

Back To Chiropractic CE Seminars

Nutrition: Iodine ~ 2 Hours

- Presented by John B. Campise, D.C.-

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This course counts toward your California Board of Chiropractic Examiners CE. (also accepted in other states, check our website or with your Chiropractic State Board). The California Board requires that you complete all of your CE hours **BEFORE** the end of your Birthday month. We recommend that you send your chiropractic license renewal form and fee in early to avoid any issues.

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Please retain the certificate for 4 years. If you get audited and lose your records, I'll have a copy.

I'm always a phone call away... 707.972.0047 or email: marcusstrutzdc@gmail.com -Marcus Strutz, DC, Back To Chiropractic CE Seminars

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John B. Campise, Doctor of Chiropractic

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EDUCATION

- Doctor of Chiropractic, March 2001 – Life Chiropractic College West, Hayward, CA
- Undergrad 90 quarter hours, June 1997 – Santa Clara University, Santa Clara, CA

CHIROPRACTIC TECHNIQUE ADVANCED STUDY

- Neuro-Emotional Technique Certification, January 2006, Dr. Scott Walker, D.C., NET, Inc., Carlsbad, CA
- Applied Kinesiology Certification, May 1999, Tim Francis, D.C., ICAK USA, Sunnyvale, CA
- Carrick Institute Chiropractic Neurology Diplomate Course: 250 hours audited, May 1999

John B. Campise, Doctor of Chiropractic

CONFERENCE PRESENTATIONS

-Neuro-Emotional Technique “Success Seminars” 25th Anniversary. *24 hour clock acupuncture theory correlations to NET and homeopathic support of the chiropractic adjustment.*

CHIROPRACTIC PRACTICE

- Campise Chiropractic private practice, June 2001 - Present, Fresno, CA. General Practice with a focus on nutrition, wellness, and rehabilitation of traumatic brain injuries.
- Dr. Kotsonis, D.C., DACNB Chiropractic Office, Jan 2015 - Dec 2015, Clinton Township, MI. General practice with a focus on stroke rehabilitation. For 2 weeks every month Dr. Campise was trained by and filled in for Dr. Kotsonis while he recovered from lumbar spinal fusion surgery.

Nutrition: Iodine - 2 hrs

Definitions:

Deficiency: A state whereby the patient has such a low level of the nutrient in their body that it causes a disease state.

Insufficiency: A state whereby the patient does not have a frank nutrient deficiency disease, but has suboptimal levels of the nutrient in their body. Insufficient (suboptimal) levels of nutrients can cause various sets of symptoms or may aggravate existing conditions.

Iodine





Iodine: Testing



- Simple Urine and Blood tests: Reflective of recent intake, not of total body sufficiency.
- Skin test: (Paint red iodine on skin and wait to see how long it takes to absorb fully). Not an accurate test.



Iodine: Testing

- 24 hour urine iodine loading and excretion test: Gold standard for total body sufficiency.
- Many labs don't perform this test.
- More difficult for patient than the other tests.





Iodine: Testing



The US Government Recommended Daily Value for iodine intake is 150 mcg for humans older than 4 years (and slightly more, at 220 mcg, for pregnant women).

The traditional Japanese diet contains **100 times** more iodine than this.



Iodine: Testing



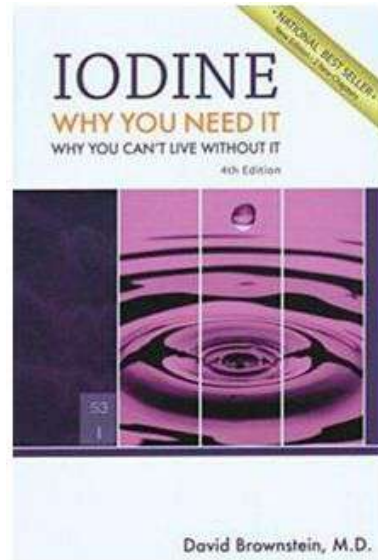
Iodine is the most common deficiency worldwide, leading to miscarriage, birth defects, impaired childhood growth, and to physical and mental disabilities.

30% of world population is thought to be at risk.



