

Iodine – “The Universal Medicine”

5% Lugol's Solution Dosage Chart

2 drops 5% Lugol's Solution - contains 5mg iodine and 7.5mg iodide
 (5%Lugol's solution contains 50 mg iodine and 75 mg iodide / ml; above calculation based on 20 drops/ml)

Make sure you are not allergic to Lugol's solution (5%) – rub a drop into back of forearm and leave for 24 hours to see if there is any reaction.

For internal doses, always take Lugol's in 120 -180 mls of water/juice/milk - preferably with a tsp. of apple cider vinegar for slight acidification;

Don't take iodine at the same time as Vitamin C - which will negate disinfectant effect of iodine; Take vitamin C at least 2 hours before or after taking Lugol's solution.

Antidotes for iodine overdose

✓ **Chocolate or cocoa** -high in bromine which displaces iodine;

✓ **Vitamin C** – take ¼tsp. (~2.5g) in juice or water

Chart refers to 5% Lugol's Solution unless otherwise specified

PROBLEM	5% LUGOL'S SOLUTION	COMMENTS
Acne	2 drops/day	
Antibacterial /Antiviral, /Antifungal	2 drops/day	
Atrial Fibrillation /Arrhythmias	Build from 1 up to 5 drops Then 1-2 drops for maintenance	A gradual build-up, holding each new dose level for a few days and monitoring for any problems is advised, until your heart begins to beat smoothly, at which point your body is receiving sufficient iodine (for most people this is around 9-30mg).Stay at this dose for 3 months, then begin to cut back each week. If you begin to feel your heart act up again, you have gone past your maintenance dose -Generally, this is around 3-12 mg.
Baldness	Rub in for~ 3 months	Eventually a crust forms, beneath which fine hairs will start to grow; Can use decolorized tincture of iodine (doesn't stain)
Bladder infection	1-2 drops 4x/day	Works better than antibiotics;
Cancer	4 drops 2x/day	Dr. Brownstein used from 200mg (i.e. 8 drops 4x/day) up to 300 mg for prostate and breast cancer patients having metastases. Use iodine in a nebulizer for lung cancer;
Candida	8 drops/day	In blood

Cholesterol (high)	2-4 drops/day	Iodine reduces Lipoprotein (a) and acts as antioxidant to prevent oxidative damage to arterial walls;
Chronic bronchitis/COPD /Emphysema	3-6 drops/day	Remarkable expectorant (removes excessive mucus in chronic lung diseases); Reduces bronchial infection with regular use; Iodine can be put into a nebulizer for aerosol treatment for transdermal effect into the lung tissues in the case of lung cancer, emphysema, asthma and tuberculosis.
Cold / Flu	6 drops, 2-3 x over 24 hours	
Cuts/scabs	Apply	Prevents infection, aids healing;
Dermatitis	Apply Lugols with Q-tip	Dab the dermatitis with soaked Q-tip; If on the face use decolorized iodine tincture; sensitive skin (E.g. around your nose) will sting. Don't inhale fumes while it dries (~10 secs). Apply vitamin E oil(E.g. from capsule) to keep area moist day and night and prevent reddened, dry skin from flaking. Do the topical iodine for 2 days, 3x a day.After the 2nd day, cut back to 1x a day, but keep going with the vitamin e oil.After 3 days of 1x daily application, cut the iodine back to every other day for 10 days (or less).Keep up the vitamin e oil every day until the dermatitis has disappeared completely.Initially the skin will look red and inflamed, but the vitamin E speeds up the healing process."
Dewormer for Cats and dogs	1-2 drops depending on size	slower than commercial wormers but safer and with less side effects.
Estrone detox.		Metabolizes carcinogenic estrone and estrogen metabolite 16- α -hydroxyestrone --▲ "anti-carcinogenic"estriol;
Fibrocystic Disease of the Breast (FDB)	4 drops twice/day	This dose has been observed to reduce FDB to insignificance in 3-6 months. MINIMUM amount of iodine required for control and prevention of FDB is equivalent to 0.1 mg/kg body weight/day (this is the amount used by Ghent et al). For example, for a 110 # woman, the minimum daily amount of iodine would be 5 mg.
Fibrotic conditions / Keloids	Rub in 3x/day Mix 50/50w/ DMSO	Dupuytren's contracture (thickening along a tendon/pulls finger down towards palm) / Peyronie's disease (thickening along penis shaft / painful erections); + Taking 2g PABA 3x/day helps; Can take few months; (up to a year for keloids);
Fistulas	Mix 50/50 w/ DMSOQ-tip swab	Peri-anal / Recto-anal fistulas (tunnels); patience and frequent swabbing inside and out required. DMSO helps absorption;
Food poisoning	6 drops, 3-4 x daily –for 3 days	Brings relief for food poisoning very quickly –usually within a couple of hours; E.g. Salmonella or Giardia;
GERD	2 drops /day	Gerd is usally due to <u>insufficient</u> stomach acid, not too much; Iodine is needed to make stomach acid;

