

## QUESTIONS AND ANSWERS - IODINE

This document includes all patient queries about

--iodine specifically,

--about iodine and vitamin C 'jointly'

<b>QUESTION</b>	<b>ANSWER</b> - quotes in italics below are from "The Infection Game" <a href="https://www.hammersmithbooks.co.uk/product/the-infection-game-2/">https://www.hammersmithbooks.co.uk/product/the-infection-game-2/</a>
People have seen your advice re dosages re children - we have a specific question re an 18-month-old and dosages.	Simply scale the dose down on a wt for wt basis For babies and older smear iodine oil round nose cheeks mouth and hands 2-3 x a day Aim for 2-3 grams vit C daily Interestingly coconut oil is also toxic to COVID 19 – see <a href="https://www.icp.org.ph/2020/01/the-potential-of-coconut-oil-and-its-derivatives-as-effective-and-safe-antiviral-agents-against-the-novel-coronavirus-ncov-2019/">https://www.icp.org.ph/2020/01/the-potential-of-coconut-oil-and-its-derivatives-as-effective-and-safe-antiviral-agents-against-the-novel-coronavirus-ncov-2019/</a>
Are Lugol's iodine vapours toxic?	Not in the doses I recommend - -there is a huge and safe toxicity/dose ratio (MUCH MUCH higher than fluoride!) Abstract. After the 1918 Influenza Pandemic which killed an estimated 30 million people, governments financed research on the Pandemic's causes. Over 25 years, influenza viruses were isolated and methods for killing them with various agents discovered. Iodine was the most effective agent for killing viruses, especially influenza viruses. Aerosol iodine was found to kill viruses in sprayed mists, and solutions of iodine were equally effective. In 1945, Burnet and Stone found that putting iodine on mice snouts prevented the mice from being infected with live influenza virus in mists. They suggested that impregnating masks with iodine would help stop viral spread. They also recommended that medical personnel have iodine-aerosol-treated rooms for examination and treatment of highly infected patients. Current methods of

	<p>dealing with influenza infection are isolation, hand washing, antiviral drugs, and vaccinations. All of these methods can be improved by incorporating iodine into them. When impregnated with iodine, masks become much more effective, and hand washing is more effect when done with mild iodine solutions. Isolation techniques coupled with aerosol iodine would make them safer for patients, medical personnel, and all persons working with the public. Public health authorities could organize the distribution of iodine and at the same time educate the public in the effective use of iodine. Oral iodine might also boost body defence mechanisms in the upper oral and respiratory mucus. Conclusion: Iodine incorporated into masks, solutions, aerosols, and oral preparations could help to kill influenza viruses and fight off an H1N1 Pandemic See <a href="https://www.drLOWE.com/thyroidscience/reviews/derry/Derry.flu.iodine.9.19.09.pdf">https://www.drLOWE.com/thyroidscience/reviews/derry/Derry.flu.iodine.9.19.09.pdf</a></p>
<p>Is Lugol's iodine safe for people with Hashimoto's?</p>	<p>Yes – see below from Chapter 10 “The Infection Game”</p>
	<p><u><i>Iodine and thyroid disease</i></u> <i>Anyone with any thyroid problem should be taking iodine as above. [i.e. at least 1mg daily] However, when you first try iodine it is important to start at low doses and build up slowly. This is because hypothyroidism is so common because of iodine deficiency. When suddenly it appears in abundance the thyroid is driven to a temporary state of overproduction. Remember the falling intakes of iodine in the diet over recent years has been paralleled by a huge increase in hypothyroidism, thyrotoxicosis and autoimmune thyroid disease.</i></p>
<p>If hyperthyroid, is it ok to inhale iodine?</p>	<p>Yes! <u><i>The Wolff–Chaikoff effect</i></u> <i>This is a reduction in <a href="#">thyroid hormone</a> levels caused by ingestion of a large amount of <a href="#">iodine</a>. It is a protective mechanism against iodine overdose whereby the blood</i></p>

