How You Can Monitor & Manage Your Adrenal & Thyroid Health

by DR. FRANK KING
A New Global Health Crisis

The Industrial Revolution gave civilization many advancements, but it also brought widespread pollution. Toxins, stress, imbalanced diets, and sedentary lifestyles have wreaked havoc on health.

Today, so many people suffer from chronic disease, I call it the greatest pandemic the world has ever seen. Yet there are many things people can do to avoid that fate, and to even reverse it if that’s their current situation.

Canaries in a Coal Mine

Long ago, coal miners deep below the earth’s surface carried a caged canary as a monitor for toxic fumes they might not detect. The birds were an early alarm system, showing severe symptoms (and sometimes death) on exposure, which alerted the miners to the danger.

Our bodies also have an early warning system. It’s called "symptoms." Symptoms are your body’s way of communicating with you. And the adrenal and thyroid glands are wonderful early warning systems if we know how to monitor them. They can show us very quickly when we are out of balance and need to pay attention.
Statistics show that 28% of the population suffers from diagnosed hypothyroidism. They’re given medication and told there’s no cure… and that they’ll need these meds for the rest of their lives. However, many more have what is called pre-hypothyroidism.

More than 80% suffer from adrenal stress. They visit doctors, knowing that something is wrong, but they’re often told their symptoms are all in their heads.

Most people don’t know where the thyroid or adrenal glands are located, what they do, or what symptoms appear when they are out of balance. Sadly, when symptoms appear, many people accept these symptoms as normal, because they’ve never experienced true vitality and abundant health.

It’s time to change that, and together, we can.
The Healing Revolution® is here.

It’s time to take back your health and become empowered. We had the Industrial Revolution, and now it’s time for The Healing Revolution.

It’s time to claim what you do want, not what you don’t.

Too many people claim their ailment as if it’s their identity, who they are. My patients used to talk about “their” ailments as if they were pets, saying, “Oh, my (this-or-that-itis) is acting up.” They would nurture and stroke that problem they’d claimed as part of themselves and they would mentally give it power. I used to ask, “Is that (this-or-that-itis) really something you want to claim as yours?”

Claim health empowerment instead.

The first step toward claiming what you do want is engaging the power of what I call “the human spirit.” It is the first step in taking back your power, and your will to be healthy. It’s developing your mindset and engaging your emotions to be healthy. This is part of the Eight Essentials, which is the subject of my book, The Healing Revolution. That book is a roadmap to help people reclaim their whole-person, abundant health.

Here are two simple tests you can do at home to monitor your adrenal and thyroid glands. You’ll be able to see what’s lifting you up in life, and what’s dragging you down. You’ll be taking proactive steps toward a new life with abundant energy and health.

Are you ready to claim that new you?  Then let’s get started!
Ragland’s Blood Pressure Test

for ADRENAL MANAGEMENT

You’ll need:

- A simple notebook – label it "My Dailies – Health Journal" – and pen to record all your stats.
- A small, automatic, digital, blood pressure monitor with a cuff that fits over the upper arm, not the wrist or finger. (Find them online or for about $30 at the drugstore.)

How to:

1. Learn how to use the blood pressure monitor.
2. Place the automated cuff firmly on your upper arm, lining the cuff up per the instructions.
3. Lie on your back, set a timer for five minutes, and relax.
4. In about five minutes, press the button to activate the cuff. When it stops, take note of the top number only (systolic) on the gauge. (No need to record the lower number.)
5. CAUTION: Have someone assist you, or hold onto a railing for the next step, if you are prone to dizziness or passing out.
6. After the cuff is deflated, activate the cuff again and immediately stand up. Note the top number again.
7. Your systolic pressure (the top number) should rise about 5 points when you stand up. It is a sign of adrenal fatigue when the top number drops down. The lower your systolic number drops, the more your adrenals need support. (I have seen the blood pressure drop as much as 10-20 points.)
8. Do your Ragland’s Blood Pressure Test daily to monitor your progress, and log your results in your Dailies – Health Journal.

What is My Dailies-Health Journal For?

