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## **Simple Test to Evaluate if You are Iodine Deficient**

This simple test can be used to determine if you may be iodine deficient.

Many people nowadays are eating non-iodized salts (like sea salt or pink Himalayan salt), which has the advantage of containing many trace minerals, but only very little iodine. If you do not eat many sea vegetable or lots of seafood, you may need an iodine supplement. The thyroid gland and many other organs need iodine to function properly.

This simple test is a rough indicator that you have some kind of iodine deficiency.

1. Paint a roughly 3x3" square with a cotton – tip applicator on your abdomen, the inner side of your thigh or the inner side of your forearm. Use an iodine solution for use on the skin. Let it dry.
2. Check after 12 hours:
  - If the patch is still there, you very likely do not have an iodine deficiency.
  - If the patch disappears before that, you may need to supplement with an iodine supplement.