	<p><i>supply to the thyroid is temporarily reduced and in consequence the output of thyroid hormones. In clinical practice this is very useful for:</i></p> <ul style="list-style-type: none"> <li><i>--treating a thyroid storm in acute thyrotoxicosis</i></li> <li><i>--to use before surgery to minimise bleeding</i></li> <li><i>--to inhibit uptake of radioactive iodine in the event of a nuclear accident with exposure to such</i></li> </ul>
Is it safe to follow the Vit C / Iodine protocol if taking methotrexate?	Not just safe – totally desirable as methotrexate is immunosuppressive
<p>Detailed patient query:</p> <p>I'm interested in the effect of iodine on my positive microbes. I like kombucha and fermented vegetables. Is there a conflict? Will I lose my internal beneficial microbes? Many thanks</p>	<p>No – you sniff the iodine, so you only get high levels in the airways</p> <p>You will not get sufficient iodine into the lower gut to cause this problem as there are trillions of microbes present there. It is a simple numbers game</p> <p>Again see “The Infection Game”</p>
<p>Question re taking Vit C and iodine apart:</p> <p>I would like to know whether having to take Vit C and Iodine hours apart only applies if you are taking both orally (ie both into the stomach). Is it OK to take Vit C and iodine close together if taking Vit C orally and iodine transdermally or inhaling? (Spreading Vit C throughout the day leaves little time to inhale iodine in the salt pipe)</p>	<p><u><i>Iodine to treat surface infections and respiratory infections</i></u></p> <p><i>There is a happy synergism with vitamin C. Remember the more different ways one can hit microbes the better. Iodine should be applied externally. It is volatile and even penetrates the skin well. Combine this with vitamin C internally and one gets a classic pincer movement so beloved of army generals! I liken it to Muhammed Ali .....a right hook of vitamin C followed by an iodine left upper cut takes no prisoners!</i></p> <p><i>I.e. vit C works from the inside out and iodine from the outside in</i></p>
Will topical iodine kill covid 19?	Yes – it contact kills ALL viruses
Is a salt pipe and iodine good for an elderly person with COPD	Ideal! Indeed, even more important in this group as immune function declines with age
	<p><i>Interestingly iodine is also very safe to take by mouth - the French physician Lugol in 1829 developed Lugol's iodine, which was a mixture of 5% iodine with 10% potassium iodide, which greatly enhanced the absorption of iodine. He prescribed 300 to 1,000mg (Lugol's 12% iodine 40 to 160 drops, 2mls to 8mls) per day for the treatment of infectious disease, with good results. This shows how safe iodine is to</i></p>

