By Tom Brimeyer

The BEST Test for Hypothyroidism

Test From Home, For Free, and In 10 Minutes or Less

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Disclaimer:

The author is not a medical doctor and this information is for educational purposes only and may not be construed as medical advice. It is meant to supplement, not replace, the professional medical advice of your health care provider.

Understanding Your Thyroid Testing Options

I wrote this report for you for a number of reasons. For starters, I wanted to share with you one of the most accurate techniques for testing your own thyroid function that is being used by myself and some of the other most highly skilled thyroid practitioners out there today. I'm going to show you just how effective this technique can be if used properly and the absurd reasons why your doctor doesn't want you knowing about it.

But, I also wrote this report with the intention of helping you to save a lot of unnecessary time, money, and hassle by helping you get real answers instead of constantly getting the run around with your hypothyroidism.

No, you don't have to be a doctor or receive extensive medical training to test your own thyroid. In fact, the less medical training you have the better, and I'll show you why.

So, let's get right to it…

Over the past hundred years, there have been many tests that have been developed to screen for hypothyroidism and monitor the function of your thyroid. Some of the early tests were quite effective. However, over the years modern medicine seems to have taken many steps in the wrong direction with the development of more technologically advanced testing. Many of problems associated with today's testing are covered in detail in my free report entitled, *Why You Still Have Thyroid Symptoms and Why Doctors, Drugs, and Labs Are Failing You*.

In this report, I'm going to focus more on the three most common thyroid testing options that are readily available today along with the advantages and disadvantages of each.

1. TSH (Thyroid Stimulating Hormone) Testing

Odds are that if you've been tested for hypothyroidism by your doctor, then you've had your TSH level measured and they may have been above "normal" (at least the medical interpretation of normal that is). This is currently the standard test that medical doctors use to diagnose hypothyroidism today. And it's the ONLY test they typically run.

While TSH is a test that is generally covered by medical insurance and is measured simply through a blood draw, it has a number of disadvantages.

If you're not familiar with human physiology, TSH is a hormone that tells the thyroid gland that more thyroid hormone is needed and to release more thyroid hormone into your bloodstream. So, if TSH is high then this is thought to mean that your thyroid gland is not able to produce adequate thyroid hormone, thus you must be hypothyroid.

Think of your thyroid like using a garden hose to fill a bucket. The faucet represents your thyroid gland, the hose represents your thyroid hormone pathway, the water represents your thyroid hormone, and the bucket represents your cells that rely on getting adequate thyroid hormone to survive and function properly.

TSH is the equivalent of the water pressure. Normally, when you turn the water pressure up then you get more water (thyroid hormone) into your bucket (cells).

But what happens if your garden hose (thyroid hormone pathway) is kinked and water (thyroid hormone) can't get through?

You can turn the faucet on as high as you want, but regardless of how high the water pressure is you can't get any water (thyroid hormone) into your bucket (cells).

This is one of the biggest problems with relying on TSH testing. It's simply a measure of how stimulated your thyroid is, but it doesn't tell you the most important piece of the puzzle that you need to know which is how much thyroid hormone you're getting into your cells.

TSH testing can be influenced by a number of extraneous factors unrelated to the direct function or health of the thyroid gland including:

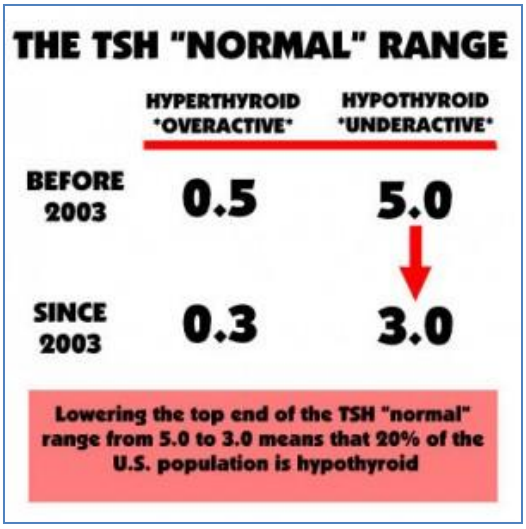
- Aging
- Stress
- Infection
- Blood Sugar
- Excessive T4
- Etc.

It's important to understand that any thyroid test is merely giving you a snapshot of your hormone levels at one single moment in time. Any factor, including the list above, can cause an immediate or drastic change in your hormone levels. So, let's say you're under a considerable amount of stress, you've caught a cold, or you didn't have time to eat before your doctor's appointment… these variables can affect the outcome of your test and lead to false results.

