

ORAL TEMPERATURE AND RESTING PULSE TESTS

NAME _____ DATE _____

There is considerable evidence that blood tests for hypothyroidism (low thyroid function) are insensitive and inaccurate. Broda Barnes, M.D. (*Hypothyroidism, an Unsuspected Illness*), measured body temperature to determine sub-clinical hypothyroidism which does not show up in standard blood chemistry tests. The basic function of the thyroid is its ability to regulate the metabolic furnace of the body – to create heat or control temperature.

INSTRUCTIONS: Use only a digital oral thermometer. After arising in the morning and again after lunch, take your oral temperature and resting pulse for 2 consecutive days. Optimum temperature is 98 degrees F. Woman should avoid taking the temperature during ovulation when the temperature rises. Your temperature should rise during the day and should be optimum at 98.6-99 degrees F about 30 – 60 minutes after lunch. Your optimum resting pulse after eating during the day should be 85 bpm. All three numbers should be measured to really determine you thyroid function. If one number is off, the thyroid is not optimum.

Do not do this test when you are sick because any kind of stress including illness will lower thyroid function or, a fever could raise your normally low temperature. If you are taking drugs (especially antidepressants), take your temperatures and pulse at a different time than when you take your drugs because some drugs can cause an abnormal rise in your oral temperature.

Variations in the temperatures and pulse that still indicate hypothyroidism: Some people will have a high pulse (greater than 85 and even as high as 150) due to excess adrenalin. Others may have a low pulse with higher temperatures. The higher temperature is due to excess cortisol. In these people, the temperature will decrease when starting thyroid glandular nutrition and then will improve as thyroid function improves.

ORAL TEMPERATURE	ORAL TEMPERATURE DURING THE DAY	RESTING PULSE
In the am after arising	Between 11 am and 3 pm, best after lunch	After lunch or when not eating
(98 degrees F optimum)	(98.6-99 degrees F optimum)	(85 bpm optimum)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list what thyroid medication, if any (brand and dosage)

SYMPTOMS AND SIGNS OF LOW THYROID FUNCTION

Please encircle your current symptoms

Mental/emotional symptoms: depression; poor memory; diagnosed with “mental” problems; mood swings; dual personality; irritability; inappropriate crying or worry; lack of focus (attention deficit disorder); ADHD (attention deficit hyperactivity disorder)

Physical symptoms: Increase or decrease in weight; cannot lose or gain weight; edema (water retention); low blood sugar (hypoglycemia); dry skin; skin problems (acne, psoriasis, eczema); chronic infections of any kind; asthma; “chronic fatigue syndrome”; fibromyalgia; colon problems (constipation, diarrhea, appendicitis); cold hands/feet; sensitive to heat or cold; hair loss or coarse hair; weak immune system

For women: ALL female problems are due to low thyroid function leading to estrogen dominance and inadequate progesterone: PMS, cramps or painful menses, absence of menses, irregular, scanty or excessive menses, infertility or spontaneous abortion at around the 10th week, fibrocystic breast disease, uterine fibroids, ovarian cysts, endometriosis, cyclic seizures (at ovulation or menses), cyclic migraines, dry vagina. Women have a higher rate of osteoporosis and 6 times more gallbladder problems than men due to estrogen dominance.

Signs: pulse < 85; high or low blood pressure; high or low cholesterol; diagnosed with MS; mitral valve prolapse