	<p>take internally. Not only is this helpful in reducing microbial numbers by contact kill, but iodine is also an essential part of good immune function.</p>
<p>Not necessarily hyperthyroid but if the thyroid is functioning towards the top end, is iodine delivered in this way a good idea?</p>	<p>AGAIN – no problem  <u>The Wolff–Chaikoff effect</u>  <i>This is a reduction in <a href="#">thyroid hormone</a> levels caused by ingestion of a large amount of <a href="#">iodine</a>. It is a protective mechanism against iodine overdose whereby the blood supply to the thyroid is temporarily reduced and in consequence the output of thyroid hormones. This is very useful for:</i>  --treating a thyroid storm in acute thyrotoxicosis  --to use before surgery to minimise bleeding  --to inhibit uptake of radioactive iodine in the event of a nuclear accident with exposure to such</p>
<p>Is iodine safe for 12 years old please (and what dose?) .</p>	<p>Of course! Safe for babies, pregnant Mums, elderly and anyone with any pathology.  Sniff iodine rather than inhale by mouth  See <a href="https://drmyhill.co.uk/wiki/Iodine_-_what_is_the_correct_daily_dose%3F">https://drmyhill.co.uk/wiki/Iodine_-_what_is_the_correct_daily_dose%3F</a>   <a href="https://drmyhill.co.uk/wiki/Iodine_-_another_vital_multitasking_tool_that_should_be_a_household_word">https://drmyhill.co.uk/wiki/Iodine_-_another_vital_multitasking_tool_that_should_be_a_household_word</a></p>
<p>Is iodine safe to use for someone with epilepsy - this person is on anti-convulsant medicine.</p>	<p>Of course!  Epilepsy is often greatly improved on a ketogenic diet. Indeed, in the 1950s and 60s this was the treatment of choice.</p>
<p>Is iodine and salt pipe ok for people with asthma and on asthma inhalers</p>	<p>Not just safe but totally desirable. I have had several patients able to discard their inhalers with a PK diet and iodine salt pipe.</p>
<p>Is iodine safe with SIBO? This person is 'pumping a lot' of hydrogen, methane and possibly ammonia upwards - burping and tight chest. Takes herbal antibiotics and worries about mixing with iodine?</p>	<p>This is a fermenting gut symptom.  Starve the little wretches out with a PK diet then Vit C to bowel tolerance  The iodine is inhaled so little gets to the gut –  Again  see <a href="https://drmyhill.co.uk/wiki/Iodine_-_what_is_the_correct_daily_dose%3F">https://drmyhill.co.uk/wiki/Iodine_-_what_is_the_correct_daily_dose%3F</a></p>

	<a href="https://drmyhill.co.uk/wiki/Iodine_-_another_vital_multitasking_tool_that_should_be_a_household_word">https://drmyhill.co.uk/wiki/Iodine - another vital multitasking tool that should be a household word</a>
Also is iodine safe with MCAS?	Yes. Iodine allergy is uncommon. If you have any concerns put a drop on your skin first to see if it reacts. Then sniff very gently at first.
Do we need to take anything to help us tolerate iodine - e.g. selenium?	Nothing needed to “tolerate” iodine. However, we should all be taking a Basic Package i.e. multivitamin and sunshine salt (which contains selenium as well as all other minerals)
Dr Myhill mentions starting low on iodine if you have a thyroid problem [eg hypo] - is this just for when taking iodine orally, or does this apply to inhaling too? Should one perhaps buy a lower % lugol's to start with [2%] or go straight to 15% and just take less?	No – the dose of iodine being inhaled is modest and most is exhaled But it would be sensible to start with a few gentle sniffs. You only need sufficient to smell the iodine – that is an effective dose
Thanks for setting up this thread C & K. I am already doing this, but my concern is for my mother. She is 88 and has heart disease (mitral valve prolapses, AF, high blood pressure) currently under control with medications and wears a pacemaker. Not on warfarin but one of the newer alternatives. Also, secondary kidney problems. Gout, osteoarthritis (visualise her spilling iodine all over the kitchen as her hands are badly affected), migraines. My question is about safe dosing for the elderly and any particular drug interactions, and any conditions for which vit c and or iodine are contraindicated. Mum has a tendency to roll her eyes with all the things I've tried, but perhaps with some more targeted advice she might be more prepared to try... and I'm reluctant to suggest without more knowledge about possible issues with her condition/medications. Keep safe and well everyone and your loved ones. xx	It is perfectly safe for your mother to take vitamin C and iodine. With these there are no drug interactions. Tell her this story: Q. Why did not members of the Royal Family die during the 1918 Spanish flu epidemic? A. They had a naturopathic doctor who was treating them with prophylactic and therapeutic doses of Lugol’s iodine
I have seen the YouTube video - I am still a little worried about even doing the iodine drop on your skin test - I have a CT contrast allergy	Dilute the iodine – one drop in a pint of water – and skin test with that. If OK build up the test dose

