

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 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. Please wait until you are better before starting this test. Ovulation raises body temperature. We will eliminate the ovulation days from your scores. Place the thermometer next to the bed where you can easily reach it without moving too much. Upon waking, before doing anything (going to the bathroom, stretching, talking, etc.) place the thermometer in your *armpit* and keep it there for 5 minutes *before turning it on*. Then turn it on and wait for the beep. Record the temperature and time of the test below. Repeat test every morning for at least one week.

The optimum average temperature range is 97.8° to 98.2° . If your test results are significantly higher or lower than this you may want to schedule an appointment with Dr. Caliendo to discuss your wellness.

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