

CLINICAL USES OF POTASSIUM IODIDE
(LIQUID IODINE-Containing 75 mcg per drop) &
(LIQUID IODINE FORTE- Containing 150 mcg per drop)

The following information is compiled from clinical research provided by John A. Myers, M.D.

Iodine reacts with protein and amino acids and promotes the formation of disulfide bonds. It will combine with fluoride and chloride rendering the iodine ineffective. Human and cattle studies have associated as little as 3 parts per million (ppm) of fluoride in the urine with hypothyroidism. Because of this, **ALWAYS USE WATER THAT DOES NOT CONTAIN FLUORIDE OR CHLORINE WHEN LIQUID IODINE IS EMPLOYED.**

Some of the uses for iodine in the form of potassium iodide (Liquid Iodine/Liquid Iodine Forte) are as follows: **NOTE: The below suggestions (drops) are for Liquid Iodine. If Liquid Iodine Forte is used, doses should be reduced by 50 percent.**

Fibrocystic Breast Disease- 60-80 drops per day. Also, apply topically to the breast lesion once per day. Use Cytozyme-THY and Mixed EFAs. Eliminate all forms of caffeine from the patient's diet.

Bowel Gas Associated w/ the Ingestion of Legumes- Add 40 drops in the cooking water used to cook the legumes or use 10 drops in a glass of water w/ the meal.

Lower Cholesterol- 60 drops per day. Use w/ 6 capsules of Glucobalance, 2 tablets of ADHS daily and 2 capsules of PCOH-Plus in the morning and evening.

Vaginal and Intestinal Yeast Overgrowth– 60-80 drops per day with ADP, Caprin and F/C Cidal. Also, douche with 3 droppers full of Liquid Iodine in two ounces of distilled water every other day for 10 days (retain for 7-8 minutes).

To Thin Mucous/Secretions- 40-60 drops per day.

Stiff Neck- 40-60 drops per day.

Tonsillitis- Gargle with 40 drops in a glass of water, 3 times a day until the problem abates.

Viral Infections- 60 drops per day. Use with IAG, Bio-Immunozyne Forte and Ultra Vir-X. Iodine will help reduce T-suppressor cells.

Sinusitis- Place 40 drops in one ounce of distilled water and use as nose drops twice each day.

Acne- Place 40-60 drops in two ounces of distilled water and apply topically to the acne once each day for three weeks. Consider using Bio-AE Mulsion Forte, ZN-Zyme Forte with the Liquid Iodine or Liquid Iodine Forte.

Sabaceous Cyst- Apply directly to the cyst on a daily basis until the cyst is destroyed.

Premature Wrinkling- 40-60 drops in a pint of distilled water applied topically, 3 times per week for 2 to 3 months.

Nasal Polyps- Apply topically with a Q-Tip daily for 4 to 5 weeks.

Sty- Apply topically each day with a Q-Tip until the sty is gone. Consider using Cytozyme-THY and Bio-Cyanidins with the Liquid Iodine Forte.

Thyroid Hypofunction- If additional iodine is needed (above the amount in Thyrostim or Meda-Stim), use 40 drops daily.

Benign Prostate Hypertrophy- 80 drops per day rectally (place in 2 ounces of distilled water and insert with rectal syringe). Use with Palmetto-Plus or Palmetto-Plus Forte and essential fatty acids. Also, consider using topical progesterone and Bio-D Mulsion.

Manic Depression- 40 drops per day. Use with LI-Zyme Forte and Bio-Glycozyme Forte.

Mosquito Bites, Poison Ivy, Poison Oak- 60 drops in six ounces of pure water applied topically several times per day to the bite/lesion until the itching/swelling abates.

Exposure to Radiation- 50 drops daily for one month and then 30 drops per week if on-going exposure to radiation is present.

Local Anti-Septic- Apply topically to cuts, bruises, abrasions, herpes, etc.

Cracks In Skin On Feet or Hands/Calluses- Apply topically to the cracks or calluses until the problem abates. Use with Mixed EFAs.

Cries For No Reason, Emotional During A Change In Weather- 60 drops per day.

Benign Ovarian/Uterine Space Occupying Lesions- Soak a cotton tampon in Liquid Iodine Forte and insert into the vagina for five minutes every other day for two weeks. Consider using Cytozyme-THY and PMT with the Liquid Iodine Forte.

Mastitis- Dilute 50 drops in 2 ounces of distilled water and apply to the breast twice per day. Consider using with Cytozyme-THY, L-Tyrosine, and essential fatty acids.

Iodine given at physiological levels is normally quite safe with few, if any, side effects. However, if used at too high of a level, or for too long a time (if continued use is not indicated), some of the common side effects are as follows:

Headaches

Gastro-Intestinal Distress

Goiter

Care should be exercised when using iodine during pregnancy.