Taking Your Basal Body Temperature

Your body temperature reflects your metabolic rate, which is largely determined by hormones secreted by the thyroid gland. The function of the thyroid gland can be determinded by simply measuring your basal body temperature (as well as doing some blood work). You need a thermometer to do this test.

Procedure:

1. Shake down the thermometer, if mercury based, to as low as it gets, and place it by your bed before going to sleep. If you are using a digital thermometer, just put it on the night table as is.
2. On waking, before getting up and doing anything, place the thermometer in your armpit, or in your mouth (as your doctor suggests) for a full three minutes or until the digital thermometer beeps. Move as little as possible.
3. Read and record your temperature. If you tested your armpit temperature, add a degree to your reading.
4. Record your temperature for the next week, at the same time of the day. Its best for women to not do this test when they are ovulating. Some physicians might also ask you to record your temperature later on in the day as well.
5. Women: please note the day of your cycle when you record your results.

Interpretation:

Your basal body temperature should be between 97.8-98.8 F. If it is too low or too high then it might indicate some imbalance in your thyroid.

SYMPTOMS OF LOW THYROID

Weakness Dry skin, Lethargy Slow speech, Swelling of eyelids Sensation of cold, Decreased sweating Cold skin, Edema of the face Impaired memory, Constipation Weight gain, Difficult breathing Swelling of feet, Loss of appetite Nervousness, Excessive menstruation Painful menstruation, Depression Muscle weakness, Pain over the heart Palpitations, Emotional instability Muscle pain, Muscle weakness Heat intolerance, Joint pain Loss of weight, Poor vision Changes in back of eye, Brittle nails Burning or tingling sensation, Headaches Frequent respiratory infections, High blood pressure

Temperature Recording Chart

Month	Day	Temp	Month	Day	Temp	Month	Day	Temp