

THYROID TEMPERATURE TEST

(Barnes' Thyroid Test)

This test is an excellent way to determine thyroid function using basal body temperature (the body's temperature at rest). If the thyroid is running low, the body's temperature will drop below normal while the body is at rest-sleep. This test is done by measuring the underarm temperature upon waking after a night's sleep. For accuracy, the test is performed five mornings in a row and then the mean average is calculated. The instructions for performing the test are as follows:

- The night before, shake down the thermometer and set it on the night stand next to the bed
- Immediately upon waking, without raising your head from the pillow, place the thermometer under your arm.
- Leave thermometer under arm for 10 minutes
- Move as little as possible in the process, you must remain flat on your back during this entire time otherwise the thyroid gland will be activated and a false reading will be taken
- After 10 minutes, remove thermometer and record temperature
- The test is invalidated if you expend any energy just before recording the temperature, i.e. getting up for any reason, shaking down the thermometer, etc.

Test Results	
Date	Temperature
Day 1 _____	_____
Day 2 _____	_____
Day 3 _____	_____
Day 4 _____	_____
Day 5 _____	_____

To figure average: Total _____ divided by 5 = _____

A mean average temperature of between 97.8 and 98.2 degrees is considered normal.