

## Basal Body Temperature Test – A Screening Tool for Thyroid Health

The thyroid is one of the most important glands of the body, producing hormones that control our energy and metabolism. Unfortunately, low thyroid conditions are increasingly common in Australia, and are frequently misdiagnosed, mistreated, or missed altogether.

Checking your basal body temperature allows us to understand if your thyroid gland is producing enough thyroid hormones, as body temperature is primarily controlled by thyroid hormones.

### Preparation:

1. You will need an accurate thermometer that is easy to read.
2. Menstruating women will need to perform the test between days 2-9 of their menstrual cycle (right after your period) for accurate results, as your temperature peaks slightly when you ovulate and may result in misleading temperatures.
3. Always test your basal temperature *before* getting out of bed, sitting up in bed or any other movement.
4. Have the thermometer ready on your bedside table for the following morning.

### Instructions:

1. Upon waking, immediately place the thermometer under your tongue, into the deepest pocket, making as little movement as possible – movement will affect the result.
2. Lie still with your eyes closed while you wait for the thermometer to beep, recording the temperature on the chart below.
3. Perform the test for at least five mornings, and all at roughly the same time (the time you wake up on weekends may be quite different from your usual weekday routine).
4. Read below for your results.

|              |  |  |  |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|--|--|--|
| <b>Date:</b> |  |  |  |  |  |  |  |  |  |  |
| <b>Time:</b> |  |  |  |  |  |  |  |  |  |  |
| 37.2°C       |  |  |  |  |  |  |  |  |  |  |
| 37.1°C       |  |  |  |  |  |  |  |  |  |  |
| 37.0°C       |  |  |  |  |  |  |  |  |  |  |
| 36.9°C       |  |  |  |  |  |  |  |  |  |  |
| 36.8°C       |  |  |  |  |  |  |  |  |  |  |
| 36.7°C       |  |  |  |  |  |  |  |  |  |  |
| 36.6°C       |  |  |  |  |  |  |  |  |  |  |
| 36.5°C       |  |  |  |  |  |  |  |  |  |  |
| 36.4°C       |  |  |  |  |  |  |  |  |  |  |
| 36.3°C       |  |  |  |  |  |  |  |  |  |  |
| 36.2°C       |  |  |  |  |  |  |  |  |  |  |
| 36.1°C       |  |  |  |  |  |  |  |  |  |  |
| 36.0°C       |  |  |  |  |  |  |  |  |  |  |
| 35.9°C       |  |  |  |  |  |  |  |  |  |  |
| 35.8°C       |  |  |  |  |  |  |  |  |  |  |
| 35.7°C       |  |  |  |  |  |  |  |  |  |  |
| 35.6°C       |  |  |  |  |  |  |  |  |  |  |
| 35.5°C       |  |  |  |  |  |  |  |  |  |  |
| 35.4°C       |  |  |  |  |  |  |  |  |  |  |
| 35.3°C       |  |  |  |  |  |  |  |  |  |  |
| 35.2°C       |  |  |  |  |  |  |  |  |  |  |
| 35.1°C       |  |  |  |  |  |  |  |  |  |  |
| 35.0°C       |  |  |  |  |  |  |  |  |  |  |

**Results:**

Your basal body temperature should be between the yellow lines: 36.5°C – 36.9°C.

Temperatures regularly recording lower than this indicate that further thyroid testing should be conducted, and we advise you to call our office to make an appointment, on (08) 9479 5310.

At Wellness Perth Natural Medicine we then utilise blood testing for TSH, T4, T3, thyroid antibodies and reverse T3 as indicated, plus urine testing for Tyrosine, Iodine and Selenium levels, which are nutrients required to produce thyroid hormones..

The advanced blood and urine testing we utilise are much more in-depth than the normal thyroid function test your local GP may test for, and we commonly find evidence of low thyroid conditions that were previously missed or left untreated.

These techniques are also designed to identify *why* the thyroid is not functioning correctly, allowing targeted treatment to correct your thyroid function for long-term health and wellness.