In this notebook, record five daily things:

1. Your Ragland’s Blood Pressure Test reading
2. Your BMR Test reading (page 8)
3. What you eat
4. How much physical activity you engaged in (and what you did and how you felt)
5. Any notable interpersonal relationships (did you feel happy, sad, nervous, angry, etc.?)
**Question & Answer**

**Q:** What does it mean if my Ragland’s Blood Pressure systolic number (the top one) drops?

**A:** It means your adrenal glands are struggling to maintain your health. They are doing their best, but they need your support. On the next page, I list what you can do to support them.
My Recommendations to Patients with Fatigue

1) take our [Whole Person Appraisal](#) with a special focus on the mind-body section to identify root causes of stress,

2) practice all [Eight Essentials](#) to build up your adrenal health,

3) consider supplements such as vitamin C, pantothenic acid, licorice root, ginseng, gynostemma, and adrenal extract,

4) seek professional medical help if you are unable to correct the problem. I also invite you to check our website for a network of qualified doctors who use natural therapies and who will help you succeed in the Healing Revolution,

5) take our homeopathic formulas, [Stress Control](#) and [Adrenal Burnout](#).

**Pure Water Based Homeopathic Formulas**

**Adrenal Burnout** is an advanced homeopathic formulation that supports your adrenal glands. Unlike stimulants that push tired adrenals harder, this formula supports them. A taste-free, oral spray, taken at night, it will actually help you sleep better. Taken during the day, it will help you have more energy and alertness. With 22 active ingredients in three powerful potencies, it addresses a broad spectrum of symptoms and provides temporary relief from mental, emotional, and physical fatigue, and symptoms such as: nervousness, body aches, apathy, weariness, confusion, irritability, indifference, and lack of focus.

**Stress Control** is an advanced formula in a taste-free, oral spray that helps you handle stressful situations more calmly without dulling your senses. With 24 active ingredients in three powerful potencies, it addresses a broad spectrum of stress-related symptoms, physical, mental, and emotional. From a scraped knee to an emotional upheaval, this formula helps with three quick sprays in the mouth. I even use it topically for sore muscles or minor injuries. It also includes the five, famous "rescue" flower remedies, in triple-potency strength.
Basal Metabolic Rate Test

*(BMR)* for THYROID MANAGEMENT

You’ll need:
- A thermometer* to measure your axillary (the armpit) temperature
- Your Dailies Health Journal and pen
- A timer, optional if using a glass thermometer

How to:
1. Before you go to bed at night, set the thermometer on your nightstand. (If using a glass thermometer, shake the reading down below 95 degrees. If using a digital thermometer, set it for axillary [armpit] readings before turning it off and setting it by bed.)
2. Put the notebook and pen at your bedside.
3. If using a timer, preset it for 10 minutes for the glass thermometer, or 5 minutes for some digital models (read manufacturer’s recommendations), but don’t start it.
4. When you wake up in the morning, before you sit up or move around, expose one armpit (axilla).
5. While still lying down, place the thermometer deep in your armpit on bare skin and hold arm close to body. Start timer, if using one.
6. Relax and wait for the beep (on digital thermometer) or the 10-minute timer beep (if using glass thermometer).
7. Read your temperature and record it in your notebook with the day’s date.
8. A normal oral temperature is 98.6. The BMR temperature is normally 98.0 (give or take 2/10 of a point, or 97.8 to 98.2. Lower than that indicates your thyroid may need support.

*Either a digital or glass thermometer may be used, but some digital models are not recommended for axillary temperatures, or they may need to be held in place beyond the beep. Check manufacturer’s recommendations.*

My Recommendations to Patients with Thyroid Insufficiency

1) take our *Whole Person Appraisal* (WPA) to discover specific lifestyle enhancements and homeopathic formulas to help you, 2) practice all *Eight Essentials* to balance your glands and life, 3) take our homeopathic *Adrenal Burnout, Stress Control, Appetite & Weight with PHAT,* and the Anti-Aging & Wrinkles *(for men or for women).*

*These products are formulated to help you feel more energized, but without any stimulants.*

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Empowering Tests

These simple, monitoring tools do not require the expense and trouble of doctor’s visits and insurance forms. Moreover, doctors rarely perform these safe and effective tests.

These two self-empowering tests for monitoring your health, and keeping track of your Dailies are just the beginning of becoming a whole new you. You are getting in touch with your whole-person health.

Additional Formulas to Maximize Your Success

The problem of toxins in our environment from numerous sources is impossible to ignore. These toxic elements disrupt normal functioning and open the door to Candida albicans overgrowth, which causes a multitude of symptoms, such as: indigestion, bloating, cravings for sweets and starches, nail fungus, yeast infections, forgetfulness, mood swings, and many more.

Our Candida High Potency 9 is a customer favorite, helping people overcome all these symptoms and feel as if they have a new lease on life.

Take the Candida Test.