There are a number of factors that can drive TSH down to within "normal" range without actually removing the kinks in your thyroid hormone pathway or helping you to get the right thyroid hormone you need to your cells.

For example, doctors typically prescribe T4 only medications like Synthroid or Levothyroxine that can easily lower TSH without actually delivering more of the right thyroid hormone to your cells or improving your thyroid function.

The most important piece of the puzzle that you need to know is how much thyroid hormone you are getting to your cells and simply looking at TSH alone is highly inaccurate and leads to millions of people suffering with either undiagnosed or misdiagnosed hypothyroidism every day.



Another reason why TSH tests are highly inaccurate is that they are based entirely on illogical reference ranges. Any lab test is only as accurate to the degree that its reference ranges are accurate. And there is a lot of evidence surrounding the illogical reference ranges that have been established for TSH.

The original TSH reference ranges were based on the results of the Protein Bound Iodine test, which was one of the many tests that have been deemed entirely inaccurate and unreliable.

So, basing TSH reference ranges on a test that was proven to be inaccurate and unreliable makes the results of the TSH test… inaccurate and unreliable at best!

2. Additional Thyroid Blood Testing

There are a number of blood tests available for measuring various factors related to the thyroid hormone pathway including TSH, T4, T3, reverse T3, T3 Resin Uptake, Thyroglobulin, etc.

One of the biggest benefits to additional blood testing is that if you understand the physiology and roles that all of these hormones play within the human body, then you can begin to gain some insight into what the potential problems, or kinks, are that are disrupting your thyroid function.

However, they still do not answer the one single question that continues to elude modern medicine even today, which is how much thyroid hormone is actually getting to and being used by your cells.

Looking at these various other hormone levels in the blood is the equivalent of taking a water sample from your kinked garden hose and analyzing the quality of the water. You can analyze that water all you want but it's still not telling you if you're getting any of that water (thyroid hormone) into your bucket (cells).

There are a number of physiological and dietary factors that can block thyroid hormone from actually being used by your cells. Thyroid hormone can be blocked in your bloodstream and it can even be blocked at the cell receptors themselves.

Aside from the fact that additional blood testing doesn't give you the most important piece of the puzzle that you need to know, it's also quite expensive and oftentimes deemed unnecessary under medical insurance standards. That's why so many patients end up having to pay hundreds or thousands of dollars out of pocket for these labs and still continue to get nowhere with the inadequate medical treatment available today.

3. Monitoring Your Temperature and Pulse

The idea of monitoring temperature as an indicator of thyroid function is not a new concept. It has been effectively used for more sixty years and proven to be one of the most accurate indicators of hypothyroidism, even today.

As mentioned previously, one of the biggest issues with relying on blood testing, whether it be for TSH, various other thyroid hormones, or otherwise, is that while those tests can give you insight into some of the various issues that can be disrupting your thyroid function, they fail to answer the most important question of whether or not your cells are able to get and utilize adequate thyroid hormone.

While it doesn't give you all of the pieces of the puzzle, simply monitoring your temperature and pulse can effectively give you the most important piece.

Your thyroid is directly responsible for controlling your metabolic rate, or the rate at which your cells produce energy. When thyroid function is good, your cells are able to utilize thyroid hormone effectively and maintain a temperature of 98.6°F (37°C) throughout the day. When you become hypothyroid and your cells are NOT able to utilize thyroid hormone properly, then your temperature will generally run lower.

By monitoring your temperature and pulse, you are effectively able to measure exactly how much water (thyroid hormone) you are getting into your bucket (cells).

Because you are directly measuring your cells use of thyroid hormone, you are effectively measuring the end result, which no other current medical test can measure, making this the most accurate test available.

Modern medicine today continues to completely ignore the kinks in your thyroid hormone pathway and just assumes that by simply giving you thyroid hormone medication it will somehow magically bypass all of these kinks and get to where it needs to go. Unfortunately, it doesn't work that way.

Not only does monitoring your temperature and pulse give you the most important piece of the puzzle, it's comes with a lot of additional advantages. For example, it's entirely free, easy to do yourself, and can be used far more effectively and accurately to track your treatment progress.

With the billions of dollars invested each year in medical research and the amazing advancements in medical technology, you would think that we would be able to diagnose hypothyroidism today with 99% accuracy. Heck, I'd even settle for 75% accuracy, but we're still missing that mark by a long shot.

Let me tell you, computer technology today may be advancing at light speed but in many other areas of technology we're still scratching our heads.

It reminds me of my days as an engineer when I was introduced to a navigational program that was still using navigational technology developed by German scientists 70 years ago during WWII. For the past 70 years American scientists have been trying to improve this German design and have achieved nothing but 70 years of failure.

