

Iodine and Heart Health

[Iodine and Heart Health](#)

by [Dr. Mark Sircus](#)

July 17, 2024

According to Dr. Stephen A. Hopton Cann, Department of Health Care and Epidemiology, University of British Columbia, **iodine deficiency can have deleterious effects on the cardiovascular system**, and correspondingly, a higher iodine intake may benefit cardiovascular function.[\[1\]](#)

Dr. Michael Donaldson says, “Iodine stabilizes the heart rhythm, lowers serum cholesterol, lowers blood pressure, and is known to make the blood thinner as well, judging by longer clotting times seen by clinicians. Iodine is not only good for the cardiovascular system, it is vital. Sufficient Iodine is needed for a stable rhythmic heartbeat. Iodine, directly or indirectly, can normalize serum cholesterol levels and normalize blood pressure. Iodine attaches to insulin receptors and improves glucose metabolism. Iodine and iodine-rich foods have long been used as a treatment for hypertension and cardiovascular disease; yet, modern randomized studies examining the effects of Iodine on cardiovascular disease have not been carried out.”

Iodine-containing thyroid hormones, thyroxine (T4) and triiodothyronine (T3) are important metabolic regulators of cardiovascular activity with the ability to exert action on cardiac myocytes, vascular smooth muscle, and endothelial cells.

Dr. Stephen Hopton Cann

Dr. B. West says, “Iodine supplementation may be the missing link in a good percentage of heart arrhythmia cases, especially atrial fibrillation. The body needs adequate stores

of Iodine for the heart to beat smoothly. After close to a year now of using Iodine Fulfillment Therapy, I can attest to this fact. Most of the stubborn cases of cardiac arrhythmias and atrial fibrillation that we were unable to completely correct with our cardiac protocols have now been resolved with adequate supplies of Iodine added to the protocol.”[\[ii\]](#)

“Whole body sufficiency of iodine/iodide results in optimal cardiac functions,” writes Dr. Guy Abraham.[\[iii\]](#) There is an epidemic of cardiac arrhythmias and atrial fibrillation in this country and Dr. Abraham is convinced that the medical iodine phobia has a great deal to do with this phenomenon. Adequate stores of Iodine are necessary for a smooth heartbeat.

Iodine is the agent, which arouses (kindles) and keeps going the flame of life. With the aid of our thyroid, in which the Iodine is manifesting, it can dampen this flame or kindle it to a dissolute fire.

Scholz 1990.

The occurrence of iodine deficiency in cardiovascular disease is frequent. The thyroid hormone deficiency in cardiovascular function can be characterized by decreased myocardial contractility, increased peripheral vascular resistance, and changes in lipid metabolism. A study done with 42 patients with cardiovascular disease was divided into five subgroups on the grounds of the presence of hypertension, congestive heart failure, cardiomyopathy, coronary dysfunction, and arrhythmia. Researchers concluded that iodine supplementation prevents the worsening effect of iodine deficiency on cardiovascular disease.[\[iv\]](#)

Dr. John Young in Tampa, Florida, has been experimenting with a new process for reversing metabolic syndrome and Type 2 diabetes. He claims to have a success rate of 80 percent with over 100 diabetes patients. Dr. Young uses a combination of alkaline protein and minerals with Iodine, which he says reverses the process in diabetes patients in eight to 12

weeks.

Dr. George Flechas has found that Iodine can reduce the need for insulin in diabetic patients, using 50 to 100 mg of Iodine per day. Of 12 patients, six were able to ultimately come off their medications with random glucose readings below 100 mg/dl and an HbA1c of less than 5.8 (standard), and the other six were able to reduce the amount and number of medications needed to control their diabetes.

The total number of mitochondria in cells, and thus the total number of rechargeable ATP/ADP batteries, is dictated by the amount of functional thyroid hormone in cells. If normal thyroid hormone levels are reduced, the body develops hypothyroidism, and the number of mitochondria in an individual's cells is restricted. Hypothyroidism is a widespread condition that is implicated in what is called metabolic syndrome (formerly known as syndrome X).

What is the primary cause of hypothyroidism? Iodine deficiency! Without Iodine, the thyroid gland cannot produce sufficient amounts of thyroid hormone. This leaves cells unable to function normally.

Conclusion

Just about everyone will benefit from more Iodine. Over 30% of the U.S. has thyroid problems. That is probably a considerable underestimate, considering how iodine-deficient the population is in the United States and worldwide.

Chronic fatigue, low body temperature, weight gain, dry skin and hair, constipation, heavy menstrual periods, thin or hairless lateral eyebrows, depression, and even bipolar disease (2/3 of all bipolar patients become normal with correction to regular thyroid activity)—all of these are symptoms of low thyroid activity.

Iodine was known by many medical doctors in the 19th Century

as an empirical remedy, a natural “heroic remedy,” a present from the science of medicine to humanity. [Nobel Laureate Albert Szent Györgyi](#), the physician who discovered Vitamin C in 1928, commented: “When I was a medical student, Iodine was a universal medicine. Nobody knew what it did, but it did something and did something good.”

Dr. Gabriel Cousens said, “In 1950, the Japanese had 100 times more iodine in their diet than Americans. In 2001, they had 202 times more iodine than Americans and used up to 13.8 milligrams daily instead of the average U.S. intake of 425 micrograms. Unfortunately, there has been no real study ever about the optimal safe dosage of Iodine. But, again, **no one has ever died from iodine overdose or allergic reactions.**”

[Dr. David Brownstein](#) tells us that the “Iodine deficiency epidemic was increasing because of our increasing exposures to toxic halides fluoride and bromide. These toxic elements competitively inhibit Iodine in the body. Our water supply has been contaminated with fluoride, and our food supply has been adulterated with bromine in the form of brominated flour and vegetable oils. Bromide is also found in many commonly used consumer items as a fire retardant.”

[\[i\]](#) Journal of the American College of Nutrition, Vol. 25, No. 1, 1-11 (2006)

[\[ii\]](#) Atrial Fibrillation, Arrhythmias and Iodine. West B Health Alert, June 2006, Volume 23, Issue 6

[\[iii\]](#) The Original Internist, 12(2):57-66, 2005

[\[iv\]](#) [Iodine deficiency in cardiovascular diseases](#); Molnar I, Magyari M, Stief L. Orv Hetil. 1998 Aug 30;139(35):2071-3.

[Connect with Dr. Mark Sircus](#)

Cover image credit: [HappyEnd](#)