



# Axillary Temperature Test

*Testing Basal Metabolism For Hypothyroid Function Evaluation*  
By Dr. Donna F. Smith

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**Upon rising move slowly when picking up thermometer and putting under axillary (armpit). It is important that you maintain in a restful state (physically and mentally) until temperature is taken.**

## Biochemical Testing of Thyroid Hormones

Where physicians test only the blood to determine the disease state of the thyroid, in clinical nutrition therapy, we test for the actual function of the thyroid (healthy, hypo- or hyperthyroid). The most accurate tests for thyroid hormone function include three biochemical tests:

1. Thyroid Blood Tests (one to seven blood tests may be ordered),
2. Tissue Mineral Hair Test, and
3. Thyroid Saliva Hormone test.



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At this time, unfortunately, Laboratories do not provide thyroid saliva hormone testing.

Therefore, we use blood and hair testing. And when blood testing indicates, we add Dr. Barnes' Axillary Temperature Test for basal metabolism testing. Periodically, I may request the Axillary Temperature Test alone, i.e., without ordering hair and/or blood testing also.

Therefore, you have received this document because of one or more of the following reasons.

1. For an initial screening to see if the results warrant further testing like blood or hair.
2. To monitor progress in between blood and hair testing.
3. Blood Testing results indicate Axillary Temperature Test is needed to complete my analysis.

Let's take a look at what Dr. Barnes has to say about his research on the value of the Axillary Temperature Test.

## Value of Axillary Temperature Testing

Dr. Barnes states, "There is considerable evidence that the current (Medical) tests for the diagnosis of hypothyroidism (low thyroid function) are insensitive and somewhat lacking in accuracy." (In other words, because they rely on blood testing alone.)

Broda Barnes, M.D., Endocrinologist and thyroid specialist, in his book, "**Hypothyroidism, an Unsuspected Illness**", proposes that we check the most basic function of the thyroid, i.e., its ability to regulate the metabolic furnace of the body; in other words, its ability to create heat or control temperature.



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Dr. Barnes states that recording the basal body temperature daily for ten days is the most simple and accurate means of doing this.

Dr. Barnes estimates that approximately 40% of the adult population has this problem and it can be associated with mineral deficiencies, 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 in the space provided at the bottom of your Axillary Temperature Chart.

For accuracy, he insists that the client/patient be absolutely basal and totally relaxed. Instructions for doing so are as follows.

## Testing Instructions

### Supplies

1. Oral Thermometer.
2. Clock.
3. Axillary Temperature Test Chart.

### Testing Instructions

- Use an oral thermometer which has been shaken down the night before and put on your bedside stand.
- Position the shaken oral thermometer and the clock where:
  - You can see the clock with minimal or no movement and
  - You can reach the oral thermometer by slowly moving your arm. Try your best not to move out of the position you are in upon waking. In other



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words, staying in bed and being as still as possible after waking is the goal for the most accurate test results.

- Upon waking in the morning, with a minimum of six hours of sleep prior to testing, slowly move your arm to pick up the thermometer and put it in your right or left axillary (armpit). Then leave it there for 10 minutes.
- Use the same axillary (armpit) for all 10 tests. In other words, if Day one you use your left axillary, then use the left for all 10 tests.
- Record your temperature each morning for ten days on the Axillary Temperature Chart attached to this document.
- At the end of 10 days, add your daily temperatures and divide its sum by 10. This will calculate your average basal temperature. At the bottom of the chart, you will find information on what is an abnormal daily and average temperature.
- Do this before getting out of bed upon waking. This means move no more than it takes to slowly reach for and position the thermometer in the left or right axillary. In other words, before you have urinated, had beverage or food, or done anything or had any activity, mental or physical.

## **Additional Information & Instructions**

### **Why Axillary not Mouth Testing**

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.



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## For Menstruating Women Only

Additional consideration is needed during ovulation which elevates temperature somewhat. Because of this, women who menstruate should start recording their basal temperature on the second or third day of their cycle.

This step does not apply to women who are in menopause or have had a hysterectomy (partial or complete).

## What If I Miss A Day?

Just print another chart and start over. 10 days is a considerable amount of time, so please get organized before you start so you will be able to test for 10 consecutive days. That way you will not delay the evaluation of your thyroid status, which would then result in delaying your therapy to correct abnormal findings.

However, don't stress about it. It happens. So relax and begin again. Remember stress is one of the primary causes of thyroid dysfunction.

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## Thyroid Analysis

In addition to thyroid hormone blood testing, tissue mineral hair testing and the recorded data of this Axillary Temperature Test, you may have also been asked to complete two questionnaires:

1. Health Appraisal Comprehensive (HAC) Questionnaire (6 Pages)
  - a. One section of the HAC is asking comprehensive questions regarding your thyroid symptoms.
  - b. The state of your Thyroid also affects, positively and/or negatively, other parts of the body and this questionnaire will evaluate your



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current symptoms in all 10 biological areas of your body and sub-systems.

2. Hypothyroid Quick Check (1 Page) – This questionnaire focuses only on symptoms that relate to hypothyroid dysfunction.
  - a. This is also an excellent tool to use for screening the potential need for performing blood, hair and Axillary Temperature Testing.

You may be requested to complete both of these questionnaires initially and periodically to update and monitor your thyroid symptoms improvement.

Please note that your symptoms will abate before your updated biochemical tests indicate optimal test values, where therapy is no longer required. Optimal test values are required to prevent thyroid symptom recurrence.

Doing everything indicated in this document regarding testing and questionnaires is essential to my research and analysis regarding the current state of your thyroid function and will reveal undiscovered thyroid states that cannot be assessed by medical blood testing interpretation alone.

Should your Clinical Nutrition Thyroid Analysis indicate that you have abnormal test values, please be encouraged as this is relatively common and is a reversible dysfunction.

## Temperature Test Ranges

1. Abnormal Daily or Average Temperatures:
  - a. 97.81 F or below and
  - b. 36.50 or below.
2. Note: When the majority of the temperature data is low, it suggests possible low thyroid function.



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## AXILLARY TEMPERATURE CHART

Check which is applicable. My thermometer tests  F (Fahrenheit) or  C (Celsius)

No.	DATE	TEMPERATURE	DAILY COMMENTS IF ANY
<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			
<b>9</b>			
<b>10</b>			
<b>ADDITIONAL INFORMATION OR COMMENTS</b>			
<b>TOTAL</b>			The Total is the sum of adding each daily temperature.
<b>AVERAGE</b>			Divide the Total number (the sum) by 10 to calculate the average basal metabolism

**Once this chart is completed, email or fax to ACN. After Business Hours Fax to (940) 761-4405.**