

Body Temperature Test Instructions

Low thyroid or Adrenal function can cause many seemingly unrelated functional health disorders. When people think of low thyroid function, they think of weight problems. Low thyroid function can also relate to fatigability, hair loss, PMS, dry skin, heart disease, excessive menstrual bleeding, circulatory disturbances, ovarian cysts, emotional fragility, menopausal symptoms, fibroids, postpartum depression, cervical polyps, endometriosis, infertility, miscarriage, and low sperm count. (Women will fluctuate more. It is lower for 2 weeks from the beginning of the period and rising (~0.5°F) suddenly just after ovulation and until the next period.) Low Adrenal function will cause erratic temperatures and high adrenal function may suppress the thyroid function, leading to lower temperatures. It is complex, but this charting gives us a good view into your body function.

Instructions:

- 1) Take your temperature orally. Do not take it under your arm, on your forehead, or in your ear.
- 2) For later temperatures, AVOID taking temperature until 20 minutes after eating, drinking, or activity. (Even climbing the stairs may raise your temperature.) Take it before a After a hard workout, because it will be at least several hours before it lowers.
- 3) Take 3 temperatures during the day, each about 3 hours apart.
 - A) Take your first morning temperature IMMEDIATELY upon waking for the day, before rising.
 - Label this "M" on the graph.
 - B) Take temperature ~ 3 hours later. (~10 am, if you woke at 7am)
 - Label this "2". (even if you missed the 1st one)
 - C) Take temperature ~ 3 hours later.
 - Label this "3". (even if you missed an earlier one)

Some of the medical community think "average" equals "normal" and that the new normal range should be 96.3–99.9(Men) and 91.67–100.6 °F (Women) -- [Scandinavian Journal of Caring Sciences; Volume 16 Issue 2, Pages 122 - 128; Published Online: 9 May 2002](#)