



West Texas RX

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Lugol's Solution = 5% Iodine/10% Potassium Iodide

Dosing needs to be started slowly and increased. Apply topically or drink diluted in water.

Start with 1 drop in 1 cup water. Drink upon rising.

(Can use 1-6 drops, 1 or 2 times per day, Short Term. \$15/30ml, refill for \$10.00)

One Iodoral or IodoRx tablet equals 2 drops of 100% Lugol's Solution.

Iodine and Selina Naturally Celtic sea salt therapy are Universal Nutrients and Universal Medicine, required for the entire body. They are antimucolytic, antiparasitic, antifungal, antibiotic, and antiviral.

Iodine is required for the metabolism of the Hormone Estrone. Estrone is blamed for many adverse health conditions effecting skin, brain, breast, ovaries, and prostate, such as fibrous tissue and cancers. Iodine has also been very effective in management of diabetes, headaches, ADD/ADHD, weight, joint pain, memory, and grandular disorders..

Iodine and Salt are required to cleanse the body of many toxins such as bromine, chlorine, fluorine, and heavy metals. The following can be helpful in the detox process:

- ✓ Eat a Pinch of Celtic Sea Salt by Grain & Salt Society
- ✓ Drink Plenty of Water
- ✓ Eat Fresh green leafy and low starch Vegetables
- ✓ Selenium 200-400mcg upon rising
- ✓ 1, 000 - 3,000mg Vit C per day on Empty Stomach
- ✓ Nature's Way B-100 Breakfast and/or Lunch
- ✓ Magnesium topical, hot baths, sauna

Websites: www.love seaweed.com, www.breastcancerchoices.org

The formula for "Lugol's Solution" was standardized by Dr. Jean Lugol, France, 1826

Research available on web by Dr. Guy E. Abraham, "The Iodine Project".

Books available by Dr. David Brownstein, "Iodine, why you need it and why you can't live without it" and "Salt your way to health"