



**Most of us suffer from iodine deficiency** and do not know it. Our food supply does not provide it and governmental regulations require that toxins such as fluoride and bromine and chlorine be added to our food and water.

These toxins manage to block cell absorption of what iodine we do manage to ingest, but these toxins can be cleansed with daily doses of **Iodoral**

### **Medical Protocol: Supplementation of Iodine with Hypothyroid Patients**

**Why does BioBalance Health recommend Iodine (Iodoral) as a supplement for nearly every patient who comes to receive preventive medicine advice and replacement hormones?**

Iodine is an essential element that is necessary for the functioning of every cell in the human body. St. Louis, Kansas City and the whole Midwest is deficient in iodine and the result is fatigue, hyper and hypothyroidism, breast and ovarian cysts, breast and prostate cancer and general malaise.

**How should Iodine be taken?:** Iodoral is the supplement that should be taken daily with natural sea salt and water. Ideally Vitamin C 500 mg + a tsp of salt and 1-3 Iodoral should be taken with food. I like to spread the intake of natural salt out through the day and take a ¼ of the salt with the Iodoral.

**What if Iodoral causes a rash or a fast heart rate, can I still take it? Yes.**

You have to back up and stop the Iodoral for two weeks and pre-treat your body with 500 mg of Vitamin C, 1 tsp of sea salt a day, and 500-900 mg of magnesium glycinate daily, then add back the Iodoral and it should not cause a problem. A rash is a sign of cleansing your body of fluoride and Bromine which are dangerous chemicals that Iodoral will remove from your body.

**Supplementation with Iodoral does not cause Hypo or Hyperthyroidism:** for Iodoral to cause hyperthyroidism, it takes 1000mg per day of iodine/iodide. Iodoral is dosed between only 12.5-50 mg/day The RDA is about 0.1mg, which is too low to supply you with enough iodine, and just barely enough to prevent goiter formation.

**Chemicals that interfere with absorption of iodine include those found in our water:** Fluoride (toothpaste and water), chlorine (in water, swimming pools and hot tubs), and Bromide (in grain, energy drinks, water, and swimming pools and hot tubs). These chemicals compete with Iodine for the same receptor site. When you take enough Iodine, you remove these dangerous chemicals from your body.



### **What Dose Should I take of Iodoral?**

Start with one Iodoral (12.5mg) and you can increase to 50 mg slowly, but only under the monitoring of your Nurse/Nurse Practitioners.

### **Why is thyroid disease so common in women, but not in men?**

Women have more thyroid problems than men because our breasts use so much iodine. It literally steals iodine from our thyroid gland and the bigger the breasts the more iodine is needed, and the higher the risk of thyroid disease.

**Why does Iodine deficiency prevent the production of free thyroid T3?** Iodide is needed for the body to make T4 into T3, the active form of thyroid.

**What does long term Iodine deficiency do?** Long Term Iodine deficiency predisposes us to Hashimoto's Disease, Graves Disease, low thyroid, breast fibrocystic disease, ovarian cysts, prostate cancer, and breast cancer. ADHD may also be a symptom of iodine deficiency.

**What happens when you take Iodoral?** When you take Iodoral, your TSH can increase for up to six months (The number can REALLY increase! Like to 30s!), but the free T3/4 will remain normal. This is a NORMAL response. Once the gland is saturated, then the TSH will go down to normal. So if the TSH is up, T3/4 Within Normal Limits and you feel good, this is fine! It is actually a sign that you needed iodine.

### **What happens to the Thyroid replacement dosage when you add Iodoral?**

Eventually, we will LOWER the dose of Armour Thyroid or Levothyroxin, but hypothyroid patients will still have to take it. It takes a LONG time to reduce the dose as this does not happen until receptors are full of iodine/iodide which can take up to two years. Watch for symptoms of hyperthyroid, but they will come on slowly.

### **What does an "ALLERGY" to Iodine look like?**

Most people are not allergic to iodine, even if they are allergic to intravenous dye containing iodine, because that iodine is quite different than Iodoral, or lugol's iodine. There is not a crossover.

What most people consider an allergy is really the toxins being released when iodine replaces Bromine, Fluoride, and Chlorine in the cells of the body. The toxins cause :  
Rash, Congestion, Headache, Fever when they are released in the body.

**What are other Side Effects from Iodine Treatment?** Often the same side effects that occur from what we consider allergy are really inadequate levels of selenium, zinc, and magnesium. To normalize this problem, I treat with Selenium 100-400mcg/day maximum. Selenium is needed to make glutathione a necessary substance for cellular health.



To treat lack of glutathione we recommend Vitamin C 1 gm a day, plus sea salt (1 tsp/day), more fluids, magnesium 500 mg/day, Selenium, 100-400 mg/day. We add Iodorol after 2 weeks of this regimen, and continue the regimen with the Iodorol thereafter.

If a patient has symptoms of Hypo-thyroidism DESPITE Armour thyroid AND IODORAL, without any side-effects listed above, then they are deficient in B2 (riboflavin) and B3 (niacin) so we prescribe B2= 200mg/B3= 1000mg.

**What Other Hormones Need Iodine To Be Made:**

HGH (Human Growth Hormone) is not made without iodine/iodide. Low GH should be treated with iodine supplementation before.

- Saliva
- Pituitary
- Ovaries
- Breasts