

Discovering Your Thyroid Basal Temperature

Dr. Broda Barnes, MD, was a medical endocrinologist who spent 50 years of his life studying the effects of the thyroid gland on the human body. After many years of extensive research, Dr. Barnes discovered that the serum thyroid tests used routinely in medical practice are not reliable indicators of thyroid function. He found that a 6-day average of one's basal temperature was a far more accurate indicator of the thyroid's ability to regulate the body's metabolism.

Most people with a low metabolic rate gain weight easier than a person with a healthy metabolic rate. However, the implications of hypothyroidism (low thyroid function) extend far beyond merely weight gain. Hypothyroidism is a condition that underlies most chronic degenerative diseases and hormone irregularities and results in a weakened immune system.

The following simple temperature test was developed by Dr. Barnes and is an excellent way to assess your thyroid function.

- Men - may perform this test at any time
- Women – best to perform this test the week of your monthly menstrual cycle if applicable
- Do not use in a heated bed such as heated water beds or electric blankets
 1. Use an oral thermometer (digital or mercury). Place at your bedside.
 2. In the morning upon awakening, BEFORE YOU DO ANYTHING, place the thermometer in your bare armpit.
 3. When the digital thermometer signals or after 5 minutes of a mercury thermometer, read and record your results below.
 4. After 6 days of recorded temps, add the total of each and divide by 6 for the average.
 5. A HEALTHY temperature range is **(97.8 to 98.6)** anything less is and indication of decreased thyroid function.

Temperature	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Total	
Divide by 6	

Call or email your average to your weight loss practitioner.