



Michael Cheikin MD
Holistic Medicine & Physiatry
832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462
610-239-9901 www.cohlife.org

Iodine Protocol B
9/10/2020
iodine_protocol_b.docx

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.

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 50-100 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, omega-6 oils, 250-500 mg, lithium, 5-10 mg, a multi-mineral and a multi-B. If also prescribed, take a probiotic and niacin.
3. 4-8 hours after taking the iodine, take any detox supplements that you have been prescribed, preferably with water and an empty stomach (if any nausea, consider trialing ginger or call the office or doctor). This may include: Vitamin C, NAC, BioCleanse, Metal-X Synergy, Activated Charcoal, and certain amino acids. If unsure, clarify the protocol with your practitioner.).
4. 8-12 hours later and then the following day, take 3 comprehensive minerals, 1 lithium, 1 multi B and 1 Vitamin A. If already taking these, discuss whether extra doses are required.
5. After 2-4 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 2-4 do not change.

You should not feel ill when doing the protocol, if so, stop and follow the steps below.

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.