

AMMODINE (IODINE)

THERAPEUTIC USES

Iodine, is a trace mineral and an essential component of the thyroid hormones, triiodothyronine (T3) and thyroxine (T4). These hormones regulate and influence growth, maturation, thermogenesis, oxidation, myelination of the CNS and the metabolism of all tissues. Inadequate intake of iodine-rich foods may lead to insufficient production of these hormones, which adversely affect the muscle, heart, liver, kidney and the developing brain. Iodine supports optimal energy levels, removes toxic chemicals, boosts immunity, supports healthy hair and skin and prevent imparted development and growth in children.

CAUTIONS/CONTRAINDICATIONS

Major Interaction: Antithyroid drugs (overactive thyroid medication).

Moderate Interactions: Amiodarone, Lithium, ACE inhibitors, Angiotensin receptor blockers (ARBs), Potassium-sparing diuretics.

THERAPEUTIC DOSAGE RANGE

Adults: 150mcg/day.

Pregnancy: 220mcg/day.

Children (1 - 8 yrs): 90mcg/day.

Children (9 - 14): 120mcg/day.

CASTOR OIL (ORGANIC)

THERAPEUTIC USES

Castor oil is a vegetable oil obtained by pressing the seeds of the Castor oil plant.

Castor oil's most popular use is for treating skin infections, reducing constipation and boosting the appearance of healthy hair. Research has shown that Castor oil has important applications for supporting the immune system. Castor oil packs have been scientifically proven to increase lymphocyte production and activity of T-cell lymphocytes. Increasing lymphocyte activity throughout the body initiates and perpetuates the immune system. This equates to the body producing more antibiotics as well as killing viruses, fungi, bacteria and cancer cells. The skin being the primary barrier in the body has an active role in immune functioning. T-lymphocytes reside in the skin's epidermis and dermis. Castor oil may trigger the T-cells in the skin to activate a general immune system reaction throughout the lymphatics.

CAUTIONS/CONTRAINDICATIONS

Castor oil may affect the absorption of some medications. Take away from other medications.

Avoid if known allergy to Castor oil.

THERAPEUTIC DOSAGE RANGE

Use typically to hydrate hair and skin.

15mL - 60mL orally in one dose.