Sometimes, it's a lack of knowledge that slows technological advancement, but when it comes to healthcare, more often than not, it's ignorance that impedes progress.

In the same respect, it's ignorance that allows us to continue to rely on inaccurate thyroid testing while ignoring a simple test that was developed more than 70 years ago to more accurately diagnose hypothyroidism.

However, even this cloud has a silver lining. If you can learn how to take your health into your own hands and effectively test your own thyroid function better and more accurately than your doctor, then you can use this to your advantage in treating your own hypothyroidism better and more effectively than your doctor as well.

Low Body Temperature and Hypothyroidism

Low body temperature is an epidemic problem. I have personally spoken with nurses and have heard stories from others in the medical field who chart temperatures all day long and who openly admit that it's rare to find anyone today with a 98.6°F (37°C) temperature unless fever is present. In my own practice, I see the same exact thing.

Low body temperature is more often than not, an indicator of hypothyroidism.

Am I saying that everyone today is hypothyroid? Of course not, but it's well known that hypothyroid people get sick more often and are far more likely to develop health complications and disease. So, it should be understandable that the majority of people being seen in hospitals and doctors' offices for health problems today are far more likely to be hypothyroid.

Your thyroid is responsible for controlling and regulating a large number of functions within your body including:

- Metabolism and Heat Production
- Circulatory System and Blood Volume
- Muscular Health
- Nerve Health
- Digestive Health
- Health of Every Organ
- Health of Every Tissue
- Health of Every Cell

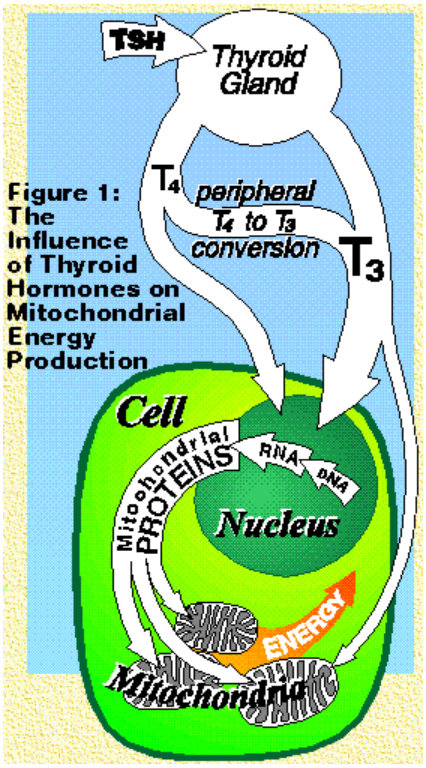


Figure 1: The Influence of Thyroid Hormones on Mitochondrial Energy Production

But today, we don't even stop to consider the potential impact that thyroid health has on every function of the human body, and instead we only focus on its impact on our metabolism and our ability to lose weight.

Every cell in your body relies on thyroid hormone to produce energy and remain healthy. When your cells use thyroid hormone, they produce more energy and therefore more heat. When your cells are starved of thyroid hormone, they produce less energy and therefore less heat. By simply measuring the heat that your cells, or body, produce at rest can give you direct insight into how much thyroid hormone your cells are using.

And as I've mentioned many times before, TSH tests, blood tests, and all other thyroid tests DO NOT tell you how much thyroid hormone your cells are actually using, which is the only true way to accurately diagnose hypothyroidism.

Why Your Doctor Doesn't Want You Taking Your Own Temperature

If measuring your basal body temperature is so simple and effective, then why does your doctor dismiss its relevancy? There are two reasons which are quite simple…

1. Your doctor didn't go through 8 years of schooling and 3 to 5 years of residency just to let his or her patients self-diagnose themselves by simply using a thermometer. Of course not, and doctors understand that they have to protect their profession because they are the so-called "experts" when it comes to your health, not you.

   What would the world become if people started taking a more active role in their own healthcare and demand proper treatment? So, instead of even trying to argue the relevancy of basal body temperature, modern medicine has chosen to turn a blind eye and simply ignore it altogether.

2. Healthcare today is a business. And like any business, they want to maximize their profits. How much money do they stand to make by having you take your own temperature?

   Absolutely nothing…

   It's much more profitable to charge you for an office visit to draw your blood, charge you for the blood test itself, and then force you to come back to their office so that they can charge you yet again for another office visit just to read you the results of your test. Multiply this times twenty, thirty, or forty years of seeing your doctor and you've done your part to pay for his or her new vacation home.

Many people continue to wonder why the cost of healthcare continues to rise year after year. Unnecessary testing sure isn't helping, nor is improperly treating people for health problems that stem entirely from hypothyroidism to begin with.

