



Iodine Fulfillment Test - Whole Body Iodine Levels

Total Body Iodine Fulfillments or Sufficiency can finally resolve tough, stubborn problems that resist all other treatments. Called Orthoiodo-supplementation, this nutritional approach employs elemental iodine supplements until the thyroid gland and all other iodine-sensitive sites in the body have reached iodine sufficiency.

The most common difficult problem for which this therapy had been called panacea are fibrocystic breast, polycystic ovary syndrome, hypo- and hyperthyroid (with or without goiter), brain fog, constipation, obesity, diabetes, hypertension (high blood pressure), and even some heart problems – most notably irreversible arrhythmia like atrial fibrillation.

Synthroid has been shown to deplete the thyroid and tissue iodine levels. All patients on thyroid therapy should additionally be on iodine therapy. The goal of therapy is to achieve **whole body iodine sufficiency**.

Thyroid Patch Test

Paint a 2" round spot of Tincture of iodine on your inner arm. Be generous, leave a dark spot in the center.

1. If it disappears in less than eight (8) hours, you desperately need iodine.
2. If it disappears in less than twenty-four (24) hours, you still need additional iodine.
3. If it simply stays on your arm and begins to slowly fade in color after a full 24 hours, you have already reached iodine sufficiency.

You can retest yourself every one to two weeks while on therapy. You can use the test to judge your individual dosage need for iodine. Most patients who need iodine therapy require it in an absorbable, whole food form daily for three months. .

If your Patch Test is positive, you need iodine therapy.

- Build up your dosage slowly, starting with one tablet daily for several days.
- Iodine sensitivity is very rare but may happen. If you experience problems or side effects stop your therapy and contact our office immediately for advice on how to proceed. Possible Side Effects among sensitive individuals include skin irritation, watery eyes, nose, and saliva: nervousness or headaches. If you experience a racing heart, you must stop iodine therapy immediately.

Some people need only one tablet or two while others more.

At the end of each week repeat the Patch Test and record how long it takes the iodine to disappear from your skin. When it stays there longer, you need less of your iodine supplement.

Iodine sufficiency (when all tissues have adequate iodine) can require daily iodine for three (3) months. After three months, reduce your dose to ½ for one month. Repeat the patch test in a couple of weeks to make sure you're maintaining your levels. Watch for problems, watch for improvement, and see for yourself if Iodine is the missing link in your stubborn health problems.



How to apply your Iodine test patch

1. Your roller-top bottle works best if you make little circles going counterclockwise 2 or 3 circles, then clockwise 2 or 3 circles, back and forth, to get the Iodine flowing.
2. Repeat until you are satisfied that you have an adequate amount of Iodine on your skin. – wet, but not dripping off.
3. Allow the Iodine to dry before you pull down your sleeve or put on your pants, so you do not get a dark stain on your clothes.

Repeat once weekly and record Patch Test Time.

Date															
Test Time															
Test Disappears															
Hours Lasted															