Tags: Iodine cures Hashimoto, Iodine cures Nodules, Iodine cures hypothyroid, Iodine cures hyperthyroid, thyroid research report, Iodine cures thyroid problems, Iodine treats thyroid cancers, iodine references

About Hashimoto, Nodules & Hot Nodules

This File:

<http://tinyurl.com/iodine-hashimotos>

Also:

<https://docs.google.com/document/d/1751jwypZ4nugKFA3Nk4PJ2MgDbnrVz5an3c76C7hdok/edit#>

[Our Website](#) Iodine References

Send your suggestions for this document to Grizz at the [Curezone](#).

Click on Index to navigate

[Introduction](#)

[Crash Course: All about the Thyroid](#)

[Hashimoto Definition](#)

[Symptoms of Hashimoto's](#)

[Causes of Hashimoto's Autoimmune Disease](#)

[Hashimotos Important Articles](#)

[What is causing the Thyroid problems?](#)

[Nodules & Swelling](#)

[Why do Doctors FAIL to identify Hypothyroid ?](#)

[Adrenal Fatigue and the Thyroid](#)

[What is Hashimoto's in depth:](#)

[On Hyperthyroidism \(AKA Graves Disease\)](#)

[Viral Causes for Graves, Hyperthyroid & Hashi](#)

[Hyperthyroid can be treated with Lithium](#)

[Inexpensive at home testing Kit](#)

[RAI \(Radio Active Iodine \)](#)

[2 Kinds of RAI](#)

[The "123-RAI"](#)

[The "131 RAI"](#)

[Testimonials](#)

[Christine's rare Hot Nodule problems](#)

[Thyroid Nodules](#)

[What are "Hot Nodules?"](#)

[Thyroid Storm, Thyrotoxicosis, Hyperthyroid \(Graves\)](#)

[Master Index to Iodine Resources](#)

[Index To All Grizz Files](#)

Disclaimer: Always consult with your healthcare professional before taking supplements

We recommend working with an iodine trained (or local Naturopathic/Holistic) doctor. Traditional doctors typically know nothing about iodine & were never trained on iodine in Med School. They have deleted & censored their entire 100+ year history of iodine being a MAJOR medicine for most disease. List of iodine trained doctors:

<http://breastcancerchoices.org/ipractitioners.html>

This is a collection of publicly available files for educational use only. Use this information at your own risk.

Introduction

Iodine is essential for good health and most of us can take the Dr. Brownstein Iodine protocol without problems or with minimal detox symptoms. However there are rare exceptions that we should know about. Many thanks to Curezone Member Christine to inspire a major upgrade to this document. She suffered through a very rare “Hot Nodule,” described in detail here. Also see her inspiring story in “Testimonials.”

How can you tell if something is wrong with your thyroid gland? Dr. Oz compares the thyroid gland to the thermostat in a house. You don't always know if the thermostat is set to the correct temperature, but if you don't feel well then it's not. If you feel too hot or too cold, then you are likely to have thyroid problems.

<http://abcnews.go.com/GMA/OnCall/dr-mehmet-oz-symptoms-treatment-thyroid-disease/story?id=10086142>

Regardless of what your Dr. says, if you have cold hands, cold feet, AND your body temperature chart is abnormally low, then you are hypothyroid. If your Dr. won't agree (many won't agree!), then see the chapter on doctors for more.

Dr. Brownstein points out that all thyroid problems are caused by iodine deficiency.

If you are [hypothyroid](#) or [hyperthyroid](#), do not take iodine until you have read this report. The majority of those that are hypothyroid are said to have Hashimotos Thyroiditis, and might also have Thyroid Nodules. In most cases, iodine

supplementation with required co-supplements reverses Hashi, nodules, hot nodules & hyperthyroid. BEWARE of advanced conditions described below.

If you have one or more rare HOT (toxic) thyroid nodules then you may not be able to take iodine at all or else risk going into hyperthyroid. The hot (toxic) nodule(s) might need to be surgically removed before taking iodine. Risk is high for a deadly Thyroid Storm if you have hyperthyroid AND take iodine.

