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Iodine Protocol B
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Important Warning

This information is only for patients of Michael Cheikin MD. Risk of serious injury if utilized without proper ongoing medical supervision. Proper periodic testing and adjustments are necessary to maintain safety.

Iodine is the largest element in the body. This means that the actual size of the atom is bigger than any other. Due to its large size, iodine can be more "electronegative" than other atoms, and can also bridge to fatty molecules at the same time.

Besides being necessary for thyroid hormone, it is utilized by many critical tissues of the body including (in rough order) the salivary glands, breast and prostate, stomach, choroid plexus in the brain, adrenals, and white cells (immune cells).

Different from other chelating detoxifiers that "pull" out specific toxins, iodine does more to "push" toxins downstream. If there is not enough iodine to fill in all the "holes", moving toxins downstream may not be helpful.

You can learn more about these topics by searching on cohlife.org after logging in as a patient.

This Protocol will always be followed with the [DMSA protocol](#), each time, 6-12 hours afterward (see below).

Iodine Protocol (Specifics will be provided by your licensed practitioner)

1. Begin with one 12.5 mg capsule of Iodorex, one time per week, with dinner. It can also be done with other meals, though less conveniently.
2. Iodine should always be taken with selenium, 200-400 mcg, zinc 25-50 mg, vitamin c, 1000-2000 mg, vitamin a (as retinyl palmitate, not beta carotene) 10,000 -20,000 IU, omega-3 oils, 500- 1500 mg, lithium, 5-10 mg, a multi-mineral, and a multi-b. If also prescribed, take probiotic and niacin.
3. 4-12 hours after taking the iodine, the DMSA protocol should be done, on an empty stomach. (If your DMSA instructions say bedtime, move the time based on this step).
4. After 3-4 doses/weeks, if there are no untoward effects and any required tests are ok, then increase to 2 pills (25 mg), once a week for three weeks, and then 3 pills. Build every 3-4 weeks until you reach 4 pills (50 mg). The doses of the agents in steps 2 do not change.

The protocol should be stopped if any of the following things occur:

- 1) constipation, defined as missing a reasonable bowel movement for a day
- 2) any persistent gastro-intestinal symptoms
- 3) any rash, fever or swelling
- 4) any new neurological or cardiovascular symptom or change in any existing symptoms for the worse

Any questions or concerns: A) Stop or reduce iodine until you have a visit or call the office or doctor, B) Call office or hotline.