I personally know someone who was kicked out of their doctor's practice because they requested to receive their blood test results by phone and refused to go in and pay for an office visit they didn't see as necessary.

It's like taking your car to a mechanic who charges you two hundred dollars to look under the hood, change your air filter, and shine your windows. If you can do it yourself for next to nothing, then why would you keep going back to the same mechanic and throwing your money down the drain?

The Most *Accurate* Test for Hypothyroidism

I want to share with you one of the easiest and most accurate ways to determine whether or not you suffer from hypothyroidism.

One of the most unfortunate aspects of this way to test for hypothyroidism is the fact that it doesn't cost you a dime. I say this is unfortunate because the medical community shows little to no interest in testing that they cannot profit from. So, instead of accurately diagnosing the many people who are suffering from hypothyroidism, they rely on expensive lab tests that make them a lot of money while providing very poor results.

Monitoring your Morning Temperature and Pulse

Yes, your morning temperature and pulse together are very accurate indicators of hypothyroidism, if you measure them properly.

Monitoring your morning temperature was a concept that was pioneered by an American doctor by the name of Broda Barnes. Dr. Broda Barnes studied hormonal issues and argued against the medical community that hypothyroidism was widely under-diagnosed.

He spent more than 50 years researching and proving that hypothyroidism was the underlying cause of heart disease today. Even though nobody has been able to invalidate his research, his work has been, and continues to be, completely ignored by modern medicine today.

In 1942 he published a study demonstrating the effectiveness of basal temperature in diagnosing hypothyroidism and its ability to prevent misdiagnoses that to this day continue to lead to unnecessary operations to remove the thyroid gland, leading to unnecessary severe health complications.

JAMA. 1942;119(14):1072-1074. doi:10.1001/jama.1942.02830310006003.

BASAL TEMPERATURE VERSUS BASAL METABOLISM

http://jama.jamanetwork.com/article.aspx?articleid=256690

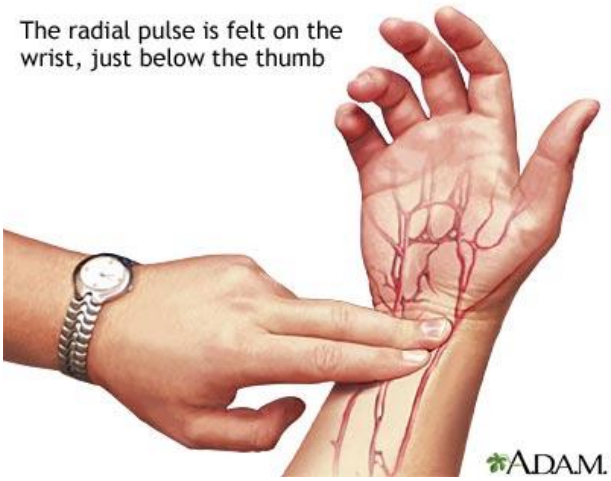
SUMMARY 1. From a study of over 1,000 cases the results indicate that subnormal body temperature is a better index for thyroid therapy than the basal metabolic rate. 2. The differential diagnosis between hypothyroidism and hyperthyroidism is sometimes difficult. In 7 cases reported the diagnosis was wrong, in 5 of which an operation had been performed. The temperature was subnormal in each case.

While Dr. Broda Barnes and his work were very advanced for his time, there were still some factors that morning temperatures didn't account for. Most notably, it didn't account for changes in air temperature.

Respected endocrine physiologist Dr. Raymond Peat discovered that in warmer climates your morning temperature was not always the best indicator of hypothyroidism. When the air temperature around you is warm, then your thyroid doesn't have to do much work to maintain your core temperature of 98.6°F (37°C).

It doesn't make sense to measure your thyroid's capacity to work during a time that it doesn't have to work very hard.

Dr. Peat also noticed a trend of low pulse rates with those who suffered from hypothyroidism, even when their core temperatures were influenced by the warmer air temperature. But when these people took a thyroid supplement, their pulse rates returned to normal.



So, by taking into account your morning temperature and pulse rate together, you get more accurate results than with morning temperature alone.

A Note About Your Pulse

I think that this is an important point to make because so many people have the wrong idea when it comes to understanding what a healthy pulse rate is.

For one reason or another, it is very common to think that the lower your pulse the better. However, nothing could be further from the truth.

Nutrients are delivered to your cells through your blood. The slower your pulse is, the fewer nutrients you are getting to your cells. These are nutrients that your cells need in order to function properly and maintain a healthy energized state. If your cells become starved, which is very common with hypothyroidism, they become easily damaged and dysfunctional.