Can iodine cause mast cell degranulation	Contrast dyes containing iodine given ivi are good at triggering allergic reactions By contrast ingested, inhaled and topical iodine very rarely triggers allergy
The other person in this house is on O2. Is iodine flammable?	Not Lugol's iodine which is water based
Can he take off his nasal cannula to use the salt pipe and iodine?	Yes
Can I use a salt pipe that has Himalayan salt in it for my iodine?	Yes. Any salt will do!
I have brittle asthma and cannot use iodine in the salt pipe - I have tried several times with very small doses and my airways keep on inflaming. If I use the salt pipe on its own, then this is mostly ok. I have a nebuliser - can I use colloidal silver or something else to attack the virus? NB - I have been using iodine on my skin and that is fine.	Well you probably dare not. Suggest Epsom salts and vit C as per recipe below Feedback so far has been: "no harm, no irritation, feels comfortable doing good"
	If you are severely ill and discharged home, then you are on your own! Desperate times call for new methods. The below is completely safe, cheap and easy albeit unproven. Use the nebuliser (or atomiser – same thing) to inhale vitamin C and sodium bicarbonate The recipe is 100grams of ascorbic acid and with 50 grams of sodium bicarbonate dissolved in one litre of spring water. It bubbles and carbon dioxide is released. You are left with a clear solution. Nebulise 10 ml every hour. The idea is to kill virus in the lungs. AND/OR Magnesium is an excellent anti-inflammatory and bronchodilator To make up a 1% solution of magnesium take 50 grams of Epsom salts and dissolve this in 500mls of spring water (this may seem a lot but Epsom salts is an MgSO4 heptahydrate- molecular wt of this is 246g/mol and pure magnesium is 24 so Epsom salts is 10% magnesium!). Nebulise 10mls of this at a time and this delivers 1 gram of magnesium. The idea is that magnesium has a marked anti-inflammatory action in the lungs. At

	<p>this stage do take anti-inflammatory drugs such as paracetamol, aspirin, NSAIs.</p> <p>Continue to sniff iodine. There are NO serious interactions between vit C and iodine. However, they work best taken apart from each other. This is because vit C kills as a reducing agent (it donates electrons) and iodine kills because it is an oxidising agent (it mops up electrons).</p>
<p>Does inhaling iodine strip the beneficial respiratory beneficial biome? I get that it won't harm the gut biome.</p>	<p>There is no beneficial respiratory biome The alveoli should be near sterile</p>
<p>Also, any thoughts on how oral iodine may affect the gut biome?</p>	<p>It is a numbers game. Almost impossible to get a dose of iodine to affect the large bowel! Not least of all because most is absorbed and excreted by the kidneys</p>
<p>Also, on my iodine bottle, it states not to take with mercury elements - is it a problem that I have mercury amalgam fillings? Also is it ok to gargle water with iodine?</p>	<p>It chelates mercury so it can be excreted. This is not reason not to take iodine</p>
<p>Is it ok to take large amounts of Vit C and Iodine if you are a Type II diabetic?</p>	<p>Not just OK - - totally desirable and even more necessary than most</p>
<p>"My husband's skin turned red and sore yesterday with an iodine drop test on his arm. It is still red but doesn't hurt any more (24 hours later). He did use the iodine/salt pipe (we think our son has had CoVid19 - he returned home 5 days ago with persistent cough and had had fever/flu fo 2 days 5 days earlier) . My husband said he was uncomfortable with a burning sensation in his lungs for 3 hours after. What should we do?"</p>	<p>Probably over doing it with iodine. Just enough to smell it is a therapeutic dose</p>
<p>This member nebulised with magnesium each day and wondered whether this would help or hinder covid 19. Also, they wondered what the maximum amount of iodine they could nebulise would be and could they use it at the same time as magnesium.</p>	<p>Best to use both (Mg for inflammation, Iodine to kill) Just enough iodine to smell is the dose I would use separately</p>
<p>DIRECT MEMBER QUERY - Husband used salt pipe with Iodine, lungs still painful and burning 2 days later. We then thought to do the skin test (I know!). His became red and inflamed like a burn. 2 days later, skin</p>	<p>You are using too much iodine. You just need sufficient to smell it not to irritate. Some find they do not need to top up the SP for every use – if you can smell iodine it is there in a therapeutic dose</p>

