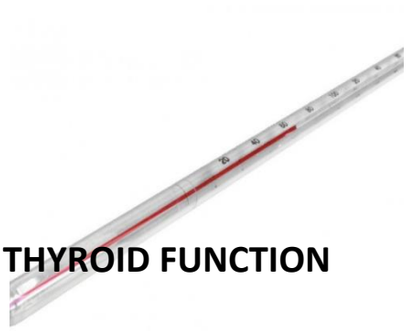
PATH OF LIFE HEALING CENTER
Stimulating Cellular Beauty



PERSONAL BASAL BODY TEMPERATURE FOR THYROID FUNCTION

Name: _____

Recording your early morning basal temperature is done to assist you in determining hypothyroidism. One of the most important issues of hypothyroidism is calcium utilization and metabolism issues. The basal body temperature test is quite accurate when the temperature is tested in the axilla (armpit) each morning for a period of five days. If the temperature is consistently low, then there is a hypo- (under function) of the thyroid gland. It is good for alerting you to which thyroid is out of balance. One thyroid can be low functioning and one normal and you may test normal or your laboratory analysis.

If there is no access to a mercury thermometer, use a basal digital thermometer

INSTRUCTIONS FOR RECORDING YOUR TEMPERATURE:

a. The temperature should be taken immediately upon awakening with the thermometer held snuggly in the axilla (armpit) for ten minutes.

b. Be sure to record each reading accurately. It is your accuracy that determines the value of the test.

STEPS FOR TESTING YOUR BASAL TEMPERATURE:

1. Before retiring for the night, shake down two mercury thermometers and lay it beside your bed, on your night table or chair. Note: if you don't have the old fashion mercury thermometer, you can use a digital thermometers.

2. The next morning, upon awakening, do not get up or move around (doing so will warm up your body and ruin the test).

3. Place the thermometer under your armpit pressing your arm against your bare body. Relax and leave it there for ten minutes by the clock.

4. Take it out, read, and write down your results. For each arm pit. Try to take your temperature at the same time every morning.

The normal basal temperature is between 97.8^{o} – 98.6^{o}

Left		**Right**	
Time:	Temperature:	Time:	Temperature:
Time:	Temperature:	Time:	Temperature:
Time:	Temperature:	Time:	Temperature:
Time:	Temperature:	Time:	Temperature:
Time:	Temperature:	Time:	Temperature:
Time:	Temperature:	Time:	Temperature: