

Masterclass Guide

Home Tests To Accelerate Your Results

1. Basal Temperature

- *What?* Your temperature, taken under the tongue or armpit, first thing in the morning before getting out of bed.
- *Why?* A helpful way to check in with your hormones, so when you're ovulating etc. But also how your metabolism and thyroid is doing too.
- *How?* As soon as you wake up pop a thermometer in your mouth, keep in for 1 min, record temperature. Ideally you want temperatures between 35.5 - 37C, below or above this is a sign that your thyroid could be off. Do this for 30 days and then work out the average.
- *What to do?* If your mean basal temperature too low or high, then getting a thorough thyroid test might be useful.

2. Fasting Blood Glucose (FBG) Monitoring

- *What?* A pin prick blood test to check in with how much glucose is in your blood. You can test at various times of day but I recommend at first testing your fasting blood glucose.
- *Why?* SO many reasons but to put it simply: help prevent future disease like diabetes, Alzheimer's and heart issues, support weight loss, energy and mood.
- *How?* Buy a blood glucose monitor (**this is the one I use**), follow instructions for set up. Then first thing in morning before eating (but you can have some water just no caffeine) prick your finger with lancet provided and take a reading. Record somewhere. I also recommend recording what you're eating whilst doing this so you can figure out what foods could be spiking your levels.
Healthy levels for Fasting blood glucose are as follows (mmol/L) take from diabetes.co.uk

Blood sugar levels in diagnosing diabetes

Plasma glucose test	Normal	Prediabetes	Diabetes
Random	Below 11.1 mmol/l Below 200 mg/dl	N/A	11.1 mmol/l or more 200 mg/dl or more
Fasting	Below 5.5 mmol/l Below 100 mg/dl	5.5 to 6.9 mmol/l 100 to 125 mg/dl	7.0 mmol/l or more 126 mg/dl or more
2 hour post-prandial	Below 7.8 mmol/l Below 140 mg/dl	7.8 to 11.0 mmol/l 140 to 199 mg/dl	11.1 mmol/l or more 200 mg/dl or more

I would say OPTIMAL fasting blood glucose would be <4.7. Checking in with your post meal blood glucose is also very helpful but keep it simple to start with.

2a. Post Prandial (Meal) Blood glucose

This is also equally helpful as FBG. Elevated post meal blood glucose indicated insulin resistance. How? And is similar expect you take a reading 2 hours since your last meal (*with so snacks or other food*) and you want your reading to be <6.7mmol/L for optimal level (*below 7.8 mmol/L is normal but not optimal*)

- *What to do if elevated?* If it is very elevated and constantly so see Dr immediately. Otherwise track your food and focus on eating lower sugar/sweet food (even dates and fruit etc) and lower carbohydrate. Make breakfast and lunch very low carbohydrate - meaning the only carbs coming from vegetables not potatoes, rice or other grains.

3. Adrenal Pupil Stress Test

- *What?* A simple home test looking at the pupil in the eyes reaction to light.
- *Why?* To see how your body is coping with stress and how much stress it is under. (Not diagnostic in any way)
- *How?* To complete the test you will need some sort of torch (I just use my iphone light) and a mirror.
Go to a dark room or just cover your eyes for a while, make sure your eyes have adjusted to the darkness that takes a minute or two.
Stand in front of the mirror and try to find the pupil in your eyes and shine the torch from the side of your face (at a right angle to your eye NOT in front of your eyes as this will damage them!)
Watch your pupil, as soon as you shine light on your pupil it should contract and get really small and stay small because you are shining a bunch of light on it.
But often if there's an adrenal issue going on, your pupil might shrink and then expand again or might shrink and pulse slightly.
Adrenal fatigue can be indicated by your pupil doing anything other than contracting and staying contracted. Any pulsing or any dilation of the pupil while light is shining on it is not a good sign.
- *What to do?* Watch the Adrenal Masterclass in the members area!

4. Stool Transit Test

- *What?* A test see how long food take to be digested and removed from body.
- *Why?* "Bowel transit time" is the time it takes for the food we eat to travel through our digestive system and get eliminated in a bowel movement (1). That is, how quickly your dinner goes from table to toilet. The ideal bowel transit time is anywhere from 12 to 48 hours, with variations telling us one of two things:
 1. Too slow: Anything longer than 72 hours is considered a sign of constipation and can indicate imbalanced gut flora, toxin build-up and increased risk of fermentation (gas and bloating), SIBO and pathogenic infections .
 2. Too fast: A rapid transit time of less than 10 hours means your food is passing through your digestive system too quickly and that you might not be absorbing the nutrients from your food properly. In addition to nutrient deficiencies, this might also be a sign of some more serious conditions like IBD, Ulcerative Colitis, Celiac Disease or Crohn's."(Source)
- *How?*
Eat one of the following food markers (Do not eat the food designated as the marker for a week before you do the test):
 - > Sweet corn – one cup of cooked corn, eaten alone about an hour away from other food.
 - > Sesame seeds – two teaspoons of sesame seeds, mixed into a glass of water and swallowed whole, eaten alone about an hour away from other food.
 - > Red beetroot – one cup of cooked beetroot, eaten alone about an hour away from other foodRecord the date and time you eat the above
Be on the lookout for the food marker in your stool and record the date and time you first pass it in a bowel movement
Calculate the time between eating it and seeing it in your poop in hours. The ideal range of 12-48 hours.
- *What to do is slow/fast?* Focus on introducing good probiotics and fermented food, chew more thoroughly, think about adding a digestive enzyme like this x1-2 per meal (do not use if you have stomach ulcer) and watch the Gut Protocol Masterclass.