- Exception, if iodine is taken early in the development of a hot nodule, it can be reversed and cured.
- Go to the chapter NODULES in this report for more details on Nodules, Hot Nodules & Hyperthyroid/Thyroid Storm

Read How Janie Bowthorpe cured both Cold Nodules AND Hashi. Both Hashi & Nodules are the result of iodine and selenium deficiency.

<http://www.stophethyroidmadness.com/2014/08/02/case-missing-thyroid-nodules/>

“Having enlarged, non-cancerous thyroid nodules are common, as experienced by many Hashi’s patients, as well as stated by well-known clinics—the latter who might say up to 95% are non-cancerous. [Link to article](#)

This report simplifies a very complex & extremely controversial subject to the most important elements, verified by multiple doctors as detailed below.

Bottom line up front - TAKE MORE SELENIUM

1) Eliminate all the known causes for Autoimmune Disease (Hashimotos) first.

2) For the majority, just doing the standard [Dr. Brownstein Protocol](#) will respond even if they have Hashimotos or are hyperthyroid. Only rare cases of Hashimotos do not respond well to the Dr. Brownstein Iodine Protocol being promoted at the Curezone, because he requires 200mcg Selenium, and those rare cases can be handled by the procedures following: Details here:

<http://www.marksdailyapple.com/forum/thread103427-20.html#post1451107>

3) For rare cases of Hashimotos = Take 200mcg selenium 2+ wks before starting a very Low Dose of iodine

Start a low dose of iodine **after** Thyroid Antibody testing is in a normal range.

Why: [See this short video](#)

Read this report:

<http://kymeth.blogspot.com/2011/05/how-to-cure-hypothyroidism-naturally.html>

4) Also as a last resort for rare cases see this: 3 Phases of Treating Hashimoto's
<http://advancingthyroidcare.wordpress.com/2010/03/21/three-phases-of-treating-hashimotos/>

Crash Course: All about the Thyroid

These brilliant documents were created by Violien from the Curezone Iodine Group. It is written in plain understandable English that will make you an expert on the thyroid. You will know more than your doctor after reading this.

<https://sites.google.com/site/violienhealth/thyroid>

<http://www.curezone.org/forums/fm.asp?i=2314338#i>

Hashimoto Definition

an **autoimmune disease** in which the **thyroid** gland is attacked by our immune system, caused by a severe iodine/selenium deficiency and other factors described below.

Symptoms of Hashimoto's

Typically the symptoms of hypothyroid and Hashi are identical in the early stages, cold hands, cold feet, low metabolism, low energy, obesity, below normal body temp.

Advanced Hashi can display sporadic hyperthyroid and bipolar symptoms.

Causes of Hashimoto's Autoimmune Disease

Start by eliminating the known common causes of autoimmune diseases. There is a long list of autoimmune conditions, including lupus, multiple sclerosis, Type 1 diabetes, celiac, rheumatoid arthritis — the list goes on. One in twelve Americans has an autoimmune condition, making it more prevalent than heart disease and cancer. Packaged foods are a major cause.

Suspect wheat first!

Wheat is a leading cause of inflammation & Autoimmune Disease.

Hashimotos caused by Modern Wheat-1 - Dr. Davis

<http://www.wheatbellyblog.com/2012/09/modern-wheat-a-terrorists-delight/>

Hashimotos caused by Modern Wheat-2 - Dr. Davis

<http://www.wheatbellyblog.com/2013/12/autoimmunity-and-wheat/>

Anything you eat that causes an inflammatory response: Gluten, Dairy, etc

<http://curezone.com/forums/fm.asp?i=1757105#i>

[Hashimoto's Diet: Keys to Success](#)

Silver Fillings Removal –

If you have **amalgam fillings** talk with a DAMS mercury safe dentist about proper

removal.

[http://www.andreabeaman.com/health/tag/hashimotos-thyroiditis/
Mercury & Autoimmune Disease](http://www.andreabeaman.com/health/tag/hashimotos-thyroiditis/Mercury%20&%20Autoimmune%20Disease) [More Here](#)

Heavy Metal Detox - Use a combination of Milk Thistle, Turmeric, Chlorella, and Cilantro to detox these harmful metals from your cells and organs.

NO BPA – Bisphenol A (BPA) is found in plastic bottles and can disrupt your endocrine system and effect your thyroid. Drinking out of glass, stainless steel, or BPA free plastic bottles is recommended.

