

Dr. Doug Willen



Recover Your Health Now

BASAL TEMPERATURE/LOW THYROID 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 or asleep. This test is done by measuring the underarm or oral temperature upon waking after a night's sleep. For accuracy, the test is performed five mornings in a row and then the average is calculated.

The instructions for performing the test are as follows:

1. The night before each morning temperature test, shake down the thermometer to below 97 degrees (use an oral glass thermometer only), and set it on the night stand next to the bed, on the side that you sleep.
2. Immediately upon waking, without raising your head from the pillow, place the thermometer under your armpit, or under your tongue. (If taking it orally, keep mouth closed while taking temperature.)
3. Leave thermometer in place for 10 full minutes.
4. Move as little as possible in this 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.
5. After ten minutes, remove the thermometer and record temperature without expending any energy just before recording the temperature, i.e. getting up for any reason, shaking down the thermometer.

NOTE: NORMAL RANGE FOR BASAL BODY TEMPERATURE IS: 97.8 - 98.2.

IF YOUR AVERAGE IS BELOW THIS THAN YOUR THYROID IS LOW FUNCTIONING AND YOU MAY WANT TO CONSIDER THYROID SUPPORT PRODUCTS. **View our thyroid support products at www.dougwillen.com**

Test Results	<u>Date</u>	<u>Temperature</u>
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____
Temperature Total:		_____
Temp Total _____ divided by 5 = _____ Your Basal Temperature		