

Basal Temperature Study for the Thyroid Function

The basal temperature test is quite accurate when the temperature is tested in the axilla (armpit) each morning for a period of four days. If the temperature is consistently low, then there is a hypo- (under function) of the thyroid gland, in spite of what a laboratory analysis indicates. The temperature should be taken immediately upon awakening with the thermometer held snugly in the axilla (armpit) for a full ten minutes. Be sure to record each reading accurately. It is your *accuracy* that determines the value of the test.

How To Take Your Own Basal Temperatures

At night, before retiring, shake down a thermometer and lay it beside your bed, on your night table or chair.

*Note: Traditional mercury thermometers may not be easy to find, and digital thermometers may be your only option. In this case, locate a **basal digital thermometer** (typically located with birth control/fertility supplies).*

Next morning, on awakening, do not get up or move around. Place the thermometer under your armpit pressing your arm against your bare body. Relax and leave it there for ten minutes by the clock. Take it out, read, and write down your results.

This record of your early morning basal temperature is a great aid to you in determining hypothyroidism. One of the most important issues of hypothyroidism is calcium utilization and metabolism issues.

Normal Basal Temperature Reading is between:
97.8° to 98.2° Fahrenheit

Date: _____
Date: _____
Date: _____
Date: _____

Temperature: _____
Temperature: _____
Temperature: _____
Temperature: _____

For menstruating females, also take temperatures on the second and third days of your period.

Date: _____
Date: _____

Temperature: _____
Temperature: _____

Record your additional readings here:

Date: _____
Date: _____
Date: _____
Date: _____

Temperature: _____
Temperature: _____
Temperature: _____
Temperature: _____