

The Iodine Patch Test:

This is an easy test you can do at home to determine if you are low in iodine, which leads to hypothyroidism and other hormone imbalances.

Step 1: Go to the pharmacy and purchase a Tincture of Iodine - the original, orange-colored solution, not the clear solution.

Step 2: Before going to bed, use the painting stick in the bottle of iodine to paint a 3 inch by 3 inch square patch of iodine on the inside of the forearm or on the inner thigh or lower abdomen. This will dry in a few minutes and will not stain your clothing or bedding

Step 3: In the morning upon rising, note the color and check off a follows:

- No color left at all. Please indicate the # of hours until you checked the iodine in the morning: _____ hours
- Grayish colored
- Pale Yellow
- Bright yellow-orange (just like when you applied it the night before)

If there is NO color remaining on your skin, the test is complete. You are iodine deficient.

If there is ANY color remaining on your skin, go to **step 4:**

Note: You can still shower or take a bath, but do not scrub over the area of the iodine patch!

Step 4: For the remainder of the day; check the patch every few hours. Make a note of the number of hours it took for all the color to disappear. If the color still remains at bedtime, you may consider the test completed (you are not deficient in iodine). The color will slowly fade over the next few days and you can scrub it during your next shower. **Check the appropriate box:**

- Color was gone by noon.
- Color was gone by 4:00 p.m.
- Color was gone by 8:00 p.m.
- Color was gone by bed time.
- Some color still remains.

Total # of hours until the iodine patch disappeared: _____ hours

Check with your natural healthcare doctor to get the proper iodine supplement for you. Restoring your iodine levels takes some time. You will want to be careful with the dosage when taking iodine as a supplement since too little will never restore your iodine levels, and too much iodine can overwhelm your thyroid and cause abnormal function as well. You should work with someone who knows what they are doing, so that you don't do something wrong to your body. Iodine affects more than your thyroid function, and can be helpful to many other hormonal systems.