

Why Iodizyme-HP and How to Use

DO NOT TAKE IF YOU HAVE: Hyperthyroidism (too much thyroid), Hashimoto's thyroiditis (inflamed thyroid that is overproducing thyroid) or any thyroid disease and NOT with thyroid cancer and NOT with thyroid nodules.

The body needs LOTS of iodine/iodide to help all organs to function normally and studies have shown that virtually all of us are severely deficient. Bromine (in pools/ hot tubs and carbs), chlorine and heavy metals (including fluoride) are known to bind to the iodine receptors all over the body and displace iodine, also from the thyroid hormone to render it less active. This combined with very low iodine stores and fungal overgrowth in the body exacerbate hypothyroidism contributing to aging and illness as the sequelae, cysts (breast, ovarian, skin), Parkinson's, glaucoma, cardiovascular disease, prostate disease, impaired memory and thinking, irritability and further immune system compromise.

Iodine therapy helps the body eliminate fluoride, mercury, aluminum, arsenic, lead and more. It helps the thyroid gland-the master gland of the body- produce more active thyroid hormone-very anti-aging and health contributing-and to function more youthfully and healthily. It contributes to a healthy prostate and to helping prevent cancers in men and women by promoting healthy hormone metabolism. It has been shown to help reduce blood sugar and help increase metabolic rate and weight loss.

Iodine can be most found in brown and red seaweeds but you have to eat a LOT. Thus Iodizyme-HP which has the correct amount but you MUST follow my instructions as this is not something to play with.

Iodizyme-HP has potassium in it which the body loves and helps lower blood pressure among other things. Virtually no one is allergic to this chemical form of iodine and this is inorganic, not the same iodine as you may be allergic to from X-Ray dye. Also this is not the chemical form to exacerbate acne. However if you are known to have an allergy to Iodine, to err on the side of caution, do not take without your Doctor's supervision.

Iodine helps increase your body temperature to normal so you may feel warmer. If you are taking oral thyroid hormone Iodizyme-HP may make it work better. Thyroid hormone excess makes you temporarily – for about an hour - feel anxious, your chest tight as in anxiety (not a heart attack), makes you irritable and/or testy and can give you temporary palpitations and/or shortness of breath. Therefore do NOT take if you are on thyroid supplementation to err on the side of caution.

How to take Iodizyme-HP:

Take 1 pill per day for 3 weeks then 1 pill twice a day for 3 weeks then 2 pills in the AM and 1 pill in the PM for 3 weeks then 2 pills AM and 2 pills PM for 1 month, then 1 pill per day.

SOME PATIENTS HAVE TO START AND INCREASE DOSING MORE SLOWLY so if you have undesired symptoms (i.e. if you develop frontal persistent headaches for several days, brassy or metallic taste in your mouth, increased salivation and sneezing) then stop taking until symptoms go away. This means you are detoxing so you must advance much more slowly. You drop back to the dose where you had no undesired symptoms for another month then you attempt to increase the dose. If no undesired symptoms then you continue to follow the instructions. If the symptoms persist or return then you continue only at the dosage where you have no symptoms and do NOT advance further in your dose.