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# Iodine and Orthoiodosupplementation

## Frequently Asked Questions & Answers

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### All Questions

[Why Are We Deficient in Iodine?](#) 7 [answ.](#) 3 year  
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[Where can I buy Iodine/Lugol's/Iodoral?](#) 17 [answ.](#)  
5 year

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**Can you give me an introduction to iodine therapy?** 6 [answ.](#) 4 year

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**What is the significance of halides, bromides, and iodine therapy?** 1 [answ.](#) 11 year

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**PROTOCOL~ What adjunct protocols have been used by those supplementing iodine? culled from survey...** 1 [answ.](#) 11 year

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**PROTOCOL~ What assists in detoxing bromide?** 2 [answ.](#) 11 year

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**DOSAGE~ How do I calculate the dose? ~Lugol's horizontal/vertical drops** 2 [answ.](#) 9 year

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**COMPANION NUTRIENTS~ What other nutrients are necessary when supplementing iodine?** 3 [answ.](#) 5 year

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**COMPANION NUTRIENTS~ What is the importance of magnesium in iodine therapy?** 3 [answ.](#) 5 year

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**DETOX~ What determines what detox symptoms I may experience?** 1 **answ.** 11 year  
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**DETOX~ My detox symptoms are strong, should I pull back or push through?** 1 **answ.** 11 year  
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**EMOTIONAL HEALTH~ Why am I feeling overly emotional while supplementing iodine?** 3 **answ.** 5 year  
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**DETOX ~ ADJUNCT PROTOCOLS~ what is the purpose of the coffee enema?** 1 **answ.** 11 year  
[add answer](#) [Follow](#) 29913

**FLUORIDE~ what shall I consider when detoxing fluoride?** 1 **answ.** 11 year  
[add answer](#) [Follow](#) 44661

**H.I.S. ~ what is the significance of halogen imbalance syndrome?** 2 **answ.** 11 year  
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**HEALING ATTITUDE~ I'm uneasy about supplementing iodine, can you allay my fears?** 2 **answ.** 5 year  
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**HEALTHY LIFESTYLE~ What can I do, along with iodine supplementation, to achieve and maintain my health?** 9 **answ.** 11 year  
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**DETOX~ My detox is strong, what should I do? Herxheimer's reaction explained..** 3 **answ.** 11 year  
[add answer](#) [Follow](#) 43505

**HYPO/HYPER THYROID~ What are the symptoms?** 1 **answ.** 11 year  
[add answer](#) [Follow](#) 74454

**DREAMS~ Why am I having vivid dreams?** 2 **answ.** 22 mon  
[add answer](#) [Follow](#) 44770

**RESEARCH~ Can you provide me with some general research links?** 2 **answ.** 6 year  
[add answer](#) [Follow](#) 26871

**FOODS~ what medicinal foods may assist in my healing?** 5 **answ.** 11 year  
[add answer](#) [Follow](#) 30488

**DETOX~ ADJUNCT PROTOCOLS~ How can I cleanse my lymph?** 2 **answ.** 11 year  
[add answer](#) [Follow](#) 27297

**DOSAGE~ Shall I take breaks in my regimen? Shall I take iodine with food?** 1 **answ.** 11 year  
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**DETOX~ Can you give me a list of symptoms for physical/emotional detox?** 1 **answ.** 11 year  
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**DETOX~ ADJUNCT PROTOCOLS~ What is the purpose of salt-loading?** 3 **answ.** 11 year  
[add answer](#) [Follow](#) 51294

**IODINE/IODIDE~ What are the different forms of iodine?** 1 **answ.** 11 year  
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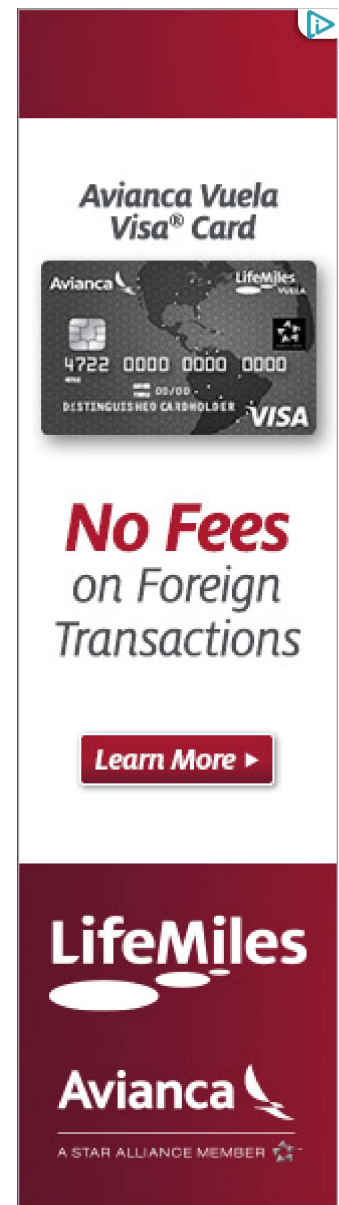
**COMPANION NUTRIENTS~ What is the purpose of selenium in iodine therapy?** 2 **answ.** 11 year  
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**COMPANION NUTRIENTS~ What is the purpose of Vitamin C & sea salt in iodine therapy?** 1 **answ.** 11 year  
[add answer](#) [Follow](#) 32667


