

“Liquid Iodine Forte Has Caused Some Unbelievable Changes For Him And His Patients.”

When a doctor calls me to talk about why one product in the Biotics line is the best, I want to know what it is and how they use it. A friend and colleague, Dr. Collins, shared what he calls his thyroid IQ test and some thyroid pearls he has found effective. He shared how Liquid Iodine Forte has caused some unbelievable changes for him and his patients.

For example, one of his physician friends has had a chronic sore throat that he treated for years. He tried all kinds of remedies and antibiotics to no avail. Dr. Collins himself had a stubborn recurring sinus infection that cleared up. His wife suffered with a chronic hypothyroid condition despite years of testing and medication. The correct use of iodine and selenium helped her balance the symptoms.

He shared some research showing anti microbial bene-



fits of iodine especially for viruses. There's a link to it on this page. An iodine solution called Povidone iodine (PVP-I) at a 4% concentration was tested as a skin cleanser, and 1% PVP-I gargle/mouthwash against both MVA (Modified vaccinia virus Ankara) and MERS-CoV. Iodine as povidone iodine was shown to inactivate MVA and MERS-COV greater than 99.9% showing strong virucidal activity.

This data indicates that povidone iodine - based products for potentially contaminated skin, and

PVP-I gargle/mouthwash for reduction of viral load in the oral cavity may help to support hygiene measures to prevent transmission of MERS-CoV. The product povidone iodine is not available in the US, so Dr. Collins decided to use Liquid Iodine Forte.

He's been testing serum iodine levels for years and told me I would be surprised how many people are deficient. 2 reasons why we are so deficient in iodine: 1) We don't ingest enough iodine every day. 2) The little iodine we ingest gets dis-

placed or pushed out of essential tissues.

Before the 1980's iodine was used as an anti-caking agent in breads and other baking products. Some researchers felt that iodine could cause problems with the thyroid gland so in the 1980's it was replaced with bromine. But Bromine interferes with iodide uptake and utilization in the thyroid gland. The take home message is that all halogens, namely Fluorine, chlorine and Bromine displace iodine.

Adequate levels of Iodine are necessary for proper immune function, as well as warding off bacteria, parasites, virus' and cancer. Iodine is found in each of the cells in the body and without it, life is not possible. Iodine is responsible for the production of all the hormones of the body. As you know, thyroxine or T4 is 4 parts iodine and one part tyrosine.

Dr. Collins has patients take a ½ dropper full of the Liquid Iodine Forte and let it sit beneath the tongue for 5 minutes twice a day. He firmly believes by keeping the liquid under the tongue you are receiving the maximum benefit. Each drop contains 150 mcg of iodine so a ½ dropper full would yield approximately 10 drops or 1500 mcg which translates to 1.5 mg. Taken twice a day that's 3.0 mg of potassium iodine. He uses a product called Nasopure when he wants to wash the nasal system. He uses a ½ dropper full and water as the flushing solution.

Earlier I mentioned his "Thyroid IQ Test" which consists of a TSH, Free T4, Free T3, Serum Iodine, RBC selenium, Vitamin D, and RBC Magnesium. He also made an interesting comment that when all the levels are in their optimal ranges and the patient still has symptoms, he sends them out for a thyroid ultra sound and has identified thyroid

cancer on more than one occasion. You can see a link to the thyroid symptoms as well as treatment protocols to the right.

As you know, Selenium is an important antioxidant and is needed to make glutathione. Selenium is also needed to convert T4 to T3, the spark at the cellular level to turn up the metabolic fires. Selenium is also known to slow viral replication. We've talked many times about how infections create free radicals. And viruses, metals, infections, and other factors that cause leaky gut can be major contributing factors in Hashimoto's Disease. Also, European researchers found small amounts of magnesium will stabilize TSH and antibody levels when deficient. You can see a TM on magnesium and thyroid benefits as well, to the right.

A final consideration; if your patients are not having the success you normally expect with your protocols, consider taking thyroid supplements an hour before morning coffee or at least an hour away from food. Several researchers have found that coffee can inhibit the effects of thyroid medication. You can see a link to the right that sheds some interesting light on the association between thyroid supplementation and coffee.

My thanks to Dr. Collins and other clinicians who share their clinical successes. Insights like these help us to look closer and assist our patients to achieve the next level of wellness. Thanks for watching. I look forward to being with you again next Tuesday