

UNDERARM TEMPERATURE TEST FOR HYPOTHYROIDISM

INSTRUCTIONS:

1. Use any **mercury thermometer**. Shake it down **the night before to 96 degrees or less** and put it by your bedside.
2. In the morning, as soon as you wake up, put the thermometer **deep in your armpit for ten minutes and record the temperature**. Do this before you get out of bed, have anything to eat or drink, or engage in any activity. This will measure your **lowest temperature of the day**, which correlates with thyroid gland function. The normal axillary temperature is **97.8-98.2 degrees F**. We frequently recommend treatment if the temperature averages 97.4 or less. The temperature should be taken for **five days**. However, if the temperature is 97.0 or less for three consecutive days, you do not need to take the last two temperatures. The axillary (underarm) temperature is used because oral (mouth) temperature does not correlate closely with thyroid function.
3. **For women**, the temperature should be taken **starting the second day of menstruation**. That is because a temperature rise occurs around the time of ovulation which may lead to incorrect interpretation of the test. If you miss a day, that is OK, but be sure to finish the testing before ovulation. For men, and for women who are menopausal, it makes no difference when the temperatures are taken. However, do not do the test when you have an infection or any other condition that would raise your temperature.

RATIONALE:

There is considerable evidence that blood tests often fail to detect hypothyroidism (underactive thyroid). It appears that many individuals have "tissue resistance" to thyroid hormone. Therefore, your body may need more thyroid hormone, even though the amount in your blood is normal. A low axillary temperature suggests (but does not prove) hypothyroidism. We frequently recommend a therapeutic trial with a natural thyroid medication for individuals who have typical hypothyroid signs and symptoms and a low body temperature. This approach to thyroid therapy is controversial and is currently outside of the medical mainstream. However, thyroid therapy is controversial and is currently outside of the medical mainstream. However, we have found this method to be safe when properly administered, and in some cases it is the most effective or the only effective treatment for certain chronic problems.

SIGNS AND SYMPTOMS ASSOCIATED WITH HYPOTHYROIDISM:

Fatigue	Depression
Difficulty concentrating	Difficulty getting up in the morning
Cold hands and feet or intolerance to cold	Constipation
Loss of hair	Fluid retention
Dry skin	Poor resistance to infection
High cholesterol	Psoriasis
Eczema	Acne
Premenstrual syndrome	Loss of menstrual periods
Painful or irregular menstrual periods	Excessive menstrual bleeding,
Infertility (male or female)	Fibrocystic breast disease
Ovarian cysts	

POSSIBLE SIDE EFFECTS:

We consider thyroid hormone to be safe when administered properly. Occasionally, people taking thyroid hormone experience nervousness, rapid pulse, insomnia, and (on rare occasions)