Also, keep in mind that there is a point that in which your pulse is considered too high. I'll touch on this more in a second but this is typically driven by excessive stress hormone production.

Morning Temperature Ranges

When taking your morning temperature, for the most accurate results, you should keep a thermometer by your bedside and take your temperature before getting out of bed or moving much. Also, when using a digital thermometer, it is sometimes necessary to hold the thermometer in place for a minute or two before taking your temperature to ensure that the measurement is accurate.

A morning temperature of 97.8°F (36.5°C) or less is highly indicative of hypothyroidism.

It is important to monitor your temperature and pulse again after breakfast in order to factor out the influence of adrenaline. This is because high stress hormones can give you false normal or even high temperature and pulse measurements. This is most common in people with hypoglycemia or low blood sugar. As your blood sugar drops overnight, your stress hormones rise. The stress hormone, adrenaline, will both raise your core temperature and increase your pulse rate, which can give you false measurements in the morning.

By eating breakfast and regulating your blood sugar, your stress hormone levels will return to normal. So, re-testing 20 minutes after you eat breakfast can give you a better indication of your true thyroid function or basal metabolic rate.

If your thyroid is functioning properly, then after breakfast you should see your temperature increase from around 97.8°F (36.5°C) up to the normal 98.6°F (37°C).

*If you are affected by **high adrenaline levels**, then you will see your temperature and/or your pulse rate fall after breakfast. If adrenaline is not an issue, then your temperature and pulse rate should rise after breakfast.*

Afternoon Temperature Ranges

I also advise on monitoring temperature for a third time around 3 p.m. in the afternoon as an indicator of thyroid function later in the day.

If your thyroid is functioning properly, then after breakfast and continuing through the afternoon, your temperature should remain consistently close to 98.6°F (37°C).

If your temperature has dropped in the afternoon, this is another sign of hypothyroidism.

Pulse Ranges

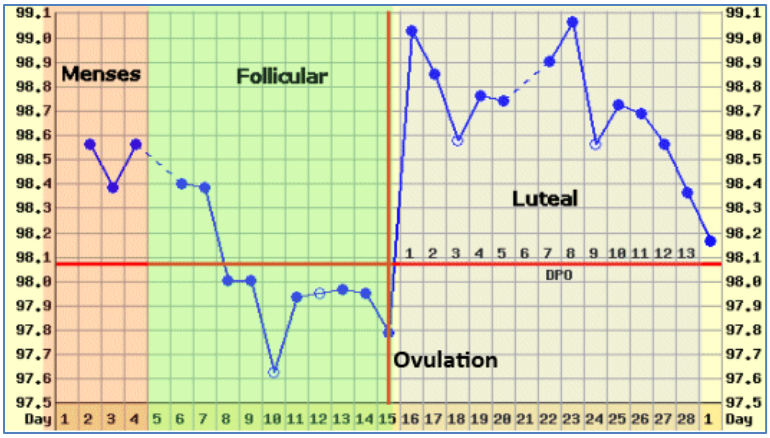
According to Dr. Peat, the average resting heart rate of a healthy person is 85 beats per minute. Less healthy people have an average closer to 70 beats per minute, which oftentimes is another indication of hypothyroidism.

Special Considerations for Women of Reproductive Age

As with everything, there are still going to be special considerations that need be accounted for, especially for women of reproductive age.

If you are a woman who is still menstruating monthly, then your temperature will fluctuate with your menstrual cycle. For example, women have been monitoring their temperatures for centuries to determine the precise time of ovulation.

A woman's temperature will be lowest at ovulation and then rise during the second half of her cycle before normalizing during menstruation. Then, after menstruation, during the first half of her cycle, her temperature will tend to be lower, again dropping at ovulation.



Because of this, you have to factor out these influences that your cycle has on your temperature in order to get the most accurate results. If you monitor your temperature during the second half of your cycle, it may by artificially elevated and appear normal leading to false results.

Because of this, it's best to measure your morning temperature on days two through four of menstruation for most accurate results.

Extraneous Influences on Temperature

It's also important to note additional factors that can influence your core temperature, especially in the morning.

Influence of Infection

Oral temperature can be used but it's well known that even the common sinus infection can raise oral temperature leading to false results. If there's any possibility of infection, then it's best to use underarm temperature instead.

Extraneous Influences

There are many other extraneous influences that should be considered as well. For example, sleeping under an electric blanket will artificially increase your body temperature. Artificially raising your body temperature through exercise or even a hot bath can also influence results.

How to Test and Interpret Your Results…

Now that you understand the importance and accuracy of monitoring your temperature and pulse as a test for thyroid function, I want to break everything down into a few simple steps that you can follow and explain exactly how to interpret your results.