Vitamin D3

Levels too low. Verify D3 Blood levels 70 to 80 ng/ml D3 Deficiency is a major cause of autoimmune disease. <http://tinyurl.com/Vitamin-D-Report>

Selenium [selenomethionine](#) Required

Selenium Deficiency. 200 to 400mcg selenomethionine req'd

Mild selenium deficiency can contribute to the development of autoimmune thyroid diseases - [Dr. Tenpenney 0:27:0](#)

Just by adding selenium, that **40% of patients with Hashimoto's disease will recover.** Their anti bodies will go away and they will recover, just from selenium. [Dr. Tenpenney 0:28:0](#)

Dr Dach:

http://jdach1.typepad.com/natural_thyroid/2011/02/selenium-for-hashimotos-thyroiditis-by-jeffrey-dach-md.html

Lower Carbohydrate Intake - Lower your intake of sugars and grains and replace them with healthy fats. **Most women especially consume far too many carbs which increase estrogen and negatively affect the thyroid.** Instead consume healthy fats that will balance hormones, like: coconut oil, coconut milk, avocado, grass-fed beef, wild salmon, chia, flaxseeds, and hemp seeds.

Do a gut check.

A whopping 20 percent of thyroid function depends on a sufficient supply of healthy gut bacteria, so it's best to supplement with probiotics (friendly intestinal bacteria).

Fluoride destroys the thyroid - STOP drinking and using anything with fluoride.

(We use a water distiller from Amazon.Com for our drinking/cooking water-Grizz)

<http://www.stophethyroidmadness.com/fluoride-and-your-thyroid/>

Hashimotos Important Articles

Taking iodine is like pouring gasoline on a fire = FALSE, DEAD WRONG

If selenium is started before taking iodine

READ THIS FIRST

The important key for Hashi is to start selenium first to protect the thyroid cells from oxidative damage from hydrogen peroxide used to incorporate Iodine into thyroid hormone. After 3 weeks, it is safe to start the iodine supplementation at low dose.

<http://jeffreydachmd.com/2014/01/selenium-thyroid-good-news/>

TAKE MORE SELENIUM TO REDUCE ANTIBODIES

"As you know, the reported problems with Iodine relates to patients with Hashimoto's thyroiditis

Hashimoto's is more common than originally thought, almost epidemic, and it seems to be increasing.... I have found that in almost all Hashi patients with elevated antibodies, selenium supplementation will normalize and drive down antibody levels on serial lab studies. (selenium resolves Hashi)

In order to prevent the thyroid storm and other adverse effects from iodine in Hashimoto's patients.... *supplement with selenium first.... we give 200-400 mcg of selenomethionine for three weeks before starting the iodine supplementation at 6.25 mg (half the 12.5 mg tab) every other day."*

[The importance of Selenium for Hashi.](#) Dr. Dach

<http://jeffreydach.com/2011/04/06/iodine-is-safe-and-effective-by-jeffrey-dach-md.aspx>

[Selenium for Hashimoto's Thyroiditis](#) -Part 1 Dr. Dach

http://www.drdach.com/Selenium_Hashimotos.html

[Hashimotos, Selenium and Iodine](#), Part 2 - Dr. Dach

<http://jeffreydachmd.com/hashimotos-selenium-and-iodine-part-two/>

[Iodine and Hashimoto's](#) - Part 3 - Dr. Dach

<http://jeffreydachmd.com/2014/02/iodine-hashimotos-autoimmune-thyroid-disease/>

Dr. Tenpenney:

Treat Hashimoto patients with selenium 200 mcg twice a day to remove the peroxide that's accumulating the thyroid gland that is possibly contributing to their Hashimoto's. And once that starts – and I would do that for probably about a month or two. And once they start to improve from a clinical standpoint, start to add in just a little bit of iodine at a time. [Dr. Tenpenney 0:35:0](#)

<https://docs.google.com/file/d/0B07MPurzMTJhd3l4cjVNUTdBb00/edit>

Important Summary of Dr. Tenpenney's work by Violien

<https://sites.google.com/site/violienhealth/thyroid>

What is causing the Thyroid problems?

