

IODINE

FULFILLMENT THERAPY

Total Body Iodine Fulfillment or Sufficiency can finally resolve tough, stubborn problems that resist all other treatments. Called **Orthiodosupplementation**, 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 problems for which this therapy has been called a panacea are: fibrocystic breasts, 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 arrhythmias 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.

If it disappears in ***less than eight (8) hours***, you desperately need iodine.

If it disappears in ***less than twenty four (24) hours***, you still need additional iodine.

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.

HOW TO APPLY YOUR IODINE TEST PATCH

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.

Repeat until you are satisfied that you have an adequate amount of iodine on your skin - wet, but not dripping off.

Allow the iodine to dry before you pull down your sleeve or put on your pants, so you don't get a dark stain on your clothes.

Repeat once weekly and record your Patch Test Time.



Date													
Test Time													
# Of Iodine Daily													

Iodine Patch Test Protocol

- 1 capsule Thyrodine x 1 week
- Then, add another capsule each week until you reach 5 capsules daily
- Continue with 5 capsules daily for 6 weeks
- Repatch test with your iodine again
- Two capsules Thyro Plus every morning



[Thyrodine link](#)

[Thyro plus link](#)

*For U.S. residents only