**DETOX~ ADJUNCT PROTOCOLS~ How can I assist my kidneys while supplementing iodine?** 1 **answ.** 11 year  
[add answer](#) [Follow](#) 25170

**TOXICITY~ WHY am I toxic?** 2 **answ.** 11 year  
[add answer](#) [Follow](#) 23241

**DISEASE STATES~ FBD~ can iodine therapy help with my FBD?** 3 **answ.** 11 year  
[add answer](#) [Follow](#) 32439



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**DISEASE STATES~ ARTERIOSCLEROSIS~ Can iodine therapy help?** 1 answ. 11 year  
add answer Follow 27380

**DISEASE STATES~ CANCER~ can iodine therapy help?** 5 answ. 11 year  
add answer Follow 39752

**DISEASE STATES~ PMS~ can iodine therapy help?** 1 answ. 11 year  
add answer Follow 24123

**DISEASE STATES~ CANDIDA~ Can iodine therapy help?** 3 answ. 11 year  
add answer Follow 55304

**DISEASE STATES~ LATENT VIRUSES~ Can iodine therapy help?** 2 answ. 9 year  
add answer Follow 25889

**DISEASE STATES~ DIABETES~ Can iodine therapy help?** 1 answ. 11 year  
add answer Follow 25725

**DISEASE STATES~ INSULIN RESISTANCE & OVERWEIGHT~ Can iodine therapy help?** 1 answ. 11 year  
add answer Follow 27014

**DISEASE STATES~ EMPHYSEMA~ Can iodine therapy help?** 1 answ. 11 year  
add answer Follow 25934

**DISEASE STATES~ ATRIAL FIBRILATION, ARRYTHMIAS~ Can iodine therapy help? 3 answ.**

7 year

[add answer](#) [Follow](#) 44976

**DISEASE STATES~ THYROID NODULES, CYSTS~ Can iodine therapy help? 1 answ. 11 year**

[add answer](#) [Follow](#) 30083

**DISEASE STATES~ ENDOMETRIOSIS~ Can iodine therapy help? 1 answ. 11 year**

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**DISEASE STATES~OSTEOPOROSIS~ Can iodine therapy help? 1 answ. 11 year**

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**DISEASE STATES~ ACCELERATED AGING~ Can iodine therapy help? 1 answ. 11 year**

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**DISEASE STATES~ VIRUSES, PARASITES~ Can iodine therapy help? 1 answ. 11 year**

[add answer](#) [Follow](#) 26574

**DISEASE STATES~ LYME DISEASE~ Can iodine therapy help? 1 answ. 11 year**

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**PREGNANCY~ Can you give me some info on iodine&pregnancy? 1 answ. 11 year**

[add answer](#) [Follow](#) 20801

**ESSENTIALITY~ Is iodine an essential nutrient?** 2 **answ.** 11 year

[add answer](#) [Follow](#) 25266

**BROMIDE DETOX~ What can I do to alleviate the symptoms?** 1 **answ.** 11 year

[add answer](#) [Follow](#) 29255

**LUGOL'S SOLUTION~ How can I make my own Lgol's?** 3 **answ.** 11 year

[add answer](#) [Follow](#) 75635

**If I'm taking prescription hormones (allopathic/bio-identicals), should I continue with the hormones if I start orthiodosupplementation?** 1 **answ.** 11 year

[add answer](#) [Follow](#) 22590

**What physicians have published material on orthiodosupplementation?** 1 **answ.** 11 year

[add answer](#) [Follow](#) 32249

**DOSAGE~ How much iodine shall I take?** 3 **answ.** 5 year

[add answer](#) [Follow](#) 104394

**DISEASE STATES~ OVARIAN CYSTS~ can iodine therapy help?** 2 **answ.** 16 mon

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**BROMIDE DETOX~ what are the symptoms?** 2 **answ.** 11 year



