

In order to assess your metabolism more fully, additional information is necessary beyond simple blood tests. In this regard, the doctor wishes you to provide the following:

() Basal body temperatures (an assessment of how well your body metabolic rate is being maintained):

Every morning, 10 minutes prior to getting out of bed, place a digital thermometer under your armpit. If you have gotten up during the night, as long as you have been in bed sleeping for about an hour, you may proceed to take a temperature reading. Do not get up to go to the bathroom before you do your reading.

It can be a rectal thermometer or one that is made expressly for use under the arm (sold under various names: axillary, basal, ovulation). The thermometer cannot be an ear thermometer or an oral thermometer.

Place the thermometer right next to your skin in the upright position, with the tip pointing directly into the armpit. Leave the thermometer in place for 10 minutes, then, without moving it, reach under the arm and turn on the thermometer. In several seconds, it should beep. Upon beeping/chirping, remove the thermometer and record the reading.

The most accurate readings for menstruating women are on the first three days of the menstrual period. If you are menstruating, please mark the first three days on the chart below.

Reading #1 _____ Reading #2 _____ Reading #3 _____ Reading #4 _____
Reading#5 _____ Reading #6 _____ Reading #7 _____ Reading#8 _____
Reading#9 _____ Reading#10 _____

() Evaluation of absorption of iodine

Purchase a small bottle of brown (not clear) iodine, regular strength (not strong). It is typically found in the first aid section of a pharmacy. The bottle will have a small applicator inside. With the applicator, paint a circle the size of about a silver dollar on the non-hairy area of the abdomen. Do not do this right after a shower or bath, as the skin will be very porous and skew the results.

Observe this area over the next 24 hours to see when it disappears completely (is no longer visible at all, not even faintly or pale gold).

It may take anywhere from an hour to more than 24 hours for the iodine to disappear, so you must watch carefully. After 24 hours, if it is still present, you may wash it off. Record below that the "patch" of iodine lasted more than 24 hours.

If the patch disappears during the night, you may wish to redo it so that you know more precisely when it disappears.

Iodine "Patch" lasted:

_____ hours total