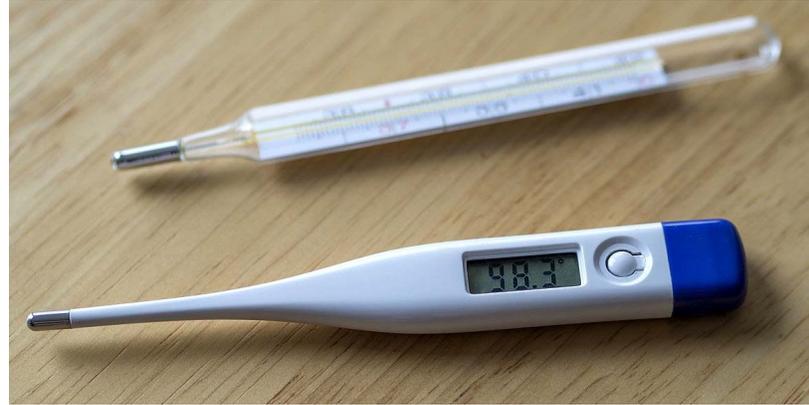


Thyroid Function Temperature Test



The thyroid hormones regulate our metabolism, heart function, protein synthesis and bone growth. If thyroid function is too low and an inadequate amount of thyroid hormones are produced we can experience:

- Fatigue and lethargy
- Brittle & thinning hair and nails
- Weight gain & difficulty in losing weight
- Dry skin
- Difficulty in concentration and brain fog
- Constipation
- Hoarseness
- Increased blood cholesterol
- Depression

According to Dr. Broda Barnes, MD (who paid special attention to clinical presentation of thyroid dysfunction), many who have low thyroid have had their thyroid hormones checked and have been told they are normal. For this reason, he recommended that his patients do the Basal Temperature Test, as he found it to be a very accurate thyroid test (at times more accurate than blood tests).

To do the basal temperature test, you will need to get a thermometer and set it on your bedside table so you can use it as soon as you wake up

in the morning. Make sure it is shaken down the night before so it is ready for use in the morning.

In the morning, as soon as you wake up, put the thermometer deep in your armpit to get your axillary temperature. If you're using an old mercury thermometer, leave in armpit for ten minutes. Record the temperature. Do this before you get out of bed, have anything to eat or drink, or engage in any activity. This will measure your lowest temperature of the day, which correlates with thyroid gland function. The normal axillary temperature is 97.8° to 98.2° F. The temperature should be taken for FIVE days. However, if the temperature is 97.0 or less for three consecutive days, you do not need to take the last two temperatures.

For women, the temperature should be taken starting the second day of menstruation. That is because a temperature rise occurs around the time of ovulation, which may lead to incorrect interpretation of the test. For men, and for women who are post menopausal, it makes no difference what time of the month when temperatures are taken. However, do not do the test when you have an infection or fever or any other condition that would raise your temperature.

According to Dr. Barnes, if the morning basal temperature is below 97.8° F this would indicate low thyroid function. If above 98.2° F, this would indicate over active thyroid function. ♦