



## COVID-19 Self-Health Treatments

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➤ **As always, consult your physician before taking Lugol’s Iodine internally.**

### Killing Coronavirus On Contact

4/3/20 <https://lynnemctaggart.com/killing-coronavirus-on-contact>

"... **Lugol's iodine** is used as an antiseptic on patients and in operating rooms because it kills bugs of every description, but in low doses is non-toxic to the body's cells involved with healing.... it contact-kills all microbes. It is the only agent that is consistently active against gram positive and gram-negative bacteria, mycobacteria, spores, amoebic cysts, fungi, protozoa, yeasts, drug-resistant bacteria such as MRSA and viruses.'... The science bears this out...

"[P]apers have noted that evidence shows that iodine has a generally a 99.99 percent virus-killing activity against a number of widespread and worrying viruses, including hepatitis A, SARS (Sudden Acute Respiratory Syndrome) coronavirus Enterovirus 71, Coxsackievirus A16 and, *yes, influenza...*

"...In fact, **the World Health Organization includes iodine on its list of essential medicines.** The other interesting fact about iodine is that **bugs don't appear to have developed resistance to it, as they have to so many other disinfectants and antibiotics...**

"...Lugol's Iodine Solution is usually taken transdermally — through the skin. It's available in varying strengths. But Dr Myhill has two unique suggestions for coronavirus.

- If you're worried about catching coronavirus from the mailman or anyone else, she says, 'Make up what I call **iodine oil**. Coconut also contact-kills COVID virus. If solid, soften



some coconut oil and add 10 parts of coconut oil to 1 part of Lugol's iodine. (Lugol's comes in varying strengths, from 5 to 15 percent, but any strength will do.) It will make a yellowy liquid paste.

- 'With any foreign contact, rub a marble size amount into your hands, forearm and around your face,' says Dr Myhill. 'That will contact-kill the virus in a few seconds. And it will stick to your door handle, or car door and kill virus there too.'

Read More: <https://lynnemctaggart.com/killing-coronavirus-on-contact>

**NOTE:** See [My Lugol's Iodine Disinfecting Spray Recipe](#) on page 3.

### **Purchasing Lugol's Iodine**

According to the articles below and more research I have done, a little Lugol's Iodine goes a very long way! It is not necessary to purchase expensive solutions because when you consider the ratios of Iodine and Iodide, you can "do the math" yourself to purchase wisely or follow instructions here: [Calculating Number of MG's of Iodine and Iodide per Drop of Lugol's Solution](#) (<https://www.lugols.com/calculating.html>).

- When considering the difference between Lugol's Solution 5% and Lugol's Solution 2% aside from the disparity in price, you can just double (more or less) the use level to achieve the same dosage as the Lugol's Solution 5%. The formula ingredients are the same.
- According to the usage [ratios provided by the Earth Clinic article](#) below (and other sources):

#### **Lugol's Iodine Solution Mixture Ratios**

##### **2% Lugol's Solution**

- 1 drop of 2% solution contains 2.5 mgs of iodine
- 5 drops of 2% solution contains 12.5 mgs of iodine
- 20 drops of 2% solution contains 50 mgs of iodine

##### **5% Lugol's Solution**

- 1 drop of 5% solution contains 6.25 mgs of iodine
- 2 drops of 5% solution contains 12.5 mgs of iodine
- 8 drops of 5% solution contains 50 mgs of iodine

I did not find any evidence that you should purchase an "organic" solution over one that does not state it is organic. With all of the disinfecting properties of the other ingredients, using vodka vs. isopropyl alcohol will still provide adequate disinfecting properties in the mixture.

**Since Lugol's Iodine does not expire nor need refrigeration** (instructions say not to refrigerate), I found this to be the best deal: [Lugols Iodine 2% by CBD Scientific. 2 oz Bottle. Pack of 3 on Amazon.](#) (<https://amzn.to/2JCTEE2>). Single bottles of other brands can sell for significantly more. If 3 bottles seems like a lot to you, you can give 1 to someone you care for.



**WARNING:** Lugol's iodine is eye irritant and can stain clothing. I do NOT advise taking Lugol's Iodine orally unless prescribed by a physician. I do NOT advise taking Lugol's Iodine orally unless prescribed by a physician.

### **Ms Didi\*s Lugol's Iodine Disinfecting Spray**

I have an extensive knowledge of herbs, essential oils, natural remedies, and mind-body health and healing. This recipe includes essential oils with properties that are antibacterial, antifungal, antiviral, and antimicrobial. With Lugol's Iodine, this recipe should be most effective in killing "cooties."

