

Basal Temperature Test

1. You will need a non-digital thermometer
2. Shake thermometer down the night before
3. Place thermometer under arm upon awakening and remain still for 10 minutes
4. Write down the temperature.
5. You will need to do this for 7 consecutive days.
6. Women who are still menstruating need to do the test during menstruation.
7. Non-menstruating women and men may perform the test anytime

Iodine Test

1. You will need 2% iodine solution
2. Place four drops on stomach in one spot and rub in gently.
3. Keep a record of how long it takes for the iodine to be completely absorbed into the body.
4. Write down how many hours it took to disappear.