<p>still feeling like burning when in hot water. 4 days later skin peeled off. Allergy to iodine? (he is not sensitive to anything else). Since tried iodine ointment (1-part iodine, 10 parts coconut oil) fine. Has also had iodine supplement in the past - no apparent ill effect. Advice please on whether he should not use iodine in the pipe?</p>	
<p>How long does inhaled iodine remain active - i.e. 'bug killing - in the respiratory tract? - lots of members want to know this</p>	<p>My guess is certainly many minutes and possibly an hour or two (ie the time it takes for sticky mucous to be washed up the resp tract and be swallowed Probably shorter when lots of mucous being produced</p>
<p>DIRECT MEMBER QUERY - Iodine, either topically or in a multimineral tablet or in any foodstuffs makes my heart feel very weak and gives me palpitations - please could someone give me some pointers as to how to investigate and deal with this. I have auto-immune thyroiditis and am on 100mcg thyroxine daily.</p>	<p>This is NOT iodine toxicity Almost certainly a DDD reaction [Diet Detox and Die Off – <a href="https://www.drmyhill.co.uk/wiki/Diet,_Detox_and_Die-off_Reactions">https://www.drmyhill.co.uk/wiki/Diet, Detox and Die-off Reactions</a> Put a drop of Lugol's on skin to see if you are allergic to it (which is unlikely). If the yellow colour disappears in 24 hours this MAY be a sign of deficiency</p>
<p>FOLLOW UP - "Sniff iodine rather than inhale by mouth" Is this advice for everyone?</p>	<p>Yes. Sniffing makes sure the upper airways are treated and if you have lower respiratory infection you are likely to have upper respiratory infection too! It also seems that it is better tolerated and less irritant than inhaled (makes some people cough when inhaled by mouth)</p>
<p>FOLLOW UP--Why is it every time I take iodine that I swell and get fluid retention badly and get dryer legs and hair-loss? No level works. I have tried all doses and always get the same issue and I am now more hypo than I was and reverse t3 went very high for me. Do you know why? I do take armour thyroid for hypothyroidism.</p>	<p>That is very odd It may be that in the short term with high doses you can get the Wolff Chaikoff effect and induce a temporary hypothyroidism. This is not serious and corrects itself <a href="https://en.wikipedia.org/wiki/Wolff%E2%80%93Chaikoff_effect">https://en.wikipedia.org/wiki/Wolff%E2%80%93Chaikoff_effect</a></p>
<p>I'm thinking throw everything at it in case of infection, but worried about general use. Someone earlier asked about if iodine inhaling might damage the "friendly" bacteria 'in lungs? I'd still like to know this.</p>	<p>There are no friendly bacteria in the lungs. They should be near sterile</p>
<p>DIRECT PATIENT QUERY - I have been using the salt iodine pipe (2 drops of Lugol's 15% twice a day) for a few weeks as a</p>	<p>At that dose, you cannot become toxic with iodine. This does not sound like allergy</p>

<p>preventative measure. I developed 'weak' feeling lungs, which was most noticeable in the evenings and during/after exercise. It made me feel very, very strange. I stopped the salt iodine pipe for a few days, and my lungs eventually went back to feeling normal, so I am pretty sure the cause is the salt iodine pipe. I read somewhere in this group that the salt iodine pipe can cause detox. I've had years of chemo, so I must have lots of yucky stuff to detox. But I'm keen to use the salt iodine pipe and would be v grateful to know how to do this safely.</p>	<p>Yes, it is possible this is a Herx reaction. I would suggest retrying with perhaps 1 drop of Lugol's twice daily</p>
<p>Could starting the Vitamin C and iodine salt pipe cause bloody stools? This is the only thing I have changed recently.</p>	<p>No  If it was fresh blood, then likely to be a local cause e.g. piles  If dark altered blood, then you need further investigation to look for pathology. See your GP.</p>