

Axillary Temperature Test

Background of Test

The current medical diagnosis of hypothyroidism measures the amount of T3, T4, Free Thyroxine, and TSH levels in your blood at the time it was taken. Many people with **normal** levels of these thyroid hormones are **functionally hypothyroid**. That is, the body is unable to effectively utilize these thyroid hormones. The Axillary Temperature Test provides a simple and accurate method to measure how efficiently your body uses the thyroid hormones.

Broda Barnes, M.D., an endocrinologist and thyroid specialist proposed that the most sensitive and accurate method of assessing **hidden** low thyroid is simply to check how effectively the body creates heat. That is, what is its basal (at rest) metabolic rate.

Instructions

Colds, flu and other acute illnesses may raise your temperature artificially. If you have a cold or fever, please wait until you are better before starting this test. Men or post menopaual women may start this test anytime. Since ovulation raises body temperature, women who are menstruating should begin the test on the second or third day of their cycle.

Use an old fashioned, mercury oral thermometer. Shake it down to below 96° before going to bed. Place it next to the bed where you can easily reach it without moving too much. Upon waking, before doing anything (going to bathroom, stretching, talking, etc.) **put the thermometer in your armpit and keep it there for 10 minutes**. Record the temperature and time of the test below. Shake it down to under 96° after each recording.

Day	Date	Time	Temperature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

The optimum average of temperature should range from 97.8° to 98.2°.