

## Iodine Spot Test

Despite the fortification of our salt and food with iodine many people are still deficient. Iodine is essential for the proper synthesis of thyroid hormone in the body. Unfortunately when iodine is deficient, chemicals in our environment take its place! Chlorine, bromine, and fluoride are abundant in our environment, food and water supply. These chemicals will quickly replace iodine in our body's tissue and interfere with metabolism leading to a number of problems including hypothyroidism, lowered vitality, cognitive dysfunction, lowered immunity, obesity and possibly breast cancer.

The fast, simple way to check for iodine deficiency is the skin spot iodine test. When iodine is painted onto the skin, people with deficiency absorb or soak it up rapidly. The spot disappears much quicker than with just "wearing off" as in people who are saturated with iodine (e.g. NOT deficient). This forms the basis for the iodine spot test.

Instructions:

1. You will need one bottle of topical 2% iodine. (Remember to be used topically and not orally).
2. Using a Q-tip, paint the skin of the inside forearm or abdomen with a 2 inch square patch of 2% iodine solution. (Careful not to get the solutions on your clothes as it will stain).
3. Note the time you put the iodine onto the skin on the form below.
4. Air-dry the patch before putting clothes on.
5. Monitor how quickly the patch fades. Record the intensity of color about once an hour.

**NOTE:** *Avoid soaking in hot tubs or baths for 24 hours, as the chlorine or bromine in the water will displace or take iodine's place causing the iodine spot to come off.*

6. Note on the form below how soon after the application the iodine patch has disappeared.

Time Iodine Put on Skin	Time Color Disappears	# Hours it took to Completely Disappear

**Results:**      Color lasts for > 24 hours      Sufficient Iodine  
                          Color fades in < 24 hours      Deficient Iodine

If you are deficient we recommend supplementing with Iodoral, 1 tablet per day. This is a gentle approach to supplementation. For a more aggressive replacement dosing we recommend, a 24 hour Iodine Loading Test. This can provide a saturation percent or number, thus permitting a more detailed replacement dosage. A more aggressive dosage (4 or more a day) can help detoxification of toxic elements such as chloride, bromide, and fluoride in some people. While detox symptoms can be alarming, they actually reinforce that iodine replacement was desperately needed. Dosing can be adjusted to minimize symptoms such as flushing or headaches. Once the detox stabilizes, more aggressive dosing can be resumed. NOTE: Low or maintenance dose of Iodoral (one daily), is not associated with detoxifying side effects.