

Basal Body Temperature Test

This test is used to assess for sub-clinical hypothyroid conditions (Hypothyroid conditions that are not apparent on regular blood / laboratory testing procedures). The thyroid is the metabolic “brain” of the body and is responsible for regulating your body temperature and cellular metabolic rates. The thyroid produces a hormone called thyroxine which is a signal to turn on your bodies metabolic systems. The thyroid often becomes compromised in its ability to produce enough thyroxine to meet the bodies basic metabolic needs, this condition is called hypothyroidism. This can be caused by several different mechanisms; autoimmune disorders, viral conditions, toxin exposure, and other body system hormonal imbalances (Estrogen Dominance, Adrenal insufficiency, Immune Suppression)

Sub-clinical Hypothyroidism is a hypothyroid condition which is not readily apparent on typical blood thyroid testing results (TSH, T₄/T₃, etc.) This is a known medical condition and often goes undiagnosed and treated. Symptoms include most of the symptoms of clinical hypothyroidism (un-explained weight gain, dry skin, fatigue and lethargy, brittle nails, hair loss, etc.) but to a lesser degree. It can also be asymptomatic and associated with other hormonal imbalances. It is extremely common in women during their reproductive lives. Estrogen dominant conditions and premenstrual disorders are often associated with sub-clinical and clinical hypothyroidism. It is also very common in those suffering from Adrenal Insufficiency (continual fatigue, anxiety and mood disorders, low libido, immune suppression, etc.)

The Procedure

A modern professional digital thermometer designed for fertility awareness will suffice. If using a mercury thermometer, place it upright in an empty glass on your nightstand so you won't have to shake the mercury down prior to testing your temperature in the morning. Also keep a pen/pencil and the attached chart on your nightstand to record your temperatures on.

First thing every morning, **as soon as you wake and BEFORE RISING** (very important, the temperature reading will be negatively affected if you record your temperature after getting up and moving around) place the thermometer deep in your armpit and record the temperature. If you are using a mercury thermometer, leave it in place for at least 5 minutes. Repeat this procedure for at least 2 – 3 weeks and make note on your records (if applicable) of the first day of your menstrual cycle and or ovulation.

The Results

We will review your results and create an “average” base body temperature based on your recordings. We will then compare these results with “normal” temperatures for those in your age range and sex. This information combined with your medical history and other information will provide us with a very sensitive assessment of your thyroid function.