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## Iodine Protocol

***NOTE: Please see our THYROID TEST PROTOCOL if you have been advised to track your basal temperature.***

### Effects of Low Iodine

- Hypothyroidism
- Fibroids (Breast, Ovaries)
- Atypical mammary issue
- Hyperplasia

### Iodine Protocol

***\*\*Exclude this protocol for those allergic to Iodine\*\****

*An allergic response would feel like a sense of fullness around the throat within one hour of taking the initial drop of Iodine. If you experience this reaction, it is recommended to drink four (4) 8 oz. glasses of water immediately. If symptoms do not subside, call your physician.*

#### Step 1: Establish Baseline

- Touch the Iodine with your finger and smear on the inside of your arm (it will have a yellow/brownish tinge).
- Check the stain on your arm every 5-15 minutes until that tinge disappears. This establishes your baseline saturation of Iodine.
- Record the total amount of time on a calendar or notepad with the date.
- Ideally, the tinge of color will last 20-24 hours. If it does not last that long, proceed to Step 2.

## Step 2: [Iodine](#) Protocol

- Day 1, add one (1) drop of Iodine to 4 oz. of water and drink.
- On Day 2, add two (2) drops.
- On Day 3, add three (3) drops.
- Continue daily, drinking 3 drops of Iodine in 4 oz. of water, for a total of 14 days.
- Then proceed to Step 3 below.



## Step 3: Iodine Evaluation

- Touch the [Iodine](#) with your finger and smear on the inside of your arm (it will have a yellow/brownish tinge).
- Check arm every 5-15 minutes until that tinge disappears. This establishes your current saturation level of Iodine after completing Step 2 above.
- Record the total amount of time on a calendar or notepad with the date. When performing the Iodine spot test, ideally the stain / tinge should last on the skin for at least 24 hours.
- If it does not last that long, follow this protocol: Drink a total of 6 drops of Iodine in 4 oz. of water daily, for a total of 14 days. Then re-evaluate.

**Iodine is needed for all the glands of the body, including the breasts. It helps to decrease nodules and fibroids.**

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**A proper balance is needed between selenium and iodine for optimal thyroid function.**

When taking Iodine, consider eating a handful of Brazil nuts daily – they're rich in selenium. Or take a multivitamin / mineral supplement that has selenium when you are following the Iodine Protocol.



For more in-depth information on iodine, read [The Iodine Crisis by Lynne Farrow](#).

**PURCHASE YOUR PRODUCTS USING THE LINKS BELOW**



[IODINE 2% \(1 Bottle\)](#)



[IODINE 2% \(2 Pack\)](#)



[BRAZIL NUTS](#)



[SELENIUM](#)

**Food sources of iodine:**

- Asparagus
- Dulse
- Garlic
- Kelp
- Lima Beans
- Mushrooms
- Sea salt and Iodine-fortified salt
- Seaweed
- Sesame seeds
- Soybeans
- Spinach
- Summer squash
- Swiss Chard

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