Yields 1 Quart; use essential oils only

3 cups of water	20-30 (or more) drops of Tea Tree Oil
1 cup of 70% or more isopropyl alcohol or vodka	20-30 (or more) drops of Lavender Oil
10 drops Lugol's Iodine (25ppm; <a href="#">see ratio chart</a> above)	20-30 (or more) drops of Lemongrass Oil (optional)

Mix ingredients in a spray bottle to disinfect air, skin/hair, and surfaces. Also use as a linen spray; fabric freshener; garbage and shoe deodorizer; and bathroom "de-funkifier." It is best to store your mixture in an opaque, dark bottle as some essential oils are light-sensitive.

#### **Notes:**

- 1) There are huge amounts of research and evidence that Tea Tree Oil possesses anti-inflammatory, antiviral, antifungal, and antibacterial properties. Lavender has anti-inflammatory, antifungal, antidepressant, antiseptic, antibacterial and antimicrobial properties, as well as antispasmodic, analgesic, detoxifying, hypotensive, and sedative effects. Lemongrass has antifungal, antibacterial, antioxidant, and antimicrobial properties and tastes great in edible form.
- 2) It is not necessary to buy the most expensive oils. **Essential oil brands I recommend** from My personal experience are Sun Essential Oils; Ola Prima; and Green Health which can all be found on Amazon. The smallest bottles I usually buy are the 4oz size for best value. However, I use a lot of essential oils, so I find the 16oz sizes to be the best value for My needs. It is best to store these oils in dark, glass bottles as some are light sensitive and oil decomposes many plastics over time. Most oils will age and become rancid over time, especially if not properly stored.
- 3) **Bottles.** These are the [small spray bottles](https://amzn.to/smallbottles) (<https://amzn.to/smallbottles>) (I wrap them with a label to diminish light exposure) and the [mini spray containers](https://amzn.to/minispraybottles) (<https://amzn.to/minispraybottles>) (come in many colors) that I carry with Me. Of course, the price of spray bottles on Amazon has dramatically increased.

I always carry a small bottle of My Disinfecting Spray with Me for a variety of reasons. During this crisis, I **spray elevators; hallways; door handles; My groceries' shopping bags and surfaces before allowing them into the home and putting them away.** This spray makes all of that a lot easier to do. While the [CDC recently suggested](#) that "there is no evidence that food or food packaging has been linked to getting sick from COVID-19," **the virus that causes COVID-19 remains for several hours to days on surfaces and in aerosols**, a new [study published in the New England Journal of Medicine](#) found.



## **Veggie Wash Directions**

Place 2 quarts (2L) of water in a bowl and add 1 dropper full of Lugol's to make an approximately 12 ½ ppm iodine solution. Add 2 droppers full of Lugol's to make an approximately 25 ppm iodine solution (restaurant sanitation grade).

Completely submerge produce for 1 minute or more. Agitate food well. Rinsing is optional. DO NOT SAVE the water for later use. It will lose its potency and color. Add more Lugol's once the water turns clear.

- The CA Health Code states that the 25 ppm concentration qualifies as a sanitation solution for restaurants and is as strong as a 100 ppm chlorine solution.

## **COVID-19 Safety**

**Here's a guide to how long coronaviruses (the family of viruses that includes the one that causes COVID-19) can live on some of the surfaces you probably touch on a daily basis:** <https://www.webmd.com/lung/how-long-covid-19-lives-on-surfaces>. And *that's* why I spray My groceries and use the [Veggie Wash](#) as *fruits and vegetables are porous*. Coronaviruses can live on a variety of other surfaces, like fabrics and countertops.

<b><u>Surface</u></b>	<b><u>Examples</u></b>	<b><u>Duration</u></b>
<b>Metal</b>	doorknobs, jewelry, silverware	5 days
<b>Wood</b>	furniture, decking	4 days
<b>Plastics</b>	packaging like milk containers and detergent bottles, subway and bus seats, backpacks, elevator buttons	2 to 3 days
<b>Stainless steel</b>	refrigerators, pots and pans, sinks, some water bottles	2 to 3 days
<b>Cardboard</b>	shipping boxes	24 hours
<b>Copper</b>	pennies, teakettles, cookware	4 hours
<b>Aluminum</b>	soda cans, tinfoil, water bottles	2 to 8 hours
<b>Glass</b>	drinking glasses, measuring cups, mirrors, windows	Up to 5 days
<b>Ceramics</b>	dishes, pottery, mugs	5 days
<b>Paper</b>	The length of time varies. Some strains of coronavirus live for only a few minutes on paper, while others live for up to 5 days.	Up to 5 days

## **Food**

Coronavirus doesn't seem to spread through exposure to food. *Still, it's a good idea to wash fruits and vegetables (use the Veggie Wash below) before you eat them.* **Wash your hands for at least 20 seconds before and after bringing things into your home.** Spray with My *Disinfecting Spray* or wipe down plastic, metal, and glass packaging. Then clean and disinfect countertops and anything else you or your bags have touched. This is why I spray the bags and food items BEFORE entering the home.



