

Thyroid Basal Temperature and Resting Pulse Test

Dr. Broda Barnes, MD, was a medical endocrinologist who spent 50 years of his life studying the effects of the thyroid gland on the human body. After many years of extensive research, Dr. Barnes discovered that the serum thyroid tests used routinely in medical practice are not reliable indicators of thyroid function. He found that a 6 day average of one's basal temperature was a far more accurate indicator of the thyroid's ability to regulate the body's metabolism. Metabolism is the rate at which our body metabolizes (burns) fuel for energy.

Most people with a low metabolic rate gain weight easier than a person with a healthy metabolic rate. However, the implications of hypothyroidism (low thyroid function) extend far beyond merely weight gain., Hypothyroidism is condition that underlies most chronic degenerative diseases and hormone irregularities and results in a weakened immune system.

The following simple temperature test was developed by Dr. Broda Barnes and is an excellent way to assess your thyroid function.

- Men – may perform this test at any time
 - Women – best to perform this test the week of your monthly menstrual cycle if applicable
 - Do not use in a heated bed such as heated water beds or electric blankets
1. Use an oral thermometer (digital or mercury). Put at your bedside by your alarm clock.
 2. In the morning when you first wake up, BEFORE YOU DO ANYTHING, place the thermometer in your bare armpit.
 3. While you are waiting on the thermometer, feel your pulse (radial/wrist or jugular/neck) and count how many beats per minute your heart is beating.
 4. When digital thermometer signals or after 5 minutes of a mercury thermometer, read the results and write your temperature and your pulse on this form below.
 5. After six days of recorded temperature and rates, add the total of each and divide by six for an average. The ideal temperature and heart rate/beats per minute are in parenthesis. Consistently lower average of either is an indication of decreased thyroid function.

	Temperature (97.8 – 98.4)	Pulse (78-85 bpm)
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____
Day 6	_____	_____
Total	_____	_____
Divide by 6	_____	_____