

A New Health

Health ~ Strength ~ Vitality

Self Assessment Test to Evaluate Thyroid Health

This self assessment test was developed by Dr. Broda Barnes and is used in conjunction with a Comprehensive Health History and indicated laboratory tests. Thank you. Tricia, FNP

Please follow these directions carefully to measure your Basal Body Temperature (BBT).

1. Take a non-digital glass thermometer and place it on your bedside table.
2. In the morning upon awakening, **before you get out of bed**, place the thermometer in your armpit and hold your arm close to your body for 10 minutes.
3. Read temperature and record.
Important: Since temperature rises with ovulation and stays higher till menses occurs, premenopausal women should only monitor their temperature during the first 7 days following the end of their period to get a true reading.
4. Repeat this procedure each morning for 14 days. If you know how to take your pulse, record your pulse next to your morning temperature.
5. It is very important that this is done before you get out of bed.

Note: If you cannot take your temperature in your armpit, then the next best way to do this is to take an Oral Temperature every morning before you get out of bed and keep thermometer in your mouth for 5 minutes. Please do your best to not use digital thermometers.

Dr. Broda Barne's Interpretation of Home Thyroid Test:

Normal Basal Body Temperature is between 97.8 and 98.2 degrees Fahrenheit.
Anything consistently under 97.8 indicates low thyroid function.

