

# CLINICAL USES OF POTASSIUM IODIDE

By Ronald L. Myers, CNC

In our area of the country, it is not unusual to find patients needing iodine. If we add fluoridated, chlorinated water to the picture here in what has been termed the “iodine belt”, it is amazing that there are any among us that do NOT need iodine. I am listing below the methods I have used over the years to determine iodine need in patients I have had the opportunity to work with.

**IODINE SKIN TEST**—Developed by John Myers, M.D. The patient applies red tincture of iodine (or Betadine, Mercurochrome, etc.) to their inner forearm after their morning shower or bath and observes how long it takes to completely disappear. It should still be visible 24 hours after application. Here in the Midwest, 6 to 8 hours is about the average amount of time the stain will be visible. If the stain completely disappears in less than 24 hours objective iodine need is established.

**SERUM T4 DECREASED BELOW THE REFERENCE RANGE**—Thyroxin (T4) is an iodine-bearing molecule, if iodine levels are decreased it follows that the amount of iodine bearing molecules the body can produce will be decreased as well. (Always rule-out Androgen Steroid use with patients presenting with low T4).

**LDL INCREASED ABOVE THE REFERENCE RANGE**—This is an observation I made based on over 500 blood chemistries on patients with established iodine need.

The most effective means I have found of administering iodine to patients is in a liquid containing potassium iodide, Potassium Iodide is provided by Biotics Research Corporation as the product **Liquid Iodine**.

The following information is compiled from clinical research conducted by John Myers, M.D.

## PHYSIOLOGY

Iodine reacts with protein and amino acids and promotes the formation of disulfide bonds. It will also combine with fluoride and chlorine rendering the iodine ineffective. Human and cattle studies have associated as little as 3 parts per million (ppm) of fluoride in the urine with reduced thyroid function. Always advise the patient to use water that does not contain fluoride or chlorine when iodine need is indicated. A small number of patients may report sensitivity to iodine. Iodine, Selenium and Vanadium are synergistic. In patients presenting iodine sensitivity, I have found supplementing them with selenium as **SE Zyme** at 1 tablet twice a day for 30 days and then while continuing selenium supplementation adding **Liquid Iodine** at 1 drop daily titrating the dose by a drop or two every four days until the target dose is achieved will usually meet with success. In a very small number of patients vanadium as **V-Zyme** may have to be added to the mix to achieve success.

**MAJOR USES OF BRC LIQUID IODINE (Potassium Iodide)**

Consider **Liquid Iodine** as an addition to the protocol you are already using to treat the following conditions, especially with those patients not responding as expected.

**Fibrocystic Breast Disease** 15 drops per day.

**Bowel Gas Associated with Ingestion of Legumes** (beans, peas) 6 drops of **Liquid Iodine** with meal.

**Decrease serum Cholesterol** 10 drops per day. Use with **L-Tyrosine** at 1 to 2 capsules per day.

**Vaginal and Intestinal Yeast Overgrowth** 15 drops per day internally and for vaginal yeast overgrowth, soak a tampon in **Liquid Iodine** and insert for 5 minutes every other day for a week. Use with **ADP**.

**Thick Mucous** (to thin) 15 drops per day.

**Stiff Neck** 20 drops per day.

**Tonsillitis** gargle with 10 drops in a glass of pure water 3 times daily until condition abates.

**Viral Infections** 20 drops per day. Helps to reduce T-Suppressor cells. Consider using with **Dismuzyme Plus Granules** and **Bio-Immunozyne Forte**.

**Sinusitis** 15 drops in 6 ounces of pure water. Use as nose drops 4 times a day. Consider using with **ADP**.

**Acne** 20 drops in 6 ounces of pure water, apply topically to the acne daily for 3 weeks.

**Sebaceous Cyst** apply directly to the cyst daily with a Q-Tip until the cyst is destroyed.

**Premature Wrinkling** 4 drops in a pint of distilled water, apply topically 3 times a week for 2 to 3 months.

**Nasal Polyps** apply topically with a Q-Tip daily for 4 to 5 weeks.

**Sty** apply topically with a Q-Tip daily until resolved.

**Thyroid Hypo-function** 30 to 45 drops daily. Use with other indicated thyroid supplementation, i.e., **GTA**, **Thyrostim**, **Cytozyme Pt/Hpt**, **Flax Seed Oil**, **L-Tyrosine**, etc.

**Benign Prostate Hypertrophy** 20 to 30 drops daily. Use with **Flax Seed Oil** and **Palmetto Plus**.

**Manic Depression** 15 drops daily. Use with lithium (**LI-Zyme Forte**).

**Mosquito Bites, Poison Ivy, Poison Oak** 20 drops in 6 ounces of pure water, apply topically. Use for 3 or 4 days or until condition clears. Iodine will reduce the itching tremendously.

**Rheumatoid Arthritis** 20 drops per day. Evaluate patient for G.I. dysfunction, leaky gut syndrome and sensitivity to grains, especially wheat, rye, barley and oats.

**Exposure to Radiation** 15 drops daily use internally. Use with **Bio FCTS** at 6 capsules daily.

**Local Anti-septic** apply topically to cuts, bruises, abrasions, herpes, etc.

**Ovarian dysfunction** 30 drops daily.

**Hot flashes** begin at 15 drops daily and titrate the dose up to a maximum of 45 drops daily if needed to resolve symptoms.

**Nail fungus** 20 drops daily taken internally. Also, using a Q-Tip apply directly to the affected area. Use with **ADP** at 2 to 3 tablets with each meal.

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