

Iodine Paint Test from WA Polio Newsletter and Tessa Jupp's booklets

THYROID

- To see how your thyroid is working → using Iodine, paint a \$20 note sized spot on your leg or arm where clothes won't rub.
- If stain disappears within 24 hours = short of Iodine so continue to paint every day until stain stays visible for 24 hours. Do the test below.

COLOUR	RESULT	REASON
absorbed in 24 hours	need Iodine	underactive thyroid
stays same –yellow	Iodine OK	normal thyroid
stays for some day	excess Iodine	overactive thyroid
If turns red	need selenium	chemical sensitivities
If turns black	need to change diet	– food sensitivities

Use Iodine Tincture for the paint test (alcohol-based not water based - sticks to skin better and dries instantly so doesn't get on your clothes or rub off easily). Available from Polio Office - 50ml for \$16 plus postage \$12 or call in and pick up - NB phone first. Use a cotton bud and paint until you have used all the iodine from one dip - usually about the size of a \$20 note.

Painting with Iodine tincture is safe. Your body decides how much it needs and will absorb it as it needs it. Paint closer to the heart for better absorption ie arms, thighs, tummy, chest. **Should stay same bright yellow-brown colour for more than 24 hours.** When it does you can stop painting daily after your shower. NB Paint in different places, alternating or the skin will burn and peel if you use the same spot every day.

When you stop you should do the paint test every 2-4 weeks as your levels will drop again over time.

Iodine is also needed to prevent glandular cancers eg breast, ovarian, prostate as well as other cancers. Paint skin over the area of known cancers, including suspicious dry skin spots or minor skin cancers. Always get your GP to check abnormal skin lesions as well.

A Google internet search on Iodine and breast cancer will bring up plenty of articles these days. Doctors particularly researching this include Dr Derry and Dr Brownstein.

Biggest user of iodine is your thyroid to make thyroxine, then breast tissue both male and female, then other glands incl ovaries and prostate. If extra iodine available in body intra-cellular fluids, it deals with abnormal cells ie cancer cells, destroying the outer lining so that it self-destructs. Any excess is excreted by kidneys thus protecting against kidney and bladder cancers. Iodine will resolve lumpy breasts (fibrocystic breast disease) and polycystic ovary disease, usually within a few weeks.

Lugol's iodine (oral drops) also available (100ml for \$32) for cancer patients or if you find paint test iodine disappears within 8 hours. Contact Tessa Jupp RN to discuss. 08 9284 9201