On the last page of this report, I've provided a *Thyroid Testing Record Sheet* that I use with my own clients. You should print this record sheet and use it to start recording your own temperature and pulse to test your own thyroid function. Once you have your record sheet printed, follow the instructions below:

Preparation:

1. Place a thermometer and watch within arm's reach by your bedside before you go to sleep. If using a mercury thermometer, be sure to shake it down.
2. Go to sleep and avoid eating anything in the middle of the night as digestion can affect basal metabolism.

Monitoring Your Temperature and Pulse

1. Upon awakening in the morning, being as still has possible, reach for your thermometer by your bedside and sit completely still in bed while taking your temperature for about 5 to 10 minutes. If using a digital thermometer, it's best to leave it in your mouth for a few minutes, prior to turning it on for most accurate results. Using your watch, measure your pulse. Record your results on the record sheet.
2. Wait 20 minutes after breakfast and while at rest, using your thermometer and watch, measure your temperature and pulse and record them in the appropriate locations on your record sheet.
3. Around 3 p.m. in the afternoon, while at rest and at least 20 minutes after eating or drinking, use your thermometer and watch measure your temperature and pulse. Record it in the appropriate location on your record sheet.

Important Notes:

1. Always measure your temperature and pulse while at rest. Measuring your temperature and pulse after physical exertion or while being stressed or rushed can affect the accuracy of the results sheet.
2. If you are a woman of reproductive age, then you should record your temperature and pulse during days 2 through 4 of your menstrual cycle.

Interpreting Your Results

Below are some simple guidelines for interpreting your results. I've also included a simple process map on the following page to help walk you through the interpretation.

Morning Basal Temperature

If your morning basal temperature is 97.8°F (36.5°C) or less, then this is highly indicative of hypothyroidism regardless of other temperature and pulse measurements.

If your morning basal temperature is above 97.8°F (36.5°C), then you must compare it to your post-breakfast temperature to rule out the influence of stress hormones.

Post-Breakfast Temperature

If your morning basal temperature was within normal range, but your post-breakfast temperature falls below your morning basal temperature, then this is indicative of hypothyroidism and excessive nighttime adrenaline production. Your recorded morning basal temperature is not accurate and your post-breakfast temperature is closer to your true morning basal temperature.

If your morning basal temperature was within normal range, but your post-breakfast temperature does not rise close to 98.6°F (37°C), then this indicates hypothyroidism.

If your morning basal temperature was within normal range and your post-breakfast temperature rises close to 98.6°F (37°C), then you must compare it to your afternoon temperature.

Afternoon Temperature

If your afternoon temperature is well below 98.6°F (37°C), then this is indicative of hypothyroidism.

If your morning basal temperature was within normal range and both your post-breakfast and afternoon temperatures are at or close to 98.6°F (37°C), then you need to account for your pulse.

