

Thyroid Function Test

Take temperature under each armpit, in morning, for 5 consecutive days. Document all findings.

Temperature reading between 97.7 °F (36.5 °C) and 98 °F (36.7 °C) indicates normal thyroid function.

Temperature reading under 97.7 °F (36.5 °C) indicates under-functioning of thyroid.



Kidney Filtration Test

Use first urination of the morning. Place in mason jar and cover. Leave for 30 minutes.

Shake covered jar.

If flakes, spirals, sediment and or cloudiness is present, kidneys are filtering wastes from body.



If urine is clear, kidneys are NOT filtering waste from body.