In addition to the iodine deficiency epidemic, excessive sugars & carbs are at fault. Rising sugar consumption and high carbohydrate diets are underlying causes of thyroid problems. Refined carbohydrates (pasta, cereal, cornstarch, cookies, cakes, bagels, doughnuts, etc.) are very damaging. Their overuse leads to obesity, thyroid disorders, nutritional deficiencies, arthritis, autoimmune disorders, cancer, chronic fatigue, diabetes, fibromyalgia, and heart disease. Choose unrefined carbs, especially those which are low on the "glycemic index." Drink PURE water instead of soda pop.

<http://samaritanministries.org/review-of-overcoming-thyroid-disorders/>

Nodules & Swelling

[10 Nodules & swelling cured with iodine](#)

Why do Doctors FAIL to identify Hypothyroid ?

I have been involved with iodine & resulting deficiency diseases for years, and this is a very common complaint that I see. Here is what I have found:

- They typically deny that iodine & selenium is required for our thyroid. They typically prefer to prescribe synthetic thyroid hormones. IMO, they want lifetime customers dependent on drugs. Curing the thyroid with cheap iodine & selenium is bad for business.
- They depend on a USELESS blood test called TSH. "Dr. Derry discovered exactly what we, as patients, have experienced for more than three decades! Namely, not only has the TSH lab failed to reveal that we were ALREADY hypothyroid, it fails us when we are dosing our medication. In other words, the TSH is thoroughly unrelated to how we feel! This has been ESPECIALLY true when using inadequate T4-only meds, and it continues to be true when we start on (preferred) desiccated thyroid if we are forced to stay within the TSH range." Complete details on why TSH is so useless: <http://www.stophethyroidmadness.com/tsh-why-its-useless/>
- "Stop the Thyroid Madness" explains why so very many doctors are simply incompetent. <http://www.stophethyroidmadness.com/doctors-need-to-rethink/> A variety of actual, real-life statements, both humorous and pitiful, made by doctors and reported by their patients are pitiful examples. <http://www.stophethyroidmadness.com/give-me-a-break/>
- STTM Explains how to find a good doctor: <http://www.stophethyroidmadness.com/how-to-find-a-good-doc/>
-

Adrenal Fatigue and the Thyroid

The **adrenal glands**, located at the top of each kidney, produce hormones that help the body control blood sugar, burn protein and fat, react to stressors like a major illness or injury, and regulate blood pressure. Two of the most important **adrenal** hormones are cortisol and aldosterone. When your adrenals are constantly stressed, this sets off an autoimmune, inflammatory response in your entire body. The

adrenal-hypothalamus-pituitary feedback loop regulates the secretion of cortisol. All of your organs and your immunity are impacted negatively by the resulting constant assault of cortisol. Low adrenal function can actually cause someone's thyroid problem to be much worse than it would be otherwise.

<http://www.naturalendocrinesolutions.com/articles/the-link-between-adrenal-fatigue-thyroid-conditions/>

Understanding the adrenal & thyroid connection:

<https://www.holtorfmed.com/adrenal-health-understanding-the-adrenal-and-thyroid-connection/>

What is Hashimoto's in depth:

[-http://www.stopthethyroidmadness.com/hashimotos/](http://www.stopthethyroidmadness.com/hashimotos/)

On Hyperthyroidism (AKA Graves Disease)

Hashi is primarily severe hypothyroid that sometimes cycles into bouts Hyperthyroid
Research has found that L-Carnitine is extremely helpful

[hyperthyroidism: L-carnitine's recognition as a key nutrient](#) - 2,000 to 4,000 mg daily

[Required Thyroid Nutrients](#) - Required vitamins & Minerals

Viral Causes for Graves, Hyperthyroid & Hashi

All are autoimmune diseases that can be caused by several virus. Please see this video for details: <https://www.youtube.com/watch?v=2-fT7E15rDQ>

Hyperthyroid can be treated with Lithium

See details at this link for more -

<http://www.curezone.org/forums/fm.asp?i=2153110#i>

Inexpensive at home testing Kit

Easily test for thyroid antibodies at home. Essential for hyperthyroid, nodules, and Hashi.