Goiter, Cretinism	0.05 mg/day	The <u>smallest</u> intake to prevent these severely iodine deficient conditions
Heavy metal detoxification	2 drops/day	Urinary levels of mercury, lead, cadmium increase several fold after 24 hrs; aluminum takes a month or more of continued supplementation;
Hemorrhoids	(20 drops) +flax oil	Rub in at bedtime; Iodine by itself stings, so mix with flax oil;
Hypothyroidism	1-6 drops daily	Doses in this range seemed equally effective in resolving underactive thyroid.
Infected hangnail	Rub in several times daily	Problem usually gone a in a few days.
Migraine		
Nails	Colorless Lugol's	Dip your fingernails in colorless iodine once a day for 1 week; then once a week for 3 to 4 weeks; then once a month. It dries almost instantly. It begins hardening the nails under the cuticle and as the nail grows out it stays hard and un breakable. Once the new hard nail reaches the length you want, you will never again have chipped and broken nails.
Nuclear Power plant Accident	See Radioactive Fallout Lugol's doses	In the event of a nuclear power plant accident, the Japanese government gives those affected 50 mg of iodide/day to prevent thyroid cancer from the thyroid's excessive absorption of radioactive iodine. Japanese typically consume high amounts of iodine/iodide in Kelp.
Ovarian Cyst		Dose similar to FDB
Precancerous skin lesions/ leg ulcers	Rub in twice daily	Regenerates skin from bottom up, eventually sloughing off old skin with little/no scar formation; adding vitamin E helps too;
Radioactive Fallout	I Dose Adult: 100mg iodide(2drops) Child: 3-18yrs (1 drop) Infant: 1 mth-2yrs(½drop) <1mth:(¼drop)	Taken ½hour to 1 day <i>before</i> radioactive iodines are swallowed /inhaled prevents ~99% of damage to thyroid by saturating it with <u>non</u> -radioactive iodine. Excess non-absorbed radioactive iodine is quickly eliminated by kidneys. Iodide dose provides protection for 24 hours. Babies NOT protected via breast milk. More dose info: U.S. Center for Disease Control Note: 1 –130mg Potassium Iodide tablet contains ~100mg iodide. Lugol's Dose is 26 drops = ~100mg iodide
Reduce Gas from eating beans	Soak beans in water for 1 hr or more with 2 drops added	Pour off soaking water before cooking, and add fresh water. Lugol's <u>in</u> activates an enzyme-inhibitor in beans, which interferes with starch digestion in the gut, producing gas.
Ringworm	Apply topically	Ringworm is a fungus; clears in a few days
Sebaceous cysts	Lugol's mixed with DMSO	Cysts contain oily material, appear on face, groin, labia; rub in mixture for a week or two to dissolve cyst's fatty contents. Iodine makes all oils, fats, cholesterol (wax) water-soluble.
Sialoliths / parotid duct stones	3-4 drops in water daily	"Stones" can form in the duct(s) carrying saliva from the parotid glands (located at the "angle of the jaw"). 3-4

		daily drops of SSKI reportedly dissolves parotid duct stones within 4-8 months.
Skin tags/moles		Rub in morning and night; tags fall off in ~ 1 week, moles disappear
Sore throat/ Tonsillitis	Spray area	Put some Lugol's in a spray bottle; relief with 24 hours;
UTI	6 drops 3x/day 4-7 days	Kills bacteria; Decreases acidity in bladder.
Vaginal infection	20-30 drops in small douche 1x/day	Takes 5-10 days to resolve; To make douche, use 2 tablespoons of an iodine solution to 1 quart of warm water once per day.