

## Temperature Charting

Follow the instructions below for one week to determine what is happening with your thyroid and adrenals. It is not a precise test but it does give us an indication of whether or not you have a problem.

1. Take a mercury thermometer or a new metal thermometer and shake it down before you go to bed.
2. **When you wake up**, place it under your arm pit for ten minutes and record the reading. Do this before you get out of bed or move too much.
3. Take your oral temperature immediately after you record your arm pit temp. Do not shake it down. Keep it in your mouth for 5 minutes.
4. **About an hour** after you get up and have moved around some, take your oral temperature for five minutes and record the results.
5. Take another oral temp at **noon** and record the results.
6. Take another oral temperature at **5 or 6 PM** and record the results.
7. Take another oral temperature **before you go to bed** and record the temperature.

Do this for a week and email the results to me at [ronvdoc@earthlink.net](mailto:ronvdoc@earthlink.net) with the subject line "Temperature Charting – *Your Name*". From this information we can determine if you have a problem with thyroid, adrenals or both. If you want to learn more about this you can do a Google search for Dr. Broda Barnes, M.D, PhD. His book "*Hypothyroidism: The Unsuspected Illness*" is a treasure of information from a medical doctor's perspective.