

Iodine Absorption Test

Background of Test

Your thyroid is located at the frontal base of the neck. It is the key gland that furnishes energy to every cell in your body. Its function is dependent on a balance of nutrients and trace minerals. These include zinc, copper, manganese, rubidium and especially iodine.

Applying Tincture of Iodine to your skin is the most efficient and economical method of determining a metabolic deficiency of iodine. It acts as a test as well as a treatment. If the brown stain fades in 24 hours or less it indicates that iodine is likely not sufficient to normalize Thyroid hormone production. Even if you are taking thyroid hormone orally, lack of iodine can prevent your Thyroid from function properly.

By following these instructions, when the brown stain is apparent after 24 hours your thyroid will be able to function more normally. If you are taking prescription thyroid orally, you may be able to reduce the dosage immediately or over a period of time or possibly discontinue your prescription completely. *(Don't do any of this without consulting your physician first)*

Instructions

Use the applicator to apply 2% Tincture of Iodine. Apply to upper thigh or lower abdomen in a square patch. Apply as often as you notice the iodine has absorbed and the skin is clear. For instance, if absorption occurs in 2 hours reapply immediately. If it absorbs in 6 to 8 hours, simply reapply when the skin is clear.

The object of the frequent applications is to accomplish the 24 hour slight stain as quickly as possible, rather than to continue the applications over severally months of time. Note: Iodine insufficiency can be more readily resolved by combining the skin applications with the oral administration of iodine and synergistic nutrients. Please allow your physician to coach you on the proper nutrients.

When you eventually notice a faded brown stain after 12 hours, check in another 12 hours for the stain. If your skin is clear after 24 hours, continue applications once per day until stain is apparent after 24 hours. When the faded brown stain is visible after 24 hours, discontinue application as it is an indication that your iodine levels are normal. Recheck iodine absorption once per month. Repeat the process as above if it fades in 24 hours or less.

Discontinue applications if skin irritation occurs and contact your physician.