

## Test: Axillary Temperature Test - Thyroid Function

### Instructions:

- Broda Barnes M.D. an endocrinologist, and thyroid specialist proposed that the most sensitive and accurate method of assessing hidden low thyroid is simply check how effectively the body creates heat. That is what is called the basal metabolic rate.
- Place a digital thermometer next to the bed, upon waking before doing anything, place the thermometer underneath the tongue in the mouth for 2-3 minutes (or until the electronic bleeper sounds on the thermometer) or using an in-the-ear thermometer measure temperature. Repeat the exercise at 11am and 3pm everyday for 5 days.

The optimum average temperature is 97.8 to 98.2 degrees F –or 36.8 degrees celcius

- Please also record your pulse at the same time 3 times a day, for one minute.

| Temperature Readings | “First thing” | 1 <sup>st</sup> Pulse | 11am | 2 <sup>nd</sup> pulse | 3pm | 3 <sup>rd</sup> pulse |
|----------------------|---------------|-----------------------|------|-----------------------|-----|-----------------------|
| Day 1                |               |                       |      |                       |     |                       |
| Day 2                |               |                       |      |                       |     |                       |
| Day 3                |               |                       |      |                       |     |                       |
| Day 4                |               |                       |      |                       |     |                       |
| Day 5                |               |                       |      |                       |     |                       |

Please forward the recorded temperatures to Miles Price, Nutritional Advisor.

To make an appointment please call 9266 1417 or email [smiler\\_price@hotmail.com](mailto:smiler_price@hotmail.com)

**\*\* PLEASE ENSURE THAT YOU HAVE NOT TAKEN ANY ALCOHOL THE PREVIOUS EVENING, AND ALSO YOUR HOME IS OF AMBIENT TEMPERATURE\*\***