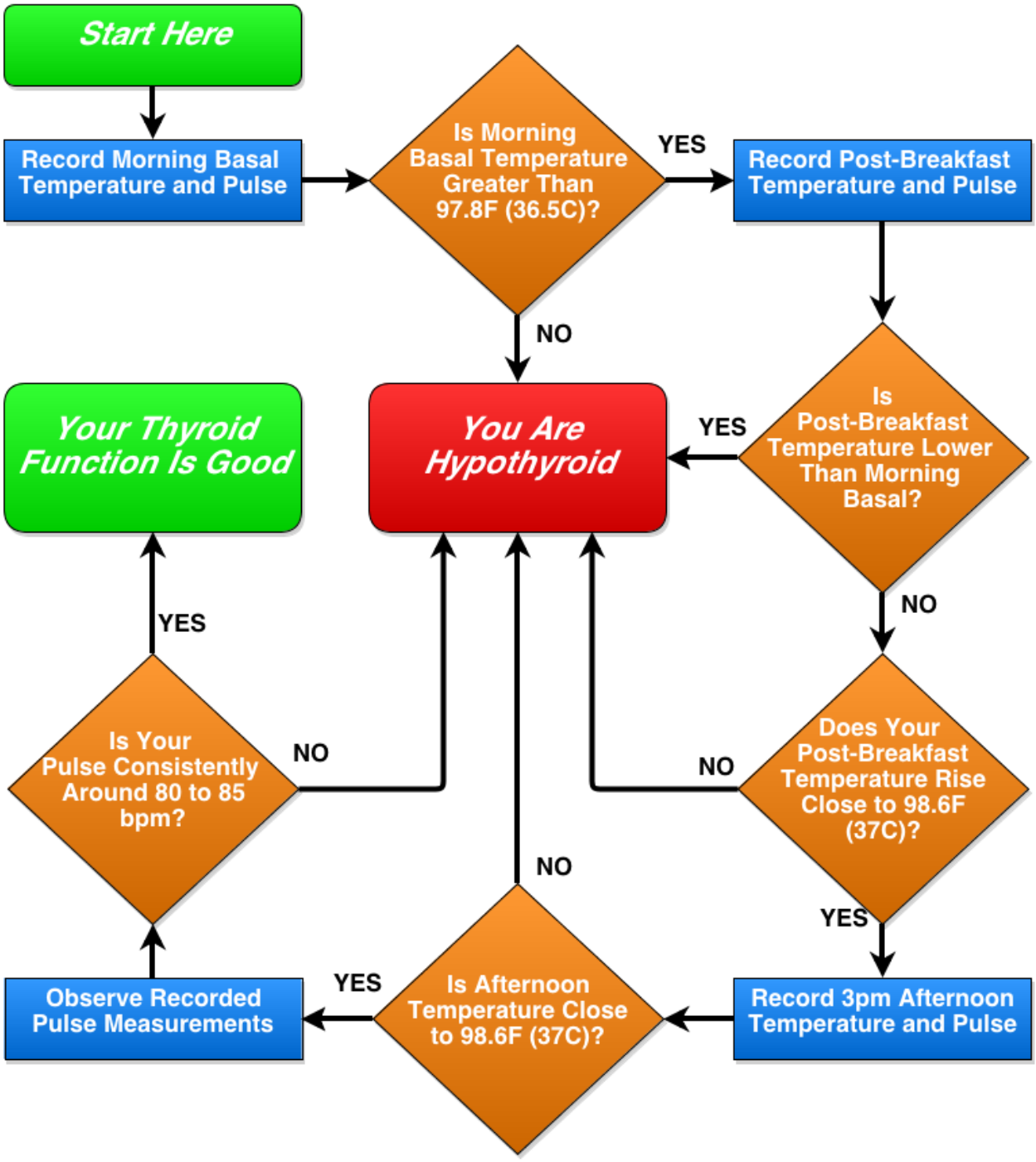
Pulse Measurement

If your pulse is consistently below 80 to 85 beats per minute, then you are likely hypothyroid.

If your temperatures are all normal throughout the day and your pulse is consistently 80 to 85 beats per minute, then your thyroid function is good.

Thyroid Testing Process Map

Use this *Thyroid Testing Process Map* to determine whether or not you are hypothyroid. Begin at "Start Here" and follow the instruction for each block before moving on to the next.



Don’t Underestimate the Importance of Your Pulse

When you have very little fuel in your gas tank you can’t get very far before you run out of gas or have to find a way to put more fuel in your tank to keep your car running.

The same occurs when you’re hypothyroid. When your cells don’t get enough thyroid hormone they stop functioning properly and their energy production declines along with your temperature.

If your cells ran out of fuel entirely, then life as you know it would cease to exist. As a means of survival, your body is designed to sacrifice long term health for the short term gain of survival.

Because of these inherent survival mechanisms, primarily through the generation of certain stress hormones, oftentimes hypothyroidism sufferers will exhibit artificially elevated temperatures. While some may misinterpret this as healthy thyroid function, this is equivalent to putting low grade gasoline into a car that requires premium grade gas. Sure, your car will continue to run, but your engine will lose power, your gas mileage will suffer, and eventually your engine fail and you’re car will die.

The same goes for your thyroid. If you’re relying on stress hormones to keep your temperature artificially elevated, then your cells won’t be able to produce energy effectively, your thyroid will down-regulate further lowering energy production, and eventually your cells will begin to fail leaving you in a heap of trouble.

This happened to one of my clients after thinking for years that her thyroid was healthy, when in reality it wasn’t. Her temps were consistently in the normal range but her pulse was consistently around 55 beats per minute, which was not a good sign. She still suffered from a number of hypothyroidism symptoms and while she felt as if she had plenty of energy, she could never sit still or else she would crash.

When she started working with me, we immediately addressed her stress hormone issues and in the process her temperature dropped almost immediately to around 97°F (36.1°C), which was her true temperature. Then by properly regulating her thyroid so that her cells were getting and utilizing thyroid hormone instead of her running on stress hormones, her temperature normalized, her pulse began to increase steadily, her symptoms disappeared, and she finally experienced the healthy type of sustainable energy.

