



## Basal Body Temperature Test

Your body temperature reflects your metabolism, which is largely determined by the hormones secreted by your thyroid and to a lesser degree your adrenal glands.

There is considerable evidence that the currently available tests for the diagnosis of hypothyroidism (low thyroid function) are less accurate than desired accuracy. The function of your thyroid gland can be observed by measuring your body temperature. All that is needed are a thermometer and the diligence to record temperatures at regular intervals for 7 days.

### Procedure

1. Ideally, use a glass, mercury-filled thermometer that has been shaken down below 96.0°F the night before and put beside the bed. A good-quality digital thermometer will suffice if the old fashioned kind isn't available. Ear and tape thermometers are too inconsistent and inaccurate for this purpose. A special basal body thermometer is best. They are sold in drug stores in kits for fertility assessment.
2. Upon awakening, place the bulb part of the thermometer into the deepest part of your armpit (for 10 minutes) and record a temperature each morning for two days. Do this before you have gotten out of bed, had any physical activity, or had anything to eat or drink. Record the temperature to 1/10 of a degree as the **Arising Temperature** in the **Under Arm Reading** row of the *Temperature Tracking Chart*.
3. Next, shake the thermometer down and immediately take an oral temperature for 3 minutes. Record this temperature as the **Arising Temperature** in the **Mouth Reading** row. Repeat either the oral or armpit temperature first thing in the morning for 7 days.
4. Repeat the oral temperature at three-hour intervals for 7 days.
5. Record the time when meals are consumed and what foods are eaten.
6. Note any activity or exercise time as movement or exertion can have an effect on your core temperature.

**Note for menstruating women:** Take temperatures starting with day 3 of your cycle to avoid confusion with normal monthly temperature cycling.



Temperature Tracking Chart					
Name				Age	
Date			*Date of LMP		
	Arising Temp.	3 Hours Temp.	6 Hours Temp.	9 Hours Temp.	
Under Arm Reading					
Mouth Reading					
	Meal 1	Meal 2	Meal 3	Snacks (if any)	
Meal Time					
Foods					
Exercise / Activity Time(s)					
Date			*Date of LMP		
	Arising Temp.	3 Hours Temp.	6 Hours Temp.	9 Hours Temp.	
Under Arm Reading					
Mouth Reading					
	Meal 1	Meal 2	Meal 3	Snacks (if any)	
Meal Time					
Foods					
Exercise / Activity Time(s)					