

AXILLARY TEMPERATURE TEST - CHECK THYROID ACTIVITY

There is considerable evidence showing that the current blood tests for the diagnosis of mild, sub-clinical hypothyroidism are insensitive and somewhat lacking in accuracy. Broda Barnes, MD, an endocrinologist and thyroid specialist, in his book, "Hypothyroidism: The Unsuspected Illness," explains opinions and theories about this matter. He proposes that the most sensitive and accurate test for picking up low thyroid function is to simply check the axillary (arm pit) basal (baseline upon awakening) temperature.

INSTRUCTIONS:

Use an oral thermometer, which is made ready to use the night before and put within easy reach on the bedside. We advise NOT to use a mercury thermometer to eliminate the possibility of accidental breakage and potential mercury toxicity. If you use a mercury thermometer, take all measures to prevent breakage. DO NOT use any device that is not recommended for axillary or oral use.

Put the thermometer in your arm pit for five minutes if using a non-digital thermometer. Do this **before you've gotten out of bed, immediately upon awakening.** Dr. Barnes suggests using the axillary temperature, rather than the mouth, because so many people have low grade, unsuspected, sinus infections. These infections generate heat only in the oral cavity, thereby, falsely raising the oral temperature. Record your temperature each morning for 10 consecutive days.

For women, additional consideration is needed during ovulation since this process somewhat elevates your temperature. Because of this, women who menstruate should ideally begin recording your temperature on the 2nd or 3rd day of the menstruation.

Normal axillary temp is in the range of 97.8 - 98.2° F. This data of your daily basal temperatures will assist in the assessment of your cellular thyroid hormone activity. Dr. Barnes estimates that >40% of the adult population has hypothyroidism, which can be associated with the following:

hypoglycemia (low blood glucose), allergies, acne, undiagnosed skin issues (like psoriasis), hypertension, obesity, depression, and many other ailments.

Temperature	Date
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Temperature	Date
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

Patient Name: _____

Average Temp: _____ °F

Iodine Skin Patch Test (if performed):

Time Applied: _____

Time Dissolved: _____

Total Hours: _____