Let this be a lesson to you. ***Never disregard your pulse as an indicator of hypothyroidism because it plays just as big of a factor as your temperature.***

Take Action and Start *Testing* Yourself

By using the exact steps that I've laid out for you in this report along with the *Thyroid Testing Record Sheet* provided below, you no longer have to settle for inaccurate medical tests that don't answer the most important question that you need to know in determining the health of your thyroid.

With the right plan of action that addresses all of the underlying causes of hypothyroidism to remove the kinks that are suppressing your thyroid, you can effectively use this testing method that I've laid out for you to watch as your thyroid heals.

As your thyroid heals over time, you'll notice fewer and less severe temperature fluctuations through your day, along with fewer and less severe energy and mood swings.

Over time, you'll see your temperatures throughout the day begin to stabilize and rise along with a rise in your level of energy and sense of wellbeing.

Over time, your morning basal temperature will begin to regulate and you'll wake up feeling happier and more refreshed from much improved sleep.

Over time, your post-breakfast temperature will begin to rise quickly to normal and you'll feel a significant sense of energy and readiness to start your day.

Over time, all of the important systems within your body will be properly energized again and regulate properly as your symptoms begin to disappear and you return to your happier and healthier former self.

I've watched clients experience what they believe to be miracles, and the longer they allow their thyroid to heal, the bigger the miracles they experience.

It's like trying to repair a broken road. You need a well laid out plan and you have to put in the work to fix it right so that you can rely on it for your entire lifetime. But this isn't always the easy route and can take a little time to do it right. You have to remove the broken pieces. You have to backfill the voids. You have to properly compact and level the ground. You have to repave the road in order to reconnect both ends. And you have to do it all in the right order. When you do this, the road will start working perfectly again, just like it use to.

Healing your thyroid works in much the same way. You need a well laid out plan that addresses all of the underlying cause(s) of hypothyroidism. You have to put in the work to fix your thyroid the right way so that your health will last you a lifetime. It does require time and effort, but the most rewarding things in life always do.

You have to correct the broken pieces and fill the voids of your thyroid that are preventing you from healing. Once you do this, and in the proper order, you're thyroid will start working perfectly again just like it use to.

Sure, you could simply dump in some dirt and throw down a few rickety boards. That may last for a week or two before it erodes or gets washed away, but this would leave your road in ruins again, forcing you to start rebuilding from scratch.

So many people do this with their health by simply trying to fill their void with one supplement after another, hoping to eventually find some sort of glimmer of hope. But it never works and they always end up right back where they started.

If instead they would have simply focused on following the right plan from the beginning, they could have corrected the problem directly at the source, saving themselves a lot of time, money, and heartache.

With the right plan, anything is possible…like my client who over the course of a few months saw her temperature and pulse return to normal, her T3 and T4 levels return to normal, her TSH drop from 6.2 to 1.77, and her energy levels change drastically shortly after committing herself to the necessary dietary improvements.

The resources you need are right in front of you. It's simply a matter of whether or not you choose to continue to rely on the inadequate medical testing and treatment available today, or you choose to say enough is enough and stop wasting your money and start taking control of your own health starting with measuring your own temperature and pulse.

I have faith that you'll make the right decision for you. (Don't forget the *Thyroid Testing Record Sheet* on the last page ☺)

To your health,

Tom Brimeyer M.S.
www.HypothyroidismRevolution.com

P.S. – In this report, we've covered your thyroid testing options in detail and why you can't rely on the highly inaccurate medical tests used today. We also covered why measuring your temperature and pulse is the only truly accurate way to determine the function and health of your thyroid.

I've given you my powerful step-by-step plan that maps out the most accurate and effective way to measure your own thyroid function from home, for free, and in 10 minutes or less.

By using the right plan and addressing all of the underlying cause(s) of hypothyroidism, you can easily use the testing method that I showed you in this report to watch your energy increase and your symptoms disappear as your temperature and pulse regulate and return to normal over time.

This is exactly what I do with my clients. They use the same exact thyroid testing method to track their own progress as their thyroid heals.

If you like what you've learned in this report and you want to learn more about what I do with my clients to help them overcome hypothyroidism, then you might also be interested in this *free presentation* that I put together for you. It explains the system that I used myself and continue to use with my clients to help them stop hypothyroidism directly at the source and take back their lives.

Click Here to Learn More About the Safest, Natural, and Only Way to Truly Overcome Hypothyroidism

Daily Temperature and Pulse Log

Date	Upon waking *		20 Min After Breakfast		Early Afternoon (3pm)	
	Temp (°F/°C)	Pulse	Temp (°F/°C)	Pulse	Temp (°F/°C)	Pulse

* Menstruating women should note their temperatures on day 2-4 of their cycle.

Normal body temp is between 97.8°F and 98.2°F upon waking and should increase to around 98.6°F.