

BodyBio Iodine

Best Taken as a Liquid – Here's Why

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The best way to take Iodine (or any mineral) is in a liquid form. The most important thing when supplementing yourself is to avoid taking too much – of anything. The easiest and most convenient way to do that is to rely on your taste buds to determine whether you need it, which you can only do as an “ion” in a liquid form.

The RDA for Iodine is 150 mcg, very similar to the amount on the BodyBio Iodine label which is 3 drops, or ~ 200 mcg. However, if you want to know how much Iodine your body really needs rather than what you need to avoid a deficient state you must increase the dose to find out. RDAs only indicate the amounts of vitamins and minerals needed to prevent common nutrient deficiency diseases (such as rickets or scurvy) in the average person. For Iodine we start with 36 drops in 8 oz of water which equates to ~2.4 mgs. That is the amount suggested by world renowned thyroid and Iodine expert, Dr. David Derry, MD PhD.

To make your own testing solution for Iodine put 36 drops of BodyBio Iodine in 8oz of water and taste it. BodyBio also has a prepared Iodine test kit which is inexpensive and a good idea to start you on your way. If you are deficient (most everyone is) you will not taste anything (plain water) which indicates that you need it. Use the same 1-7 testing scale as in the BodyBio MTK (Mineral Test Kit).

If your taste response is “no taste” (like plain water), that’s a “3” on the testing scale. You should then supplement daily with 36 drops of Iodine (2.4 mg or 2400 mcg). Continue to supplement daily with 36 drops if your taste response is a 1, 2, 3 or 4. If your response changes to a 5, 6, or 7 do not take any iodine until your taste response numbers come down. You can cut the dose in half, 18 drops per day, or -- stopping for a day or two. Checking your taste test response is the key, take iodine only if you register a 1, 2, 3, or 4.

Do not be discouraged if it stays at “3” day after day. It generally takes a while to effect a change in your taste (the author took a whole year after taking 36 drops every day). A “3” is a “no taste”. It means you could use that mineral. If it was a “2” or even a “1”, that means you are very deficient. Check your taste test at least once a week. If you do not test yourself weekly – please refrain from using the daily 36 drop schedule and return to the recommended 3 drops per day until you are able to maintain a weekly testing schedule.

Most everyone makes their mineral drink every day. BodyBio suggests to put all your minerals together in a glass with 1/3 rd orange juice (or a fruit drink). A good idea is to add a ¼ teaspoon of vitamin C and then water. Some folks like it hot, like in a cup of tea. That’s OK too.

Traveling can sometimes crimp your daily routine, and it’s OK if you skip it for a while. Just pick up your routine as soon as you return. The benefits of maintaining a high mineral base that is correct for you is one of the best health concepts on the planet.

This article has not been evaluated by the FDA and is not intended to treat, cure, prevent, diagnose or mitigate any disorder.

