

IODINE PATCH TEST

Step I: In my practice I use a product called IOPLY. It is an iodine without any harmful additives. You can substitute a regular OTC red iodine tincture from the drugstore. Either way, please keep out of reach of children

Step II: At night, before going to bed, paint your skin with a 2" X 2" –to- 3"x3" square filled in with the IOPLY or iodine tincture using the enclosed stick. Apply the patch of iodine to the inside of thigh, inner arm or the stomach. Be sure to let it dry thoroughly as it will stain clothing and sheets.

Step III: In the morning, upon rising, note the color and check off as follows: (You can shower or bathe in the morning but do not scrub or wash the stained area with soap.)

___Bright yellow-orange (as it was the night before)

___Pale yellow

___Grayish colored

___No color left at all

___Other

IF THERE IS NO COLOR LEFT, YOUR TEST IS DONE.

IF THERE IS ANY COLOR REMAINING, GO ON TO STEP IV.

Step IV: For the remainder of the day, check the patch every few hours. Note the time that all of the color disappears. If color still remains at bedtime, you may consider the test completed.

Color was gone by Noon

Color was gone by 4:00 pm

Color was gone by 8:00 pm

Color was gone by bedtime , Some color still remained

Other _____

NOTE: If color disappears quickly, you are low in iodine as well as other minerals possibly due to a deficiency of stomach hydrochloric acid and digestive enzymes. **Hypothyroidism and/or iodine deficiency are associated with a higher incidence of breast cancer.** (Breast Cancer Res. 2003; 5(5): 235–238.)