

## Thyroid Temperature Test

Patient Name \_\_\_\_\_

Practitioner Name \_\_\_\_\_

*This test is an excellent way to help your practitioner assess your thyroid function using basal body temperature (your body's temperature at rest). If the thyroid is low, the body's temperature will drop below normal while the body is at rest or asleep. You do this test by measuring your underarm temperature upon waking from a night's sleep. For accuracy, you perform the test five mornings in a row, and then calculate the average. Menstruating women should start the test on day two of the period. The instructions for performing the test are as follows:*

1. The night before, shake down the thermometer (an oral glass thermometer only - not digital), and set it on your nightstand. You can use a mercury thermometer, the Magnatherm non-mercury liquid thermometer, or similar.
2. Immediately upon waking, without raising your head from the pillow, place the thermometer under your armpit, with the arm at your side.
3. Leave thermometer under your arm for 10 minutes. Move as little as possible. Relax and remain flat on your back during this entire time, or your thyroid gland may be activated, resulting in a false reading.
4. After ten minutes, remove thermometer and record temperature.

*Note:* The test is invalidated if you expend any energy before recording the temperature, i.e. getting up from bed, shaking down the thermometer, etc.

### Test Results

	Date	Temperature
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____

Figure your average: Total \_\_\_\_\_ ÷ 5 = \_\_\_\_\_

Further reading: *Hypothyroidism: The Unsuspected Illness*, by Broda Barnes, MD