

## BARNES THYROID TEMPERATURE TEST

This test is an excellent way to determine thyroid function using basal body temperature (the body's lowest temperature at rest). The body's temperature will drop below normal while the body is at rest (sleep), but will rise to normal after activity and reach its highest temperature by the end of the day. The temperature will change with ovulation (a sharp drop followed by a sharp rise within 24 hours), emotional upset, illness or a restless night's sleep.

This test is done by measuring the underarm or oral temperature upon waking after a night's sleep and comparing to your normal temperature during or after an active part of the day towards the end of the day. The test is performed three mornings in a row. The instructions for performing the test are as follows:

- # Use a basal thermometer if available - otherwise use a good quality oral fever thermometer
  - ! If using an oral glass thermometer,
    - > Shake down the thermometer to 96 degrees or less
    - > Take your temperature under your arm for 10 minutes.
    - > After ten minutes, remove thermometer and record temperature.
    - > Then shake down the same thermometer and set it on the night stand next to the bed.
  - ! If using digital Thermometer, take temperature orally and place the thermometer next to the bed
- # Do not use an electric blanket or heating pad while performing this test.
- # Immediately upon waking, without raising your head from the pillow, retake your temperature.
- # 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.
- # The test is invalidated if you expend any energy before recording the temperature, i.e. getting up for any reason, shaking down the thermometer, etc.
- # **WOMEN:** This test should not be done while you are ovulating as basal temperatures vary during that time. The beginning or the end of your cycle will be the best time to take your temperatures, as your temperature will usually be ½ degree higher after ovulation. Post menopausal women or pre-menstrual girls may take it at any time, with only one day being required.
- # **MEN:** Can be taken any time of the month. Only one day is required.

### TEST RESULTS

|                | 1st | 2nd | 3rd | Total |
|----------------|-----|-----|-----|-------|
| <b>Morning</b> |     |     |     |       |
| <b>Average</b> |     |     |     |       |
| <b>Daytime</b> |     |     |     |       |

An average basal temperature of between 97.8 and 98.2 degrees Fahrenheit is often considered normal. Daytime temperature should be between 98.6 and 99.0.

This test should be repeated every month for the first six months. If you have already been on Synthroid®, it will probably take six to twenty-four months to provide adequate nutrition for the thyroid. If after six to nine months, you are still symptomatic, it may be necessary to consult a physician that will use Armour® Desiccated Thyroid, U.S.P. A dosage of 5 grains is usually considered for total replacement. Most physicians will start with ½ grain and increase dosage as needed to return the Barnes Basal Temperature Test to normal. Continue with the nutrition until six months after this test is normal without the use of medication.

**Patient Name:** \_\_\_\_\_ **File#** \_\_\_\_\_ **Last Date of Test** \_\_\_\_\_