

# Sinus Iodine Solution

"I think everyone should have some Liquid Iodine Forte in their medicine cabinet and use it at the first sign of infections."

Years ago a friend of mine had an ear infection and felt miserable. He took antibiotic after antibiotic, and yes, he would feel better for a while, but a few days later he was right back to where he started. This went on for months. Finally, someone told him to go to a physician to have his ears cleaned out with hydrogen peroxide. He felt better almost immediately and recovered with lightning speed, without any further use of antibiotics. I tell you that story to remind you of something you already know, "namely, look for and address the source of infection as quickly as possible."

In that light, I want to tell on myself, a case that I totally missed. I had a patient that kept clearing his throat from mucus building up. A week later, he was blowing his nose and coughing up green mucus. Two weeks later, malaise set in and continued to produce mucus as a cough and nasal drainage. Of course, when I see green mucus, I think bacterial infection, so I used ADP, 4-5 tid for a few weeks.



ADP works as an antimicrobial for bacteria, fungus, and many forms of amoeba and parasites. After three weeks, he was not much better.

Next, I considered using enzymes to strip away the mucus where biofilms are home to bacteria as well as fungi. So I used Intenzyme Forte, 6 tablets, 3 or 4 times a day. By now, we're going on about six weeks. The patient doesn't really feel bad but to everyone else it sounds like he is contagious. Coughing, throat clearing, and nose blowing continued to an uncomfortable level for him and those in close proximity.

I was talking with Daryl DeLuca from Biotics, and he told me how to get to the core issue. For sinus and bronchial related conditions, make a solution of Liquid Iodine Forte, 4 parts water to 1 part iodine and use it as a nasal lavage. The whole process of making it and using it took less than 5 minutes, and it worked in less than 12 hours.

Daryl DeLuca also told me to take a spray bottle from the drug store, empty it, and fill with approximately three quarters water and 6 dropperfuls of Liquid Iodine Forte and add a few drops of glycerin. Have the patient use enough in each nostril that they literally cough out the

fluid mixture and do it 4 times a day. He said, "it's the first thing everyone in his family does at the first sign of a cold to stop it from digging in and taking root in the sinus mucus."

My patient was remarkably better in 12 hours and stopped taking everything in 24 hours. It was very dramatic. Let's look a little closer, and we can learn two very important lessons for sinus and bronchial issues. You see the patient was me! I was the one who struggled for 6 weeks.

The first lesson is use an iodine lavage as soon as any symptoms surface. Liquid Iodine Forte, as potassium iodide, is inexpensive and can be used as a first line of defense. Iodine is very antimicrobial. An iodine dependent enzyme called mucinase is necessary to break up mucus. The iodine lavage flushes out the toxic mucus as well as kills the bacteria that breed in them.

The second lesson that can be learned is a little broader, but just as important. Namely, look for the source of infection, whether it's in the sinuses, ear canal, or intestines. Keep asking yourself the question, "Where is the seat of the infection?" Dr. George Goodheart always used to say, "the patient will tell you the source of their problem, if you just keep listening."

So don't be afraid to keep asking the patient for more information. Maybe they live in a moldy

house. Maybe they have unusual exposure to electromagnetic frequencies because they live under a cell phone tower. Maybe they have an infected tooth. Our goal is to increase the life of our patients in all areas, and we should be asking ourselves what is short circuiting the healing process.

We've covered sinus issues in the past and have a great handout called Fivefold Sinus Strategy for really deep seated cases, but I didn't want you to forget the basics.

I think everyone should have some Liquid Iodine Forte in their medicine cabinet and use it at the first sign of infections. I personally could have saved six weeks of irritation if I would have cleaned the area with Liquid Iodine Forte.

By the way, I didn't get the sinus spray bottle from the pharmacy or add the few drops of glycerin discussed on the handout. I just mixed a 4:1 ratio of water to Liquid Iodine Forte and used a few spoonfuls in each nostril four times a day. It was very impressive.

These are the kinds of clinical pearls that make you look like an all-star. Word to the wise, try it yourself first, so you know what you are recommending.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.