One of several at home blood test kits can be ordered, such as:

At Home Blood Spot Test Kit - Inexpensive ZRT Labs test kit for Hashi

<http://www.americanscreeningcorp.com/Thyroid-Peroxidase-Antibody-TPO-Blood-Spot-Test-P4626.aspx>

[13 Ways to Treat Hypothyroidism Naturally](#)

RAI (Radio Active Iodine)

2 Kinds of RAI

Christine has been vital in producing this document upgrade to include Nodules & RAI. She points out that there are 2 kinds of Radio Active Iodine. The "Safe" 123 RAI pill and the

extremely radioactive 131 RAI pill or liquid. Christine suggests flushing toilet 2 times after taking RAI.

The “123-RAI”

Q & A on the 123-RAI: Experts say it is safe and easy, but will not handle it themselves so as to avoid radiation build up. No risk to others in your family after 32 hrs. They use 123-RAI to count nodules and to find HOT Nodules.

<http://www.medhelp.org/posts/Thyroid-Cancer---Nodules--Hyperthyroidism/Thyroid-Scan-I-123/s/how/263117>

The 123-RAI is used to find accurate counts of HOT Nodules and Cold Nodules/cysts.

Special Note on Thyroid Cancers:

It is important to note here that the Dr. Brownstein Iodine Protocol actually kills cancer cells - and some iodine doctors would say that destroying the thyroid with 131-RAI is not necessary. Included are case histories where iodine has cured cancers, including thyroid cancer:

<https://sites.google.com/site/iodinereferenes/cancers>

Note: Christine used powdered Zeolite for the next 2-3 days to try to rid her body of this "good" radioactive iodine. [Zeolite removes radiation in 5 to 7 hours](#)

The “131 RAI”

is sooo radioactive that it is handled in a lead lined container, and they want us to DRINK THIS? It is quickly absorbed by several organs in our body besides the thyroid. You are so radioactive that you are told to stay away from people, and kept in isolation!!! Eggs & sperm are damaged for up to 6 months! Increased risk of cancers. No sex without a condom for months. Thyroid is killed, requiring one to take thyroid hormones for life.

- Complete details at Stop The Thyroid Madness:
<http://www.stophethyroidmadness.com/top-reasons-not-to-have-rai/>
- Life After RAI - [Link](#)
- Why NOT to have RAI, and what to do instead
<http://educate-yourself.org/lte/gravesdisease06apr12.shtml>

Testimonials

[Rosie Cured her Hashi with LDN - STTM](#)
[Cured 10 Nodules & swelling](#)

Christine’s rare Hot Nodule problems

Christine’s messages in the beginning

<http://www.curezone.org/forums/fm.asp?i=2236555#i>

<http://www.curezone.org/forums/fm.asp?i=2236822#i>

<http://www.curezone.org/forums/fm.asp?i=2236946#i>

<http://www.curezone.org/forums/fm.asp?i=2238680#i>

See Christine's entire thread

<http://www.curezone.org/forums/am.asp?i=2268481>

(more to come when Christine posts her wrapup report)

Thyroid Nodules

Nodules can be easily detected with Ultrasound that is quick, painless, inexpensive & accurate. Thyroid nodules can cause hypothyroid. This is the same as using ultrasound to view a woman's fetus. Ultrasound cannot find HOT Nodules.

- Detect nodules that are not easily felt
- Determine the number of nodules and their sizes
- Determine if a nodule is solid or cystic
- Assist obtaining tissue for cancer diagnosis from the thyroid with a fine needle aspirate (FNA)

The vast majority of nodules are non-cancerous.

<http://www.endocrineweb.com/conditions/thyroid/thyroid-nodule-ultrasound>

- “The entire body uses iodine, not just the thyroid. Various tissues and organs are designed to concentrate large amounts which are necessary for their normal structure and function. Conversely, low iodine levels (iodine deficiency) are associated with autoimmune thyroid disease (Hashi), breast cancer, thyroid cancer, goiter and fibromyalgia, **as well as cysts and nodules of the breast, thyroid and ovaries....**”
<http://www.stophethyroidmadness.com/2013/12/29/companion-nutrients-the-key-to-iodine-protocol/>
- Thyroid nodules are successfully treated with iodine supplements (except for Hot Nodules): http://iodineresearch.com/disease_thyroid_nodule.html
[Cured 10 Nodules & swelling](#)
- “All cysts are an iodine deficiency, which if left untreated WILL turn into nodules, then fibroids, then cancer.”
<http://www.healthyeatingontherun.com/symptoms-of-thyroid-problems.html> Confirmed by Dr. Brownstein.
- Treating Thyroid Nodules - [Brownstein](#)
- Brownstein Video on Treating Cysts & Nodules except “Hot Nodules” - <http://thethyroidsessions.com/dr-david-brownstein/>

What are “Hot Nodules?”

