



Michael Cheikin M.D.
Holistic Medicine and Physiatry
Center for Optimal Health
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462
610-239-9901 cohlife.org

Dear _____,

We have been working for years on your various conditions and have reached a place where your upper gut/stomach and/or mouth are an important part of the puzzle. We have pretty much exhausted the safer nutrients, herbs, remedies and pharmaceuticals that are available.

I believe that in part you have a chronic problem with the gastric mucosa or the stomach lining. This complex layer is supposed to produce acid to help with absorption of minerals as well as activating the enzymes that digest proteins and other complex molecules. It must do this without the acid damaging the mucosa itself. There are many factors that can cause, exacerbate, or perpetuate a problem such as this, which we have addressed and are also covered at cohlife.org/stomach-acid.

If the beginning of digestion does not work properly, then the contents that reach the small and large intestines, and that signal to the gallbladder, pancreas, vagus nerve and immune system have an incorrect balance that can lead to reflux, pain, spasm, gallbladder and pancreatic dysfunctions, malabsorption, leaky gut, sibo, chronic diarrhea, chronic constipation, food intolerances and allergy, autoimmune conditions, and immune, neurological and hormonal dysfunction (just to name a few!)

As you know, I have been doing extensive research and work with minerals for over 20 years, and have included iodine in that focus since approximately 2007. I have documented my discoveries, ideas and formulations at cohlife.org/iodine and cohlife.org/ckis. You have already had several conventional and private tests done, including those to clarify your essential and toxic mineral status.

I believe my new formulation of iodine, called CKIS-Gastro, can supplement the gastric juices in a way that may promote the production of acid and defend against organisms such as H. pylori and Candida albicans that not only are known to infect the stomach, but can contribute to the above conditions. The nutritional iodine can also serve other functions for the brain, immune and hormone systems.

The enclosed Consent and Request covers the details of the HDIP (High Dose Iodine Program) in great detail for safety purposes. The goals of this Program, as is true for our Holistic Programs, is 1) Keep you safe (do no harm), 2) Keep your Holistic Partners (the practice) safe, 3) Keep you functional, and 4) Get results. Results are defined by the goals we set in the first visit and review and update as indicated. These results can look like relief of pain, improved sleep and energy, improved cognitive and emotional function, and even moreso the improvement of quality of life that allows for satisfactory activities, connection, balance and sustainable longevity.

Please review this letter, the enclosed consent, and the relevant pages at cohlife.org in preparation for our next visit. There is no pressure to participate.

I look forward to reviewing this information with you next visit.

Sincerely,

Michael Cheikin MD