Basal Body Temperature Test

Name:_____ Date:_____

Your body temperature reflects your metabolism, which is largely determined by the hormones secreted by the thyroid and to a lesser degree, the adrenal glands. Although blood hormone testing is common, there is considerable evidence that the current tests for the diagnosis of hypothyroidism (low thyroid function) are insensitive and somewhat lacking in accuracy. With adrenal function taken into consideration, the function of the thyroid gland can be observed by simply measuring your body temperature. All that is needed is a thermometer.

Instructions:

1. Use a glass, mercury-filled thermometer that has been shaken down below 96.0°F the night before and put beside the bed or a good-quality digital thermometer. Ear and tape thermometers although convenient, are too inconsistent and do not give accurate temperature measurements. 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 in the chart below.
3. Next, shake the thermometer down and immediately take an oral temperature for 3 minutes. Record this temperature as “a.m. by mouth” for 7 days.
4. Repeat the oral temperature at three-hour intervals for 7 days.
5. Record the time when meals are consumed. Note the types of foods eaten on the back of this page.
6. Note when activity has changed (i.e. I went for a walk).
7. Bring the form filled out to the office and we will work out the averages.

Note for women: avoid recording temperature for 3 days prior to menstruation

Date	Arising Underarm	Arising by mouth	Meal Y/N	At 3 hours by mouth	Meal Y/N	At 6 hours by mouth	Meal Y/N	At 9 hours by mouth
Averages								