

Evaluation of thyroid activity

Symptoms of low thyroid activity	Symptoms of high thyroid activity
<input type="checkbox"/> Depression	<input type="checkbox"/> Changes between euphoria and depression
<input type="checkbox"/> Difficulties losing weight	<input type="checkbox"/> Inability to gain weight
<input type="checkbox"/> Irregular cardiac activity	<input type="checkbox"/> Heart beating
<input type="checkbox"/> Hair loss	<input type="checkbox"/> Hair loss
<input type="checkbox"/> Menstrual pains or sluggish menstruation	<input type="checkbox"/> Pre Menstrual Disorders (PMS/PMD)
<input type="checkbox"/> Diminished fertility	<input type="checkbox"/> Increased perspiration
<input type="checkbox"/> Impaired lust for sex	<input type="checkbox"/> Impaired lust for sex
<input type="checkbox"/> Over-sensitivity to cold	<input type="checkbox"/> Over-sensitivity to heat
<input type="checkbox"/> Fatigue or lethargy	<input type="checkbox"/> Annoyance, irritation
<input type="checkbox"/> Yellowish palms	<input type="checkbox"/> Trembling hands
<input type="checkbox"/> Increased need for sleep	<input type="checkbox"/> Diminished need for sleep
<input type="checkbox"/> Low pulse	<input type="checkbox"/> Poor quality of sleep
<input type="checkbox"/> Recurring infections	<input type="checkbox"/> High pulse
<input type="checkbox"/> Abdominal bloating	<input type="checkbox"/> Hyperactivity
<input type="checkbox"/> Constipation	<input type="checkbox"/> Fast glucose fall
<input type="checkbox"/> Oedema	<input type="checkbox"/> Anxiety
<input type="checkbox"/> Hoarseness	<input type="checkbox"/> Inner stress, nervousness
<input type="checkbox"/> Concentrating problems/lack of memory	<input type="checkbox"/> Runny or frequent stool
<input type="checkbox"/> Frequently virus infections	<input type="checkbox"/> Protruding eyes
<input type="checkbox"/> Dry, pale or clammy skin	<input type="checkbox"/> Shortness of breath
<input type="checkbox"/> Morning temperature lower than 36.4 C	<input type="checkbox"/> Morning temperature higher than 36.9 C

The thyroid gland's purpose is to maintain an even body temperature. A body temperature that is too low, too high or uneven indicates an imbalance in the activity of the thyroid gland. The thyroid gland is activated by activity and stress, and during resting periods it recuperates and works at a slower pace. This is reflected daily in the balance between wakefulness and sleep, among other things. Extended periods of stress can interfere with normal resting periods, and this can lead to an accumulated need for recuperation. This can cause a relatively diminished capacity in the thyroid gland which lasts for an extended period of time.

Normal body temperature in the morning is 36.5 – 36.8 degrees Celsius

1. If your average temperature is lower than 36.4 C you should decrease your intake of sugar, cabbage, soy products, pears, peaches, liver, spinach, parsnips, and dairy products. Algae and miso are beneficial. Increase your physical activity and make sure that you are outside receiving some daylight on a daily basis. Be certain that you express and act in accordance with the truth of your heart. Do not keep a lid on your needs and do not let the needs of others go before your own needs. Avoid all calcium supplements and supply with magnesium and zinc to increase the absorption of calcium in the skeleton.

2. If your average temperature is higher than 36.9 C you should avoid sugar, coffee, nicotine and soft drinks. Beneficial foods are more greens from the cabbage family, soy products and parsnips. For a while, you can also calm your system with yoghurt in the evenings, if you are not allergic to it. Introduce regular breaks in your daily routine and put some time aside daily for meditation and contemplation. Create structure that is do-able within your daily routine, where you decrease your demands on yourself. To rest and to consider your own needs is a valid accomplishment too. If you suffer from panic attacks, you can take an easily digestible combination of calcium and magnesium.

Taking your temperature

1. Use thermometer that you can use in your arm pit. Prepare it for morning the use the previous evening and place it within easy reach of your bed.
2. Take your temperature immediately upon waking. Lie down with closed eyes and relax during the measuring process.
3. Record the temperature without adding or subtracting anything. Make a note of it in the chart below.
4. Take your temperature for four days in a row at approximately the same time in the morning. Menstruating women shall measure the temperature at the menstruation day 2 - 5.

Month	Date	Temperature

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