Axillary Temperature Test

Endocrinologist and thyroid specialist Dr. Broda Barnes proposed this method of finding subclinical thyroid problems (ones that don't quite show up on blood work).

Do this test only when you are free of colds, flu or other infections that can raise your body temperature, and during days around ovulation.

Place a thermometer within easy reach of your bed. If you are using a conventional/manual thermometer, shake it down to below 96 before you go to sleep.

Upon waking, place the thermometer in your armpit and hold it there for 10 minutes. Do not get up or move around.

Record your temperature on the chart below.

The optimal temperature range is 97.8 to 98.2.

Date	Temperature