Hot Nodules are detected with the relative safe 123 RAI, described above. One or more “Hot Nodules” have symptoms just like cold nodules with Hypothyroid or Hashi. However when even small amounts of iodine are taken, these nodules can EXPLODE with hyperthyroid, even with a deadly “Thyroid Storm” from tiny amounts of iodine.

- A rare thyroid nodule that produces too much thyroid hormone, where tiny amounts of iodine can cause hyperthyroidism. Dr. Dach explains:
<http://jeffreydachmd.com/iodine-induced-hyperthyroidism/>

- Sheryl's Blog: Hot Nodules cured with iodine: She caught her hot nodule early which explains why iodine cured it.
<http://sherylcarter.com/wordpress/2013/05/youre-probably-iodine-deficient/>
- "Dr. Brownstein says hot nodules are rare and need to be surgically removed before iodine supplementation." <http://hypothyroidmom.com/busting-the-iodine-myths/>
- " THE TOXIC EFFECTS OF SMALL IODINE SUPPLEMENTS IN PATIENTS WITH AUTONOMOUS (HOT)THYROID NODULES - It is concluded that the physician should be aware of the possibility of precipitating or aggravating **thyrotoxicosis** in patients with an autonomous hot nodule by increasing their intake of iodine. "
<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2265.1977.tb01303.x/abstract>

Thyroid Storm, Thyrotoxicosis, Hyperthyroid (Graves)

Hyperthyroidism, thyroid storm, and Graves disease are conditions of excess thyroid hormone. The elevated level of thyroid hormones can result in clinical manifestations ranging from mild to severely toxic with resultant morbidity and mortality for affected patients. <http://emedicine.medscape.com/article/767130-overview>

- SSKI recommended for a thyroid storm:
<http://www.globalhealingcenter.com/natural-health/what-is-sski/>
- About the Thyroid Storm from STTM:
<http://www.stophthyroidmadness.com/thyroid-storm/>
- **About Thyrotoxicosis Symptoms:** The symptoms of thyrotoxicosis are a result of the high levels of thyroid hormones in the blood, increasing the rate at which the body is working. These can include diarrhoea, weight loss (although around 10% develop weight gain), shaking or tremor (notably in the hands), sweating, increased heart rate which can be felt by the patient (palpitations), overactivity, agitation, anxiety, changes in emotions and feeling hot even though the room may be cold to everyone else. Patients may also experience an increased heart rate, thinning of the hair, swellings or nodules in the thyroid gland (goitre) or other signs of hyperthyroidism. Certain hyperthyroid signs are seen in patients with the autoimmune cause and include prominent eyeballs (thyroid eye disease), skin changes on the legs and swellings on the fingers. In women, it can also affect menstruation and cause irregular periods and, if severe, even infertility. Other rarer symptoms include hair loss (alopecia) and itching.
http://www.yourhormones.info/endocrine_conditions/thyrotoxicosis.aspx
- Thyrotoxicosis Skin Problems with photos:
<http://www.dermnetnz.org/systemic/thyroid.html>

Disclaimer: Always consult with your healthcare professional before taking supplements

We recommend working with an iodine trained (or local Naturopathic/Holistic) doctor. Traditional doctors typically know nothing about iodine & were never trained on iodine in Med School. They have deleted & censored their entire 100+ year history of iodine being a MAJOR medicine for most disease. List of iodine trained doctors:

<http://breastcancerchoices.org/ipractitioners.html>

This is a collection of publicly available files for educational use only. Use this information at your own risk.

[Master Index](#) to Iodine Resources

Please help to support the Curezone with a contribution

If you found any of this information helpful, please make a donation - Grizz

<https://sites.google.com/site/iodinereferenes/donate-to-the-curezone>