Total Body Detox not only helps the body release numerous stored toxins, but also helps the body recognize them and keep them out in the future. It’s a powerful, yet safe and gentle overall detoxification product (that will not make you run for the restroom).
**Question:** What might be some causes of my BMR temperature being low? Or my Ragland’s Blood Pressure Test reading to drop upon standing?

**Answer:**

- It may mean that the day before, you:
  - ate or drank too much
  - ate too many carbohydrates, sugary or junk foods
  - drank very little water
  - engaged in very little physical movement
  - had an upsetting interaction with someone

**Question:** How can I improve my BMR Test temperature and Ragland’s Blood Pressure Test scores?

**Answer:**

- Increase your natural iodine intake through your diet and supplements*  
  [video]
- Increase exercise – moving your body is essential  
  [video]
- Increase protein intake
- Increase natural sea salt that contains a full spectrum of minerals
- Get daily sunshine and fresh air
- Solve a problem/ resolve conflicts
- Do good things for others and yourself
- Improve the quality of your sleep
- Massage your adrenal and thyroid reflex points [video]
- Perform tapping techniques [video]
- Heal emotional stresses
- Consider the related Mind/Body formulas discovered by taking the [WPA](#)
- Consider the [Hydration Formula](#)

*If you have been diagnosed with Hashimoto’s disease, do not eat iodine-rich foods unless you consult with your doctor.
Putting It All Together

Write everything in your Dailies Health Journal.

- Your Ragland’s Blood Pressure Test (adrenal test) reading
- Your BMR Test reading (waking temperature, one very valuable measure of thyroid health)
- What you eat
- Any physical activity you engaged in (what you did and how you felt)
- Any notable interpersonal interactions (did you feel happy, sad, nervous, angry, etc.?)

Love Your Dailies Health Journal

Your Dailies Health Journal is your best friend! It helps you discover the secret causes in your lifestyle that are bringing you down. It will also reveal lifestyle secrets that will lift you up and liberate you into the full potentials of your health.

You will begin to see what affects your Ragland’s Blood Pressure Test and BMR Test, what makes the readings better or worse. Now you can match up what you did the day before that caused it to improve or not. And you can do more of what helps!

As your scores improve, you’ll feel better, you’ll have more energy, and you’ll be able to trace it to what you did. You will be able to adjust your lifestyle for the best results.

This is a beautiful thing – it’s shining a light on areas that you once felt you had no control over. It’s not to discourage or make you feel judgmental of yourself, thinking negative thoughts like, “Oh, I’ll never be able to get everything right at once!”

Start slow, and be gentle on yourself and just notice what patterns change your health. Notice, without judgment, what helps your numbers improve, and what pulls your numbers down.

Observing your Dailies over time is empowering! It shows you that you hold the keys and sit in the driver’s seat, not some mysterious, dark force beyond your control.

Beginning your journey of discovery is not more work, it’s more freedom. Freedom from pain, fatigue, and disease!

You are worth it, and you can do it!
How to Easily Make Lifestyle Changes for the Better

Once you have been keeping your Dailies for a while, you can go even deeper.

You can start observing your Dailies in what I call the Eight Essentials of an optimal life: the human spirit, nutrition, water, fitness, sleep, nature, relationships, and hands on healing techniques. Learning how to optimize all eight is transformative.

My book, The Healing Revolution: Eight Essentials to Awaken Abundant Life, Naturally, is a roadmap and workbook for balancing your life and your body. It helps you break it down into small, manageable steps.

At the end of each chapter on the Eight Essentials of life, I include a grid. Each section allows you to ask the questions: What choices are life-affirming? What choices are life-destroying?

You can list all the things in that category that you want to do to lift your life higher. On the other side of the grid, you can list the things in that category that you currently do that you see are not supporting your life.

You can take small steps that add up to bigger ones toward a healthier future. Keep learning, and keep sharing what you learn with others. Truly, people are dying to know.

Sharing information to lift everyone’s life higher is what The Healing Revolution® is all about.
Join the Healing Revolution

Empowering people with the tools, tips and techniques to take care of themselves is my passion and mission.

Want to Take Greater Control of Your Health?

Are you a “healing revolutionary”? Do you want to take your health higher? Do you have a healing heart and want to help others? If this sounds like you, join our email newsletter list and begin your own personal healing revolution journey.

Dr. Frank King

Dr. Frank King is a doctor of chiropractic and naturopathy with a 40-year background in natural health care. He is a nationally recognized researcher, homeopath, lecturer, and the author of The Healing Revolution. He founded King Bio, an FDA-registered natural pharmaceutical manufacturer, in 1989 after making many breakthroughs in homeopathic medicine and natural health care. Learn more at www.drkings.com.