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### **BROMIDE DETOX SYMPTOMS~ PIMPLES~**

**What can I do?** [1 answ.](#) 11 year

[add answer](#) [Follow](#) 27126

**How much Iodine is there in 1 drop of Lugol's (2% and 5%) solution?** [1 answ.](#) 11 year

[add answer](#) [Follow](#) 35220

**HEALTH ISSUES~ CONSTIPATION~ Can iodine therapy help?** [1 answ.](#) 11 year

[add answer](#) [Follow](#) 29914

**HEALTH ISSUES~ OVERWEIGHT~ Can iodine therapy help?** [1 answ.](#) 11 year

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**I have noticed that if I mix Lugol's iodine with Vitamin C powder that the color of the iodine disappears and also the taste of the iodine is neutralized. Does that also mean that the efficacy of the iodine is useless?** [2 answ.](#) 8 year

[add answer](#) [Follow](#) 64899

**BROMIDES~ What is bromide dominance?** [1 answ.](#) 11 year

[add answer](#) [Follow](#) 33471

**How many mg. iodine in a drop of 2% Lugol's solution?** [1 answ.](#) 11 year

[add answer](#) [Follow](#) 31279

**Mesentery Painting FAQ** 1 **answ.** 11 year  
add answer Follow 20996

**IODINE SOURCE~ Is kelp a good source of iodine?** 2 **answ.** 10 year  
add answer Follow 71012

**What are the basics I should know about iodine?** 1 **answ.** 11 year  
add answer Follow 29209

**Will iodine help with gum disease? I have lost 3 teeth already and have many more loose ones as a result of severe bone loss in my jaw.** 2 **answ.** 8 year  
add answer Follow 34056

**ADJUNCT PROTOCOLS~ NIACIN~ Can you tell me about the use of niacin as an aid in detoxification?** 2 **answ.** 5 year  
add answer Follow 36416

**If you have iodine 15% in a 500ml, how many ml of water would have to be added to make Lugol's 5%?** 1 **answ.** 10 year  
add answer Follow 25342

**Can you safely add potassium iodide to a sodium iodide, (iodine) solution?** 1 **answ.** 10 year  
add answer Follow 26777

**I have a suspicion that Logols causes one's pH to shift towards the acidic side. Can anyone comment on this? 5 answ. 8 year**  
[add answer](#) [Follow](#) 29737

**How long should one take iodine for? Do you continually need it forever? 1 answ. 9 year**  
[add answer](#) [Follow](#) 38318

**What do I need to learn about Iodine? References/urls for a newby? (articles, studies, A/Vs, protocol, vocabulary, supplements, tests, Abraham, Brownstein, Flechas, Miller, etc) 1 answ. 11 year**  
[add answer](#) [Follow](#) 26626

**I started Iodoral at 50mg in September 2009. I also changed to Synthroid from Levoxyl for central hypothyroidism. Since then my period that had come every 26-28 days is coming every 17 days. Is it the Iodoral???? I started Vitamin A recently and hope that helps. Does anyone have any advice about what could be causing my frequent menstrual bleeding? Thanks. 1 answ. 8 year**  
[add answer](#) [Follow](#) 23695

**Ive been on iodine for 8months now.....im on 25mg lugols.....and im having severe anxiety attacks and panic attacks and heart palpitations????? is that because i have too much iodine or am i detoxing????? how do i check iodine stores?i dnt shower i only drink purified water im a health nut 3 answ. 8 year**  
[add answer](#) [Follow](#) 28331

**My husband has non-Hodgkin lymphoma from Agent Orange in Vietnam. At present, he has a very large tumor with NHL cells in it, on his temple. Does anyone know if applying iodine to the tumor can get rid of it, and if so, what kind of iodine? I have read about several kinds, and am now confused. Need help. Thanks** 1 answ. 8

year

[add answer](#) [Follow](#) 24991

**can someone tell me if Lugol's iodine, one drop with one teaspoon of apple cider vinegar and one tsp.honey in pureified water cures lyme? It is helping me a great deal.** 3 answ. 4 year

