

Name _____

Basal Temperature Test

Background of Test

The current medical diagnosis of hypothyroidism measures of the amount of T3, T4, Free Thyroxine, and TSH levels in your blood at the time it was taken. Many people with normal levels of these thyroid hormones are **functionally low-thyroid state**. The body is unable to effectively utilize these thyroid hormones. The Axillary Temperature Test provides a simple and accurate method to measure how efficiently your body uses the thyroid hormones.

Instructions:

Colds, flu and other acute illnesses may raise your temperature artificially. If you have a cold or fever, please wait until you are better before this test. Men or post menopausal women may start this test anytime. Since ovulation raises body temperature, women who are menstruating should begin the test on the second or third day of their cycle.

Using **mercury oral** thermometer

- Shake down to below 96 degrees before going to bed and place it next to the bed
- Upon waking, before doing anything (going to bathroom, stretching, talking etc.) put the thermometer to your armpit and keep it there for 10 minutes
- Record temperature and time of the test
- Add all the temperatures together and compute the **average temperature**

Using **digital basal** thermometer

- Place it next to bed where you can easily reach it without moving too much
- Upon waking, before doing anything (going to bathroom, stretching, talking etc.) and with the thermometer in the off position, **place the thermometer in your armpit for 7-10 minutes**
- After 7-10 minutes turn on the thermometer leaving it under your armpit and wait for another 3 minutes until it quits beeping.
- Record temperature and time of test below
- Add all the temperatures together and compute the **average temperature**

Day	Date	Time	Temperature	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Optimum average temperature range 97.8 – 98.2