## Water

Coronavirus hasn't been found in drinking water. If it does get into the water supply, your local water treatment plant filters and disinfects the water, which should kill any germs.

**How Does Coronavirus Spread?** <https://www.webmd.com/lung/coronavirus-transmission-overview#1>

Experts believe the virus that causes COVID-19 spreads mainly from person to person. There are several ways this can happen:

- **Droplets.** When an infected person coughs, sneezes, or talks, droplets with the virus fly into the air from their nose or mouth. Anyone who is within 6 feet of that person can breathe those droplets into their lungs.
- **Airborne transmission.** Research shows that the virus can live in the air for up to 3 hours. When you breathe air that has the virus floating in it, it gets into your lungs.
- **Surface transmission.** Another way to catch the new coronavirus is when you touch surfaces that someone who has the virus has coughed or sneezed on. You may touch a countertop or doorknob that's contaminated and then touch your nose, mouth, or eyes. The virus can live on surfaces like plastic and stainless steel for 2 to 3 days. To stop it, clean and disinfect all counters, knobs, and other surfaces you and your family touch several times a day.
- **Fecal-oral.** Studies also suggest that virus particles can be found in infected people's poop. But experts aren't sure whether the infection can spread through contact with an infected person's stool. If that person uses the bathroom and doesn't wash their hands, they could infect things and people that they touch.

The virus most often spreads through people who have symptoms. But it may be possible to pass it on without showing any signs. Some people who don't know they've been infected can give it to others. This is called asymptomatic spread. You can also pass it on before you notice any signs of infection, called *presymptomatic spread*.

### **THIS IS WHY THE CDC RECOMMENDS WEARING FACE MASKS TO PREVENT THE TRANSMISSION OF THE VIRUS.**

To reduce your chance of catching or spreading coronavirus, clean and disinfect all surfaces and objects in your home and office every day. This includes:

- Countertops
- Bathroom fixtures
- Remote controls
- Tables
- Phones
- Toilets
- Doorknobs
- Keyboards
- Light switches

After you visit the drugstore or supermarket, or bring in takeout food or packages, wash your hands for at least 20 seconds with soap and warm water. Do the same thing after you pick up a delivered newspaper and mail. I spray the mail, too.



It is a good idea to wear plastic (or other surgical) gloves when outside of your home to handle things. Wash your hands after removing the gloves.

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### **What is Lugol's Iodine?**

Lugol's iodine was created by French scientist Jean Lugol in 1829. Lugol's iodine is not the name of a brand of iodine, but the name of a specific formulation of iodine. Lugol's Iodine is an aqueous solution of potassium iodide and iodine. "Aqueous solution" simply means that water is the medium for the iodine.

**Iodine can be toxic if you use more than directed.** There may also be health consequences for long-term use. On the other hand, iodine in small amounts is required by your body in order to function properly.

### **Lugol's Iodine Benefits**

Natural antihistamine	Antioxidant	Displaces fluoride
Displaces bromide	Displaces chlorine	Mercury detox
Promotes proper hormone balance	Strengthens Immune System	Reduces cholesterol
Increases metabolism	Supports immune system	Promotes growth of heath hair, skin, nails
Needed for health of bones	Protects from radiation	Required for proper brain development
Reduces hypothyroidism	Hyperthyroidism	Part of cancer prevention
Necessary for the thyroid gland	Kills bacteria, viruses and fungi	

### **Common Uses of Lugol's Iodine:**

- Treatment of iodine deficiency. Low iodine contributes to goiter, cretinism, and underactive thyroid (hypothyroidism).
- Treatment of overactive thyroid (hyperthyroidism). Iodine shrinks the thyroid gland to normal size and regulates the production of thyroid hormones.
- After exposure to radiation supplemental iodine blocks the thyroid from absorbing radioactive iodine. This protects the thyroid from damage and reduces the risk of thyroid cancer caused by radiation.
- Disinfects wounds to the skin when applied topically.
- Emergency disinfection of drinking water.

### **Why is Lugol's Better Than Other Iodine Supplements?**

Lugol's Iodine contains three forms of iodine – molecular iodine, iodide, tri-iodide. The body will use different forms for different purposes.



