

IODINE DIRECTIONS!

Iodine use has been demonised by modern day training of both natural and allopathic medicine because deficiency in this essential mineral causes a plethora of human diseases. Iodine in high doses decalcifies the pineal gland, removes inflammation, defeats fermentation and every cell to generate ATP. According to Dr Sircius 300 drops per day is necessary for significant improvements

Water: up to 15 drops in a 260ml before meals.

Juice: up to 20 drops in 260mls before meals.

My favourite is **Cacao:** in warm water with a heaped teaspoon of cacao and stevia add 10 to 15 mls of 15% Lugols Iodine which is 200 - 300 drops

Notes:

Nirvana Stevia is 100% Stevia and does not have the bitter taste of fraudulent copies. Search Nirvana Stevia for sellers.

Search "Dr Sircius Iodine" to find his website and educate yourself.