Iodine: Dr. David Brownstein, MD

Read Dr. David Brownstein's book for more in-depth understanding of why modern humans need so much more iodine intake than the mainstream consensus.



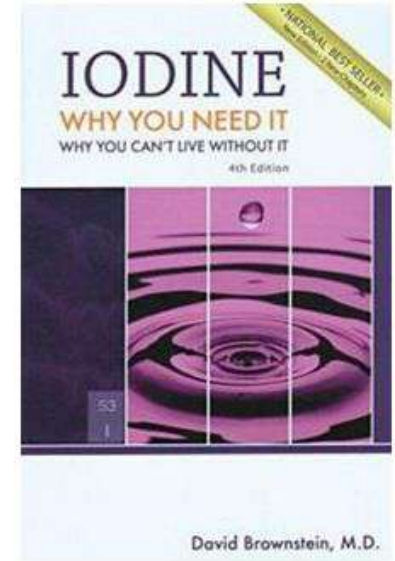


Iodine: Dr. David Brownstein, MD

He also introduces the term “iodophobia” to refer to clinicians who think that higher iodine intake is bad for humans.

Of course the opposite is true. But there are reasons to be careful recommending it.

We'll cover this in the upcoming slides.





Dr. Campise's protocol based on his experience and his study of Dr. David Brownstein's work. →

Iodine: How to Supplement



Biotics Liquid Iodine Forte (or similar):

(Food grade clear potassium iodide: 150 mcg per drop.)

- 1) Start with 10 drops daily for 7 days.
- 2) Double to 20 drops daily during second week.
- 3) Double to 40 drops daily during the third week.



Iodine: How to Supplement



Dr. Campise's protocol based on his experience and his study of Dr. David Brownstein's work. →

Iodizyme HP (or similar). High potency tablets 12 mg iodine per tablet.

4) Take 1 tablet daily during fourth week.

5) Take 2 tablets daily during fifth week.

6) Take 4 tablets daily during sixth week.



Iodine: How to Supplement



Additional instructions for patient:



Do **NOT** take iodine if previously diagnosed with autoimmune thyroid disease such as **Graves** or **Hoshimoto's** until in remission as proven by normal TGA and TPO blood tests. It could make these conditions flare up!



Iodine: How to Supplement



Additional instructions for patient:



Some patients could have a subclinical undiagnosed case of autoimmune thyroid and could react poorly to iodine by having a thyroid storm.



Iodine: How to Supplement



Additional instructions for patient:



Thyroid storm symptoms: Sudden onset (within 30 minutes of iodine intake) of any of the following: rapid heart beat, palpitations, anxiety, sweating, nervous energy, insomnia, lightheaded, high blood pressure, hot flashes.



Iodine: How to Supplement



Additional instructions for patient:



Educate the patient about the very small chance of these symptoms and tell them to immediately stop the supplement and let you know.



Iodine: How to Supplement



If a patient has thyroid storm symptoms after taking iodine, or if you might suspect undiagnosed autoimmune thyroid issues, send them to get a thyroid panel including TGA and TPO antibody tests.



Iodine: How to Supplement



Halides

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
H	He																		
Li	Be	B	C	N	O	F	Ne												
Na	Mg	Al	Si	P	S	Cl	Ar												
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr		
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe		
Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn		
Fr	Ra	Ac	Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr			

If the patient's TPO and TGA are normal, then they likely did not have a thyroid storm. Instead, they may be having a bromide detox. The toxic halide salt, bromide, is thought to accumulate in iodine insufficient patients. Taking iodine can sometimes trigger a bromide detox.



Halides

The periodic table shows the following elements in the highlighted halogen group:

- Period 2: Fluorine (F)
- Period 3: Chlorine (Cl)
- Period 4: Bromine (Br)
- Period 5: Iodine (I)
- Period 6: Astatine (At)



Iodine: How to Supplement

Bromide Detox protocol:

If you suspect a bromide detox, stop the iodine temporarily. Load the patient up with vitamin C and unrefined sea salt to their tolerance for several weeks to slowly reduce bromide levels. Then restart the iodine.