*Iodide* helps to remove heavy metals like mercury, lead, aluminum, and arsenic from the body. Iodide is used by the thyroid and salivary glands and the skin.

Elemental iodine is used by the breasts, prostate, digestive system, and brain.

## **Topical Use of Lugol's Solution**

### **Skin Problems that Can Benefit from Topical Iodine Use**

- Warts
- Moles
- Fungal Infections
- Tinea Versicolor
- Scars
- Nasal Polyp
- Skin Tags
- Dermatitis
- Ringworm
- Boils
- Acne
- Ganglion Cyst

For skin use, *apply 5% Lugol's iodine to the area of concern once or twice daily as long as necessary*. If skin is sensitive or broken, 5% may be too strong and 2% used instead. Alternately, after applying iodine massage some castor oil or coconut oil into the iodine painted area to keep the area from stinging or burning. <https://earthclinic.com/remedies/lugols-iodine-supplements>

### **Oral Use of Lugol's Iodine**

For oral infections, Lugol's iodine can be added to water and swished in the mouth. (1 drop in a tablespoon of water.)

### **Lugol's Iodine for Upset Stomachs**

Foods prepared in unsanitary conditions can make you sick. Always keep in mind that Lugol's iodine offers digestive support and defense against food-borne pathogens. At the first sign of digestive trouble, mix 12 drops of Lugol's iodine in  $\frac{1}{4}$  cup of water. After 1 hour drink another dose if needed. Take up to 4 doses per day. You may start to feel better within minutes!\*

Don't let an upset stomach caused by questionable food run its course. Don't let bacteria and other unwelcome guests cause more damage.

If upset stomach or discomfort becomes severe or persists for more than 24 hours, consult your healthcare professional.

### **Lugol's Iodine for Emergency Water Purification**

Iodine kills the bacteria in water by disrupting the ionic balance within the pathogenic cells. It replaces the chemicals necessary for the bacteria or virus to thrive with iodide ions.



To purify emergency drinking water, use about **2 drops per quart of clear water and 10 drops for cloudy water**. Let it stand for at least 30 minutes in order for the iodine to kill the nasties. Be warned that using tincture of iodine is going to change both the flavor and the color of your water.

- **Filtering your water to remove the larger pieces of debris prior to adding the iodine is ideal.** Pathogens tend to cling to large particles so removing them makes the iodine more effective, faster. You don't want to drink chunks of stuff anyway.
- **Iodine only kills living pathogens.** If water is contaminated with poisons such as fertilizers or pesticides, heavy metals, certain parasites, radiation, or other forms of toxins, *iodine isn't going to help*.
- It is recommend to **use a combination of filtration and purification** just to make the cleanest drinking water available.
- **If you're allergic to iodine, don't use this method to purify your water.**  
<https://www.survivopedia.com/how-to-purify-water-with-iodine>

### More Info on Lugol's Iodine

#### How to Use Lugol's Iodine - Dosage, Frequency, Benefits, Side Effects - Earth Clinic

This amazing article lists the benefits of Lugol's Iodine; companion nutrients; possible side-effects; various usage recommendations with detailed explanations; and much more. It's quite fascinating and I have included information from the article later in this document.

<https://earthclinic.com/remedies/lugols-iodine-supplements>

Some benefits include treating skin ailments (including skin tags, warts, tinea versicolor; scars; acne); sore throats and oral hygiene; it is a natural antihistamine; displaces chlorine, fluoride, and bromide; promotes proper hormone balance; strengthens immune system; promotes skin, hair, nails and bone growth; assists in thyroid, cancer, and other medical treatments; is a digestive aid; **kills bacteria, viruses and fungi**; and more including emergency water purification and is a great fruit and veggie wash (see [Veggie Wash](#) directions, page 4)!

- **Do not use Lugol's Iodine if you are allergic to iodine.**

#### Iodine a Natural Medicine – Nascent vs. Iodoral vs. Lugol's

This very interesting article goes into detail concerning the concentrations that are generally available in bottled solutions and how to "do the math" for your purposes. Along with the history of the development of iodine usage, it also provides videos and links for further research and to make your own iodine. [https://www.bibliotecapleyades.net/ciencia/ciencia\\_iodine01.htm](https://www.bibliotecapleyades.net/ciencia/ciencia_iodine01.htm)

- *"The claim about how the chlorine (a poison, not what would be considered a mineral for health) interacts with pathogens is the same claim we can make about iodine (a safe nutritional mineral), which is known to also kill pathogens of all types on contact."*