

BASAL BODY TEMPERATURE INSTRUCTIONS

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 gland. 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. A basal thermometer, available at most drugstores is most accurate.

Instructions:

1. Measure your temperature orally and place the thermometer deep under your tongue. Do not take your temperature underarm or by using an ear thermometer.
2. Avoid taking temperatures after activity (even climbing up 7 stairs can alter the temperature), eating or drinking for at least 20 minutes.
3. Take 3 temperatures across the day approximately 3 hours apart.
4. Take your first morning temperature approximately 3 hours after waking ie if you wake at 7:30, then take your temperatures at 10:30am, 1:30pm, 4:30pm. Do not take a number of temperatures in a row because experience shows that the temperature will rise with each subsequent reading.

Summary:

- Take 3 temperatures a day, 3 hours apart from one another.
- Take the first temperature approximately 3 hours after getting up
- Avoid activity, eating and drinking 20 minutes prior to testing
- Use a digital thermometer, not a mercury or an ear thermometer
- Take only one reading each time
- Fill out the temperature chart and bring it back to the clinic at the next appointment.

Recording Temperatures on a Graph:

- Calculate the average of the 3 daily temperatures taken and plot that average on the graph
- We recommend that you use a number that represents the number of temperatures taken that day when writing on the graph
- Thus, if you only took 2 temperatures on one day, you put a number 2 in the cell that corresponds to the average daily temperature and the day of the week the temperature was taken.
- You can also put in additional data such as mood, energy level, changes in supplement protocols or medication, etc. This can be helpful for us to work out the pattern of the temperature changes
- Please connect the numbers in a line so we get a graphical representation of the temperatures. If you miss a day, please stop and restart the line ie do not connect the days on either side of the missing day
- Plot your averages on the graph on the next page.