[add answer](#) [Follow](#) 26565

**Iodine supplementation - hello all. Have been supplementing Lugol's orally for just over a month and have noticed some significant changes in body definition and hair growth...however - I have also gained close to 14lbs in weight!!! Does anyone else have experience of this? I have not changed diet/exercise at all and have been at the same weight for most of my adult life. Many thanks!** 2

answ. 3 year

[add answer](#) [Follow](#) 25258

**Where can I buy nascent iodine for the least amount of money** 1 answ. 8 year

[add answer](#) [Follow](#) 33549

**Can anyone suggest anything to get iodine into a 6 year old with Asperger's and epilepsy who will absolutely NOT take it by mouth due to the taste? He was diagnosed with epilepsy last year and though we have controlled the**

seizures with herbs up to now, he is starting to have seizures again. He is unvaccinated and we do not use pharma. Will putting nascent iodine on his feet help to get it into his system? If so, how much/how frequently? What else can I do? I love this child more than life itself and I am sure if we go back to the neuro guy, he will just want to put him on pharma. Help. 7 answ. 3 year

[add answer](#) [Follow](#) 34461

I am getting ready to take Atomidine iodine supplement. I was taking Natural Living's 12.5 mg iodine/iodide. My question is, how many drops of the Atomidine 600 mcg is equivalent to Natural Living's 12.5 mg? 1 answ. 8 year

[add answer](#) [Follow](#) 26875

husband has parkinsons and is 54 years old. He has had Deep Brain Stimulation surgery almost 2 years ago. He is on carbadopa/levodopa every 2 hours....would he benefit from iodine supplementation and if so what dosage. 1 answ. 7 year

[add answer](#) [Follow](#) 33097

Radiation-Are Kombu/kale and other sea veges OK to take instead of potassium iodide and what would the dosage be? Also I'm supplementing with chlorophyll called spirulina (sp) as well. Will this protect me or should I use the potassium iodide? 2 answ. 7 year

[add answer](#) [Follow](#) 25455

Take iodine/sski in the morning first or do a salt push? 7 year 0 answ.

[add answer](#) [Follow](#) 1216

**Why do people complain of tooth sensitivity when using iodine. Is that a good sign, perhaps of detoxing?** 1 **answ.** 6 year  
[add answer](#) [Follow](#) 24136

**I have had I\_131 therapy which is radiated iodine. My thyroid is dead. Can I use iodine since I do not have a thyroid?** 2 **answ.** 5 year  
[add answer](#) [Follow](#) 22305

**Is iodine toxic when reduced to iodide?** 7 year  
0 **answ.**  
[add answer](#) [Follow](#) 697

**Can you drink iodine when mixed with vitamin C ?** 7 year 0 **answ.**  
[add answer](#) [Follow](#) 884

**I have read that taking iodine in large doses (above 50mg daily) increases the bromide excretion rate. Does anyone know if this will cause a spike in a tumour marker?** 7 year 0 **answ.**  
[add answer](#) [Follow](#) 711

**My son has Grave's disease and I was crushing up lodoral pills and putting in smoothies. Although he is doing so much better, he hated the taste! I am now giving him Lugols in orange juice and he is drinking it but I am now being told by a knowledgeable doctor that the Vitamin C in O.J. will reduce it down to iodide. Is this a problem and should I be putting this in something else? I also noticed that the Lugols tastes better in O.J. because of this change that**

**takes place as I have tried it in other juices.**

Thanks bedette **1 answ.** 7 year

[add answer](#) [Follow](#) 24783

**I am told that when we start taking Iodine the TSH tends to increase for a few months. Does anyone know how long it takes TSH to drop back down if we stop taking iodine during this period of a few months?** 7 year **0 answ.**

[add answer](#) [Follow](#) 619

**what is best time of day and format to take selenium (drops) for HYPER? thanks** 7 year **0 answ.**

[add answer](#) [Follow](#) 1036

**Is bromine(or chlorine) in hot tub a health concern?** 7 year **0 answ.**

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**Can someone who has parkinsons use iodine for a goiter?** 7 year **0 answ.**

[add answer](#) [Follow](#) 562

**one drop?I have been told to take either 8 or 16. Thanks,ak** 7 year **0 answ.**

[add answer](#) [Follow](#) 579

**Die off reaction with Iodoral? Has lasted awhile....** 7 year **0 answ.**

[add answer](#) [Follow](#) 626

**Does the acid in kefir also neutralize iodine?** 6

year **0 answ.**

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**can bromide detox from iodine cause water retention?** 6 year **0 answ.**

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**can bromide detox from iodine cause water retention?** 6 year **0 answ.**

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**Lugol's Iodine,..can this help my bad cystic acne outbreaks?** 5 year **0 answ.**

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