

# Iodine Test

Using an applicator rod apply a 2% brown colored tincture of iodine in a 3" square patch on either the thigh or lower abdomen. <sup>or inner</sup> ~~Now using~~ Forearm. If sufficient in iodine, a slight brownish yellow stain should remain after 24 hours. If the brownish yellow stain fades in less than 24 hours, this indicates that iodine is not sufficient to normalize thyroid secretions to the cells.

The quicker the stain fades, the greater the deficiency can be assumed to be. If deficient, use 20-30 drops of Liquid Iodine (iodine as potassium iodine) per day or Thyrostim (from kelp), two to three times a day with meals or a combination of the two.

Repeat the test every two weeks until sufficiency is obtained, indicated by the stain remaining for a minimum of twenty-four (24) hours.

Note: Symptoms of IODISM are tachycardia, skin irritation, thinning of secretion (watery eyes, nose, saliva), nervousness and headache. If the symptoms of excess iodine occur, discontinue iodine and chew 5 Ca/Mg-Zyme per hour until symptoms abate (usually very quickly)..

These nutrients are provided to appraise the quality of the diet in order to support normal physiology and biochemistry.

Client's Name: \_\_\_\_\_

Date/Time Iodine Patch Applied: \_\_\_\_\_

Date/Time Iodine Stain Begins to Change: \_\_\_\_\_

Date/Time Iodine Stain Disappeared: \_\_\_\_\_

\*\*\*\*Be sure to apply Iodine evenly with defined edges.

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