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### **Lugol's Iodine Protocol\*:**

#### **What you will need:**

- Pair of rubber gloves
- Cotton balls
- Lugol's iodine solution 5%
- 3 to 5 minutes of time before bed

#### **Each night right before bed**

1. Wearing a pair of gloves (so as not to stain your fingers) soak a ball of cotton with Lugol's iodine solution 5%.
2. With the iodine soaked cotton ball, generously stain the bottom of both your feet. Stain each foot for at least 20 seconds to ensure adequate iodine has been used.
3. Let the feet dry for 2 minutes before touching them to any surface
4. Reduce the frequency of iodine staining to once a week (indefinitely) when you notice the stain take longer than 24 hours to disappear. This is in order to maintain iodine levels in your body.

**\* External use only**