

Basal Body Temperature Test

“If you’re not feeling quite up to par, take your temperature. Not to determine if you’ve got a fever – rather, temperatures reflect an individual’s metabolic energy state. The average daytime temperature of a healthy individual is 98.6 thus making 98.6 the optimal (as opposed to normal) temperature. Lower than optimal temperatures reflect a lower than optimal metabolic state which is usually controlled by the thyroid mechanism. Wide variability of temperature reflects an unstable or fatigued adrenal system. Thus, on the road to health, one wants to go from low and/or unstable temperatures to 98.6 and stable if possible.” Dr. Rind*

For over a century, the relationship between basal body temperature and thyroid disease has been known and well-documented.

One of the earliest mentions of it was an 1888 compilation of case reports of those suffering from myxedema. Which was a late consequence of severe hypothyroidism.

Many different symptoms and metrics were tracked, in hundreds of patients over many years. Included in that tracking was basal body temperature.

The authors discussed what was an unusually low temperature in nearly all of those with myxedema.

In the years that followed, it became known that a lack of thyroid hormone was the cause of this condition. And, that the oral use of desiccated thyroid could remedy it.

Thyroid hormone directly influences energy production at the cellular level.

HOW DOES MY TEMPERATURE DIAGNOSE HYPOTHYROIDISM?

Generally, the *average* temperature of an adult with a healthy thyroid and a healthy metabolism is 98-98.6 degrees Fahrenheit or 36.7-37.0 degrees Celsius, and that occurs around mid-afternoon or 3 pm. Body temperature is the lowest when you are sleeping, and gradually increases from the time you wake up, declining before bedtime when you go to sleep.

So if you take your mid-afternoon temp and find it in low 98’s or even in the 97’s, you have been given a strong clue that you may be hypothyroid and/or undertreated (or your low cortisol is keeping you hypothyroid).

HOW DOES MY TEMPERATURE HELP ME WITH RAISING MY THYROID MEDS?

Once you are on natural desiccated thyroid or T3-only, and are consistently raising your doses, you will see your temps climb to healthy levels with increasing feel-good symptoms to match.

WHAT DOES MY TEMPERATURE TELL ME ABOUT MY ADRENALS??

The autonomic nervous system (*the part of the nervous system responsible for control of the bodily functions not consciously directed, such as breathing, the heartbeat, and digestive processes*) likely plays an important role in many of the symptoms of adrenal fatigue (wired but tired, etc.) but it also plays a role in regulating your body temperature as well.

That means your basal body temperature can be used as another measure of "adrenal status" in your body.

Of course, it's not the most accurate way to measure cortisol, and adrenal function - but it can help provide insight into your body.

Generally, those with autonomic issues and cortisol dysregulation show a chaotic basal body temperature that bounces up and down day to day.

Some changes would be considered normal, but large swings of 1-2 degrees of body temperature may be indicative of adrenal dysregulation.

Low cellular energy production = decreased heat production = decreased body temperature = slower metabolism = weight gain.

BASAL BODY TEMPERATURE AND WEIGHT LOSS

Since your metabolism is related to your basal body temperature raising the temperature of your body helps you boost metabolism burning off more calories.

WHAT THERMOMETER TO USE

You can use an old mercury thermometer. But seeing as how they are not as readily available anymore, your second-best thermometer is a "Geratherm", which you can purchase online, or possibly at a pharmacy or drug store near you. You want to try to avoid digital thermometers if possible as they will be the least accurate method.

RULES

1. Take your body temperature away from your period and ovulation as both will affect your temperature. Take on days 19-22 for best results.
2. Do not eat or drink within 15 minutes of taking temps
3. Be sure to shake down your thermometer before each use, sometimes this requires a vigorous flicking of the wrist.

HERE IS HOW TO TAKE BASAL BODY TEMPERATURE

1. Shake down the thermometer before going to bed and place the thermometer within arm's reach from your bed. You will be using it first thing in the morning before getting out of bed.
2. First thing upon arising, place the thermometer underneath your tongue and lay in bed for 7-10 minutes. Do not get up to go to the bathroom, brush your teeth or drink a glass of water. It is important that you wake up, put the thermometer under your tongue, and remain still in bed for 10 minutes for this to be accurate.
3. Once the 10 minutes are up, record your temperature.
4. Mid afternoon around 3pm sit quietly for 10 minutes before taking temperature. Don't eat or drink during this time. Put the thermometer under your tongue for 7-10 minutes.
5. Ideally, you will do this for a minimum of five consecutive days so you can get a somewhat reliable average daily temperature. If your average temperature over a five day period is less than 97.8 and/or your midafternoon temperature is consistently below 98.6 degrees in the afternoon, there is a chance you may have a low metabolic rate due to low thyroid hormone function. There are a number of other factors that can cause low readings on your morning temperature, but one of them is low thyroid hormone function.

USING BASAL BODY TEMPS TO FIND YOUR OPTIMAL THYROID MEDICATION DOSE

As you increase thyroid hormone your basal body temperature should increase.

If your basal body temperature does NOT increase as a result of increasing your thyroid medication then this may serve as an indicator that your body is not converting or not absorbing the medication correctly.

HOW DO YOU MONITOR ADRENAL STATUS

If you are undergoing treatment for your adrenals then measuring your basal body temperature can help to determine if you are on the right track.

Remember that thyroid hormone and even sex hormones influence the body temperature so it's not 100% accurate, but it still can be helpful.

Body temperatures in adrenal disorders tend to be very chaotic and as treatment occurs the body temperature should become more stable over time.

Generally, these changes take months to be seen, so don't expect changes within 1-2 months.

Karen Martel Nutrition

I RECOMMEND THIS THERMOMETER WHICH CAN BE FOUND [HERE](#).

