

# BASAL TEMPERATURE TEST

One of the easiest ways to assess whether the thyroid may be involved in your symptoms is to carry out a basal temperature check every morning. The test is done first thing in the morning before rising and all you will need is an old fashioned style thermometer which is left under the LEFT armpit for 10 minutes.

This test was developed by Dr Broda Barnes and is still relevant today for checking for thyroid status

The chart (below) is measured in alternate 0.1 of a degree centigrade and Fahrenheit steps. So when filling it in, stay with one system of measurement only. If using centigrade and your temperature comes out at 35.5c, this is between the 35.4 and 35.6 blocks, the same principle applies when using Fahrenheit.

- . Stage 1: Shake down thermometer and leave by the side of the bed before going to sleep.
- . Stage 2: Wake up in morning. Before getting out of bed take your temperature in your LEFT armpit for ten minutes.
- . Stage 3: Record your temperature in the appropriate square using a diagonal line (/).
- . Stage 4: Female only: indicate the beginning of your period with a circle and the end with a cross
- . Please send to me the results via the Practice Better profile.

The area of normal waking body temperature is the grey band. If your average is below the grey band, there is a possibility that you have a reduced metabolic rate. Do not worry if the temperature rises and falls, this is quite normal.

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