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BASAL BODY TEMPERATURE STUDY FOR THYROID FUNCTION

The basal body temperature method is quite accurate when the temperature is tested under the axilla (arm pit) each morning for a period of 4 days. If you are a menstruating woman it is best to take the temperatures right after your period ends.

If the temperatures are consistently low, then there is (hypo) under function of the thyroid in spite of what the laboratory analysis reports. The temperature is taken immediately upon awakening with a glass thermometer held in the axilla (arm pit) for a full ten minutes. Be sure to record each reading accurately. It is your accuracy which determines the value of the test.

HOW TO TAKE YOUR OWN BASAL TEMPERATURES

At night before retiring, shake down the mercury thermometer and lay it beside your bed on a handy night table or chair. **BE SURE IT IS SHAKEN DOWN.**

Next morning immediately upon awakening, reach over and place the thermometer under your bare arm, pressing your arm against your body, with no clothing between. **LEAVE IT THERE FOR TEN MINUTES BY THE CLOCK.** Take it out, read it, and report your result.

This record of your early morning basal temperature is a great aid to us in making proper diagnosis of your case. Hypothyroidism is directly related to issues involving *calcium utilization* and *metabolism*.

The normal reading taken this way is between 97.8° and 98.2°.

NAME _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Average _____