

## THYROID TEMPATURE CHECK

(Barnes Basal Metabolism Self-Test for Thyroid Function)

Hypothyroid affects about 40% of the people in the U.S., of which most are women. Symptoms include fatigue, poor memory, sleeping more than eight hours a night, loss of appetite, inability to tolerate cold, slow heart rate, weight gain, painful PMS, muscle weakness, muscle cramps, dry and scaly skin, swollen tongue, hoarse voice, yellow-orange coloration of skin (particularly palms of the hands), yellow bumps on eyelids, hair loss, recurrent infections, constipation, depression, difficulty concentrating, slow speech, goiter, drooping swollen eyes, cold hands and feet, rigid fingernails, fertility problems and sexual problems.

The following test can be used to detect a deficient thyroid. The temperature test is an accurate test for determining sub functional thyroid as has been documented in medical journals.

1. Over the course of three days, take your oral temperature in the afternoon with a regular digital thermometer. It should read very close to 98.6. If below 98.6, it could indicate an under active or hypo-thyroid. Record below.
2. Additionally, place the digital thermometer beside the bed before going to sleep.
3. Immediately upon waking, turn on the thermometer and place it deep in your armpit and leave in place for 3 minutes (10 minutes if using a shakedown mercury thermometer - shake it down first). The less movement you make, the more accurate the test. Lie as still as possible. (The beeper may sound but the temperature should continue to monitor. Record below.
4. For menstruating women: you can begin measuring your temperature at any time during your cycle. However, the most accurate readings occur within the first seven days following the start of menses. Women will get the most accurate reading when not menstruating.

DATE	RISING TEMPERATURE	AFTERNOON TEMPERATURE
(DAY 1)		
(DAY 2)		
(DAY 3)		

Your basal body temperature should be between 97.8 and 98.2. Axillary (armpit) is roughly one point lower than oral readings. The following axillary readings are indicative of thyroid states:

- **97.8 - 98.2** Normally functioning thyroid
- **Above 98.2** Hyperthyroid or possible infection
- **Below 97.8** Possible hypothyroid

If below 97.8 for three consecutive days there may be an under-active thyroid, particularly if you have other symptoms of hypothyroidism.