



Low thyroid function can cause many seemingly unrelated functional health disorders. When people think of low thyroid function, they think of weight problems. Low thyroid function can also relate to fatigability, hair loss, PMS, dry skin, heart disease, excessive menstrual bleeding, circulatory disturbances, ovarian cysts, emotional fragility, menopausal symptoms, fibroids, postpartum depression, cervical polyps, endometriosis, infertility, miscarriage, and low sperm count.

To check your thyroid function, have a thermometer ready to go at night before going to bed and place it next to your bed. In the morning on awakening, with as little movement as possible, place the thermometer in your armpit or your mouth and lie quietly for until temperature registers.

A normal functioning thyroid will register 97.8 to 98.2 axillary or 98.6 if oral; a low thyroid will register below 97.8. If menstruating, start on the second or third day of your menstrual flow. Take for at least 5 days. Do not start during ovulation. You may be asked to check your temperature daily for one complete menstrual cycle.