

## AXILLARY TEMPERATURE TEST

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

There is considerable evidence that the current blood lab tests for the diagnosis of hypothyroidism (low thyroid function) are not sensitive enough. On a spectrum ranging from excellent thyroid function to very poor thyroid function, a person usually needs to be near the very poor thyroid function end of the spectrum in order for the standard blood lab testing to detect hypothyroid. There are many people who are lingering between excellent and very poor thyroid function in what I call "Less Than Optimal" thyroid function. These people have many of the symptoms of hypothyroid including weight gain and fatigue, and their thyroid blood lab tests appear to be normal. The Axillary Temperature Test is designed to find those people who have slower metabolisms due to "Less Than Optimal" thyroid function.

Broda Barnes, M.D., and thyroid specialist, in his book, Hypothyroidism, and Unsuspected Illness, explains his feelings and theories about this matter. He proposes that the most sensitive and accurate test for picking up 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 feels that recording the basal body temperature daily for ten days is the most simple and best means of doing this. For accuracy, he insists that the patient be absolutely basal and totally relaxed.

**INSTRUCTIONS ARE: Use an old-fashioned mercury thermometer if available.  
Otherwise a digital thermometer will work.**

1. Use an Oral thermometer. If it is the old-fashioned mercury thermometer make sure it has been shaken down the night before and put within easy reach on your bedside stand.
2. Put the thermometer in your armpit (for 10 minutes) and record a temperature each morning for at least six days. Do this before getting out of bed, urinating, having coffee, food, doing anything or any activity, mental or physical. He suggests using the axillary (armpit) temperature rather than the mouth, because so many people have low grade unsuspected sinus infections which generate heat only in that area, thereby falsely raising the oral temperature. And sleep with mouth open too, which change oral temperature.
3. For women, additional consideration is needed during ovulation which elevated temperature somewhat. Because of this, women who menstruate should start the recording on the second or third day of their cycle. For men, or women who are menopausal, it makes no difference which day is picked.

This temperature recording data will be correlated with your thyroid hormone level in lab testing (when indicated), and your thyroid history questionnaire sheet. We are attempting to search out and find all the undiscovered hypothyroidism that our patients have, since this is such a common and easily treatable ailment. Barnes estimates that approximately 40% of the adult population has this problem and it can be associated with hypoglycemia and allergies, psoriasis, acne, undiagnosed skin problems, hypertension, obesity, depression, and many other ailments. If you have any unusual reaction while this is going on, or anything you wish to share, please indicate on the recording sheet.

RECORD:

Date:	Temperature Value	Date:	Temperature Value
1.		6.	
2.		7.	
3.		8.	
4.		9.	
5.		10.	

Send or bring this into the office for Dr. Larson to look over. 97.8F (36.5C) or below is considered abnormal. If the majority of the temperature data is low, it probably suggests low thyroid function.

AVERAGE: \_\_\_\_\_