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To my patients,

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In early 2006 I was researching the question of why hypothyroidism (underactive thyroid) is so widespread. I learned of the important role of iodine, not just for thyroid health, but also for the rest of the body. To make a long story very short, the use of iodine as a safe and effective therapy in many medical conditions has been known since the late 1800s. Iodine deficiency has been recognized as an important public health issue in the United States since the 1920's. Adding iodine to table salt theoretically provides enough iodine to eliminate goiter (enlarged thyroid), but it is now clear that iodine has many other roles in maintaining health, and that the current dietary levels are not high enough.

Currently, 68% of the 290 people I've treated with iodine supplementation and whom I've so far been able to evaluate properly report feeling much better. They commonly describe having better energy, concentration, stability of mood, and capacity to tolerate stress. I've even seen this result in people that I've formerly treated homeopathically with excellent results. I've presented my clinical experience with Iodine at 2 national conferences this year. A report on the last of those can be found at the end of the iodine article on my website.

The iodine supplementation program has uncovered the problem of bromine toxicity, which must be dealt with in 1/3rd of the people I've treated so far. The widespread use of brominated flame retardants, methyl bromide in agriculture, and other sources, has added to our toxic burden. Bromine interferes with iodine within the cells of the body, leading to a variety of physical, emotional, and mental problems. I have come to believe that bromine toxicity is an extremely widespread and important issue, although not yet widely recognized.

The most exciting aspect of the iodine story is that both population-based and laboratory research (in animals and in human breast cancer cell lines in tissue culture) demonstrates that iodine, in adequate doses, appears to exert a protective effect in breast cancer and to cause apoptosis (cell death) in human breast cancer cells. References and more information are available at my website (see address above), by going to the "Patient Education" section and then clicking on "Iodine." I cannot do justice to this topic in a short mailing. **I consider the information contained in the article on my website to be extremely important and urge you to read it and to consider it carefully.** If you are interested in having your iodine status evaluated, please call Donna to begin the process. In many, but not all cases, this will involve a test which you perform at home, after which an office visit will be needed.

If you are unable to access my website and want a paper copy of the iodine article, please send a request with a stamped self-addressed return envelope.

Many of you have asked if I am currently able to see new patients. I am, although I am most concerned with the ongoing health of my current patients. I hope to be seeing many of you that haven't been in for a while, so that you may take advantage of the iodine program.

I also want to let you know about some other changes to my practice:

- I have raised fees a small amount in an attempt to keep pace with increasing costs. I continue to be committed to providing the best quality of care possible, and am willing to work with those of you with limited finances. For details on fees and collections, please refer to the "fees and policies" section of my website.
- I am now accepting credit card payments. While I prefer payment by cash or by check, many of you have requested this service. To arrange payment for any outstanding balances using a credit card, please contact Donna.
- We will now submit all insurance claims directly to your insurance carrier, rather than asking you send them in. For those who have been collecting forms but have not sent them in, please contact Donna and she will bring your claims up to date.

- My website has been redesigned. I will now be able to inform you, through an email list, of future important changes, or of timely information that I'd like to share with you. These might include notice of epidemic disease such as influenza, important medical news, etc. To receive these email alerts you will need to visit the site and to register. To do so, click on the "Forms" tab on any page, and follow the directions to subscribe. Please do so even if I have already corresponded with you via email. The list will be kept strictly confidential.
- By making this change to my website, I plan to avoid any future paper mailings, which are expensive, time consuming, and wasteful of natural resources. For those of you without the internet I will of course continue to use regular mail. Please let Donna know if you need to receive updates by mail.
- Other changes to the site include a better organized and searchable education section, as well as a journal to which I'll post occasional items that I consider to be important in terms of medical care, specific health problems, etc.

As always, it is an honor to partner with you in seeking a better state of health, and I hope that the information contained in this mailing helps us both to be more effective in reaching that goal.

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