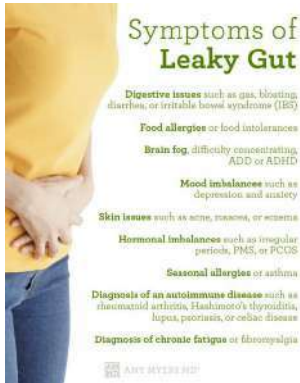




Iodine: How to Supplement



Image from AmyMyersMD.com:



Dr. Campise's Autoimmune Thyroid protocol:

- 1) Stop all dairy, all grains, and all added sugars.
- 2) Treat the patient's leaky gut.
- 3) Improve patient's stress management skills.





Iodine: How to Supplement

From womhoo.com



Dr. Campise's Autoimmune Thyroid protocol:

4) Take topical progesterone as a temporary mild immune suppressant (ok for men too).

5) If **hyper**thyroid: also take OTC Lithium.

6) Optimize vitamin D and omega 3 levels.





Iodine: How to Supplement



Dr. Campise's Progesterone protocol:

For men: take 5 drops daily, increase by 1 drop every 3 days until reaches maximal autoimmune thyroid (AIT) symptom relief.





Iodine: How to Supplement



Dr. Campise's Progesterone protocol:

For women: to avoid estrogen detox symptoms, start with 1 drop daily, increase by one drop every 3 days if no worsening estrogen symptoms until she reaches maximal AIT symptom relief. If estrogen detox symptoms, stop. Restart next wk.



Iodine: How to Supplement



Dr. Campise's Progesterone protocol:

Progesterone can make some people sleepy, so generally patients should apply it at night before bed. Men can take it because it has no sexualizing activity. This is why placentas produce progesterone instead of estrogen/testosterone.



Iodine: Alternatives to Supplementation

Eat seafood at every meal:

Seaweed

Fish

Shellfish



Iodine: High Risk Patient Profile

Vegans

Inland or high altitude dwelling

Average American



Iodine: Symptoms of Insufficiency

- 1) Keloids/excessive scar tissue
- 2) Fibroids
- 3) Polyps
- 4) Tough/Thick skin
- 5) Skin tags



Iodine: Symptoms of Insufficiency

6) Any low thyroid symptom: fatigue, weight gain, cold hands or feet, joint pain, muscle pain, dry skin, thin brittle hair and nails, heavy or irregular menstruation, infertility, slow heart rate, depression, constipation, poor memory, hoarse voice, low body temperature, anemia, tingling in hands, low libido, puffy face, high cholesterol.



Iodine: Symptoms of Insufficiency

7) Thick mucus in sinuses, throat, lungs, vagina, or colon.

Mucinase is an enzyme that requires iodine in order to function properly. Mucinase thins mucus. Low iodine intake can lead to a lack of mucinase activity and thus thick mucus.



Iodine: Symptoms of Insufficiency

7) Thick mucus can cause or aggravate:

- Sinus infections, sinus allergies, sinus headaches
- Asthma, lung allergies, lung infections, respiratory viral infections
- Vaginal or colon inflammation, dysbiosis



Iodine: Symptoms of Insufficiency

Case Report at Dr. Campise's clinic:

- Chronic asthma for three years with thick mucus in throat requiring daily allergy medication and weekly use of steroid inhaler in 35 yo male.
- 4 weeks of iodine protocol and grain/dairy free diet: all symptoms gone and no more meds use.



Iodine: Diseases Caused by Deficiency

Hypothyroid

Goiter

Infertility

Birth Defects

Hashimoto's/Graves (according to Dr. Brownstein)



Iodine: Overdose

80% of excess iodine intake is eliminated by the kidneys in 24 hours.

Iodine is very safe for those without an autoimmune thyroid disease.



Iodine: Allergy

There is no such thing as an allergy to iodine. By definition, allergies are overreactions to foreign proteins.

Iodine is not a protein.



Iodine: Allergy

Radioactive “Iodine” Dye, or Iodine Containing Contrast Dye:

Anyone who has an allergic reaction to these dyes is having an allergy to the protein that makes up the dye, not the iodine itself.



Iodine: Allergy

Patients who claim they have an iodine allergy are actually allergic to either medical contrast dyes that happen to contain iodine, or to shellfish chitin (contained in the shell), and not iodine.

I have never found a patient who can't tolerate pure iodine supplements due to an "allergy."

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