

## AXILLARY TEMPERATURE TEST

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

**FOR OFFICE USE ONLY**

Date sent: \_\_\_\_\_  
Date rec'd: \_\_\_\_\_

There is considerable evidence that the current tests for the diagnosis of hypothyroidism (low thyroid function) are insensitive and somewhat lacking in accuracy.

Broda Barnes, M.D., and Endocrinologist and thyroid specialist, in his book, "Hypothyroidism, an Unsuspected Illness, explains his thoughts and theories about this matter. He proposes that the most sensitive and accurate test for determining the most people with low thyroid function is simply to check the most basic function of the thyroid: Its ability to regulate the metabolic furnace of the body, i.e.: create heat or control temperature. Dr. Barnes states that recording the basal body temperature daily for ten days is the most simple and accurate means of doing this. For accuracy, he insists that the client/patient be absolutely basal and totally relaxed. Instructions for doing so are as follows:

**INSTRUCTIONS:**

1. Use an oral thermometer which has been shaken down the night before and put on your bedside stand.
2. Put the thermometer in your armpit (for ten minutes) and record below a temperature each morning for ten days. Do this before you get out of bed, this means before you have urinated, had beverage or food, done anything or had any activity, mental or physical. Dr. Barnes suggests using the axillary (armpit) temperature rather than the mouth because many people have low grade unsuspected sinus infections which generate heat only in that area, thereby, falsely raising the oral temperature.
3. For women, additional consideration is needed during ovulation which elevates temperature somewhat. Because of this, women who menstruate should start the recording on the second or third day of their cycle. For men and women who are menopausal, it makes no difference which day you begin.

This temperature recording data will be correlated by your health practitioner along with your thyroid hormone level (when indicated), a photomogram (where available), and your thyroid history questionnaire. We are attempting to research all undiscovered hypothyroidism that our clients have, since this is such a common and easily reversed dysfunction. Dr. Barnes estimates that approximately 40% of the adult population has this problem and it can be associated with hypoglycemia, allergies, psoriasis, acne, undiagnosed skin problems, hypertension, obesity, depression and many other ailments. If you have any unusual response or if there is anything you wish to share, please indicate on this recording sheet.

DATE:	TEMPERATURE:
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10.	

Bring to your next appointment. 97.8F or 36.5C or below is considered abnormal. If the majority of the temperature data is low, it suggests possible low thyroid function.

AXILLARY.FRM