



Thyroid Home Assessments

Basal Body Temperature Test

Your body temperature reflects your metabolism, which is largely determined by the hormones secreted by your thyroid and to a lesser degree your adrenal glands.

There is considerable evidence that the currently available tests for the diagnosis of hypothyroidism (low thyroid function) are less accurate than desired accuracy. The function of your thyroid gland can be observed by measuring your body temperature. All that is needed are a thermometer and the diligence to record temperatures at regular intervals for 7 days.

Procedure

1. Ideally, use a glass, mercury-filled thermometer that has been shaken down below 96.0°F the night before and put beside the bed. A good-quality digital thermometer will suffice if the old fashioned kind isn't available. Ear and tape thermometers are too inconsistent and inaccurate for this purpose. A special basal body thermometer is best. They are sold in drug stores in kits for fertility assessment.
2. Upon awakening, place the bulb part of the thermometer into the deepest part of your armpit (for 10 minutes) and record a temperature each morning for two days. Do this before you have gotten out of bed, had any physical activity, or had anything to eat or drink. Record the temperature to 1/10 of a degree as the **Arising Temperature** in the **Under Arm Reading** row of the *Temperature Tracking Chart*.
3. Next, shake the thermometer down and immediately take an oral temperature for 3 minutes. Record this temperature as the **Arising Temperature** in the **Mouth Reading** row. Repeat either the oral or armpit temperature first thing in the morning for 7 days.
4. Repeat the oral temperature at three-hour intervals for 7 days.
5. Record the time when meals are consumed and what foods are eaten.
6. Note any activity or exercise time as movement or exertion can have an effect on your core temperature.

Note for menstruating women: Take temperatures starting with day 3 of your cycle to avoid confusion with normal monthly temperature cycling.



Temperature Tracking Chart				
Name				Age
Date			*Date of LMP	
	Arising Temp.	3 Hours Temp.	6 Hours Temp.	9 Hours Temp.
Under Arm Reading				
Mouth Reading				
	Meal 1	Meal 2	Meal 3	Snacks (if any)
Meal Time				
Foods				
Exercise / Activity Time(s)				
Date			*Date of LMP	
	Arising Temp.	3 Hours Temp.	6 Hours Temp.	9 Hours Temp.
Under Arm Reading				
Mouth Reading				
	Meal 1	Meal 2	Meal 3	Snacks (if any)
Meal Time				
Foods				
Exercise / Activity Time(s)				



Iodine Patch Test (Controversial)

Iodine is a very common deficiency because our soils are depleted and the only reliable source of iodine is the sea. Since most people don't eat sea vegetables on a regular basis, it's difficult to consume enough iodine unless you use iodized salt. Another factor that increases your need for iodine is the presence of radioactive iodine in the environment via the widespread consumption of the iodine antagonists:

- fluoride and chlorine (added to public water supplies)
- bromine (used as a dough conditioner in most commercially available bread)

These chemicals will quickly deplete iodine from the body and interfere with iodine metabolism leading to a number of problems including hypothyroidism, lowered vitality, cognitive dysfunction, lowered immunity, and obesity. Iodine is essential for the proper synthesis of thyroid hormone, so it is very important to maintain healthy iodine levels.

The *Iodine Patch Test* is a test that's used by many functional medicine doctors to assess for iodine deficiency. It's an easy test that can be performed at home. Although it's somewhat controversial as a valid indicator for iodine deficiency, there appear to be as many opponents as proponents. One of the reasons it's controversial is that there are many factors that can affect the appearance of the iodine patch, including evaporation, perspiration, showering or getting the arm wet from doing dishes or hand washing and skin pigmentation.

The theory behind the test is that the iodine will take about 24 hours to fully penetrate the skin if the body is **sufficient** in iodine.

If deficient, the iodine will be absorbed more quickly. I've observed people who had their "iodine patch" disappear within 8-12 hours, then supplement with topical iodine such that as soon as it disappeared, they would reapply.

With repeated application, the patch began to last longer until after a couple of weeks, the iodine patch lasted over 24 hours. By this time, the patient was feeling more energetic and had fewer low thyroid indicators.



Materials

A bottle of liquid iodine

Procedure

1. Paint the skin of the inside of the forearm or the abdomen with a 2-inch square patch of 2% iodine solution, being careful not to get the solution on clothes as it will stain.
2. Note the time the iodine is applied to the skin on the *Iodine Patch Test Tracking Chart*.
3. Let the iodine patch air dry before putting on clothes.
4. Avoid soaking in hot tubs or baths for 24 hours as the chlorine or bromine in the water will cause the iodine to patch to fade.

Note the time it takes for the patch to disappear on the tracking chart.

Iodine Patch Test Result Interpretation		
Overall, the faster the body draws in the iodine, the greater the iodine need is likely to be.		
Patch Disappears	Iodine Deficiency	Action
< 12 hours	Severe	Supplement with topical iodine. Reapply as soon as it disappears. Alternatively, take <i>Ioderal</i> (available on Amazon) or other oral iodine supplement: 12.5 mg three times a day. Repeat test in 2 weeks and adjust dose.
12 - 18 hours	Moderate	As per above except oral dose 12.5 mg twice a day.
18 - 24 hours	Mild	As per above except oral dose 12.5 mg once a day.
> 24 hours	None	Nothing. Continue to eat and supplement as before to continue to support Iodine sufficiency.

Iodine Patch Test Tracking Chart

[illegible]