



MEASURING YOUR BASAL BODY TEMPERATURE

The body's temperature is a reflection of your metabolic rate. This rate is determined largely by the hormones secreted by the thyroid gland and the ability of your body's cells to convert these hormones into their more active form. The level of thyroid activity can be determined by measuring the body's basal temperature. The basal body temperature should be between 97.6° and 98.2°.

Low basal body temperatures may reflect hypothyroidism. Common signs and symptoms of hypothyroidism are: depression, difficulty in losing weight, dry skin, headaches, lethargy or fatigue, menstrual problems, recurrent infections, sensitivity to cold.

High basal body temperatures above 98.6° may be evidence of hyperthyroidism. Common signs and symptoms of hyperthyroidism include: bulging eyeballs, fast pulse, hyperactivity, inability to gain weight, insomnia, irritability, menstrual problems, nervousness.



1. Place basal temperature digital thermometer (must be accurate to .2 degrees and measure to the tenth of a degree) beside bed before retiring for the evening.
2. Immediately upon waking, turn on thermometer and place it deep in either armpit until it indicates it's completed a reading.
3. Lie as still as possible. The less movement you make, the more accurate the reading. Try not to fall back to sleep.
4. Take pulse by feeling for it at either the neck or wrist. Count how many times it beats in a 60second period or keep track of the number of beats for 15 seconds, then multiply this number by 4 to obtain the number of beats per minute (60 seconds).
5. Record your temperature and pulse on the chart below.
6. Continue this procedure for 7 days.

* For menstruating women: you can begin measuring your temperature at anytime during your cycle. However, the most accurate readings occur on the second, third and fourth days of menstruation.

DAY	FIRST MORNING UNDERARM TEMPERATURE	PULSE	COMMENTS
1			
2			
3			
4			
5			
6			
7			