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## Basal Body Temperature Test

This test is a simple and effective way of checking for metabolic problems, especially low thyroid function. Conventional blood tests for thyroid function are usually only sensitive enough to show overt disease. Even a mildly under-active thyroid will have widespread adverse effects on health. This basal temperature test can help us detect levels of problems that routine blood tests commonly miss.

Over the space of 4 consecutive days take your temperature each morning, before rising. If you are getting fluctuating readings over the 4 days then keep the test going for another couple of days. If using a mercury thermometer, before you go to sleep shake your thermometer down and place it by your bed. The basal temperature needs to be taken first thing in the morning, before any activity at all; this gives us your true body temperature, completely at rest.

When you wake, place the thermometer in your mouth, under your tongue, for at least 3 minutes (or until there is a beep if you are using a digital thermometer). Read, and then record your temperature on the chart below by marking a mark in the box. Practise taking your temperature, at least once, the day before starting so you can easily make sense of the thermometer when you start the tests and you may be a little sleepy! With a mercury thermometer, there is a simple trick to turning the thermometer to catch the light that will clearly show the silver strip you are looking for. Digital thermometers, whilst more expensive, are certainly faster and are very simple to use.

Record your daytime temperature once, for comparison, at the beginning of the chart.

*Note for women: Do not do this test at the time you are menstruating or if you suspect you will be ovulating during the test period.*

37.4							
37.3							
37.2							
37.1							
<b>37</b>							
36.9							
36.8							
36.7							
36.6							
<b>36.5</b>							
36.4							
36.3							
36.2							
36.1							
<b>36</b>							
35.9							
35.8							
35.7							
35.6							
<b>35.5</b>							
Temp.	Daytime comparison	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6