

Iodine Patch Test

NAME: _____

DATE: _____

Why are Iodine levels important? Each endocrine gland requires certain minerals to balance and respond with each other. For proper thyroid function requires iodine; two thirds of the body's iodine is found in the thyroid gland. With low levels of iodine, certain signs and symptoms are noticeable; irregular heartbeats, mental sluggishness, difficulty losing weight, frequent urination and fatigue just to name a few.

This is a simple easy physical test to check for low levels of organic iodine in the body. Women are more prone to iodine deficiencies than men. A woman's thyroid gland is almost twice the size as a man so there requirement for organic iodine is higher.

Step I: Go to the pharmacy and pick up a solution called *TINCTURE OF IODINE*.

Step II: At night, before going to bed, paint a 3" x 3" square on your inner arm or thigh, filled in, with the tincture of iodine.

Step III: In the morning, upon rising, note the color and check off as follows:

- Bright yellow-orange (as it was the night before)
- Pale yellow
- Grayish colored
- No color left at all
- Other _____

IF THERE IS *NO* COLOR LEFT, YOUR TEST IS DONE.

IF THERE IS *ANY* COLOR REMAINING, GO ON TO STEP IV.

Step IV: For the remainder of the day, check the patch every few hours. Note the time that all of the color disappears. If color still remains at bedtime, you may consider the test completed.

- Color was gone by 12:00 noon
- Color was gone by 4:00 pm
- Color was gone by 8:00 pm
- Color was gone by bedtime
- Some color still remained
- Other _____

Please feel free to make any comments or notes on the back side and bring this in at your next visit.