

## ORAL TEMPERATURE & RESTING PULSE TESTS

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

Please encircle symptoms that your currently have and list what thyroid medication if any (brand and dosage) that you are currently taking

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

Instructions: Use only an oral thermometer, either basal or digital. Before arising each morning, take your oral temperature. If you sleep under lots of blankets or use an electric blanket, get up before you take you morning temperature. It should be 98.0 degrees F. Women should do this test during menses to avoid the rise in basal temperature during ovulation. An oral temperature of less than 98.0 in the morning suggests low thyroid function. During the day (between 10 am and 8 pm) your oral temperature should be 98.6 -99 degrees and not over 100 degrees Fahrenheit. Your oral temperature should be optimum 20-30 minutes after eating. If it's low then, it will get worse as night falls. Forget this test when you are sick, because your thyroid function will decrease. Also, anti-depressant drugs and anti-anxiety drugs will cause an abnormal rise in your oral temperature, invalidating this test.

Resting Pulse: The resting pulse should be 85 beats per minute. Most hypothyroid people are lower than this. In some cases, a hypothyroid person will have a high pulse ( greater than 100) due to excess adrenalin. These people will have trouble monitoring their temperature because it will not be consistent.

Symptoms of low thyroid function include both mental/emotional and physical symptoms.

Mental/emotional symptoms: depression, mental problems, poor memory, mood swings or a dual personality, irritability, inappropriate crying or excessive worry, insomnia, attention deficit hyperactivity disorder (ADD).

Physical symptoms: increase or decrease in weight, edema, hypoglycemia, dry skin, acne, psoriasis, eczema, allergies, chronic infections of any kind, such as lungs or frequent viral or bacterial infections, "chronic fatigue syndrome," colon problems, such as constipation, chronic or acute appendicitis, cold hands and feet, sensitive to heat or cold, hair loss or coarse hair, headaches, impaired hearing, mitral valve prolapse, heart disease and cancer.

Especially for women: symptoms of low thyroid which lead to excess estrogen and low progesterone: ALL female problems, such as PMS, cramps (dysmenorrhea), amenorrhea, irregular, scanty or excessive menses, fibrocystic breast disease, uterine fibroids, ovarian cysts, endometriosis, infertility or spontaneous abortion early in pregnancy (9th or 10th week), cyclic seizures, cyclic migraines (during menses), dry vagina, osteoporosis and gallbladder disease (six times higher in women than men due to excess estrogen, on birth control pills or ERT) and all female cancers (breast, ovarian, uterine, cervical).

Signs include: slow pulse below 85, hypertension, hypotension, high serum cholesterol, hypoglycemia, multiple sclerosis, mitral valve prolapse and "chronic fatigue syndrome."

**ORAL TEMP**  
am, before arising  
98.0 degrees F (optimum)

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AVG T = \_\_\_\_\_

**ORAL TEMP DURING DAY**  
between 11 am and 3 pm  
98.6-99 degrees & not>100 (opt)

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AVG T = \_\_\_\_\_

**RESTING PULSE**  
when not eating  
85 beats per minute (opt)

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AVG PULSE = \_\_\_\_\_