

Iodine Test

Using a Q-tip, apply a 2"x 2" square of 2% Iodine Tincture to the soft skin of your abdomen. Allow the square to dry completely and then take note of the time and how the color of the square looks.

Check the square every two hours throughout the day, noticing at what time the square has significantly faded, and what time it is no longer visible.

Please do this test at least one day before your appointment.

If you take a shower in the morning, apply iodine after your shower. If you shower at night, wait until first thing the next morning to apply iodine.

Iodine Tincture is available in drugstores such as Walgreens, CVS, etc.



WholeCare
*A Transformational Chiropractic
& Holistic Health Center*

4434 Carver Woods Drive

Cincinnati, OH 45242

513-489-9515

www.wholecarechiropractic.com