

BARNES BASAL TEMPERATURE CHART

INSTRUCTIONS:

Basal body temperature (BBT) is your temperature when you first wake up in the morning. Before you even get out of bed to brush your teeth or start your day, pop a basal thermometer (available at drugstores) under your armpit. This thermometer shows the minute incremental degree changes that a regular one can't. Use the chart attached with this document. If your on-line doctor has sent you a spreadsheet to chart your temperatures record your temperatures in the spreadsheet. This will make it easier to construct your graphs which will be posted in your profile in MyHealth Record.

1. Purchase a basal thermometer (available at drugstores). This thermometer shows the minute incremental degree changes that a regular one can't.
2. Shake the thermometer down before going to bed to 96 degrees or less and put it by your bedside.
3. In the morning, as soon as you wake up, put the thermometer deep in your armpit for ten minutes and record the temperature. **Do this before you get out of bed, have anything to eat or drink, or engage in any activity.** This will measure your lowest temperature of the day, which correlates with thyroid gland function. The normal underarm temperature averages 97.8-98.2 degrees F. We frequently recommend treatment if the temperature averages 97.4 or less. The temperature should be taken for the time period specified by your on-line doctor.
4. For women, the temperature should be taken so that it includes the second day of menstruation. The reason is because a considerable temperature rise may occur around the time of ovulation and give incorrect results. If you miss a day, that is okay, but be sure to finish the testing before ovulation. For men, and for postmenopausal women, it makes no difference when the temperatures are taken. However, do not do the test when you have an infection or any other condition which would raise your temperature.
6. Send your spreadsheet to your on-line doctor if you are a client. If you are not a client, register at the BecomeHealthyNow.com web site at this link:

https://www.becomehealthynow.com/myaccount/my_account/signup.php

Additional information regarding the thyroid can be found on the BecomeHealthyNow.com web site at the following links:

The Thyroid Gland:

<http://www.becomehealthynow.com/article/bodyendocrine/735/>

The Comprehensive Thyroid Assessment:

<http://www.becomehealthynow.com/article/bodyendocrine/1160/>

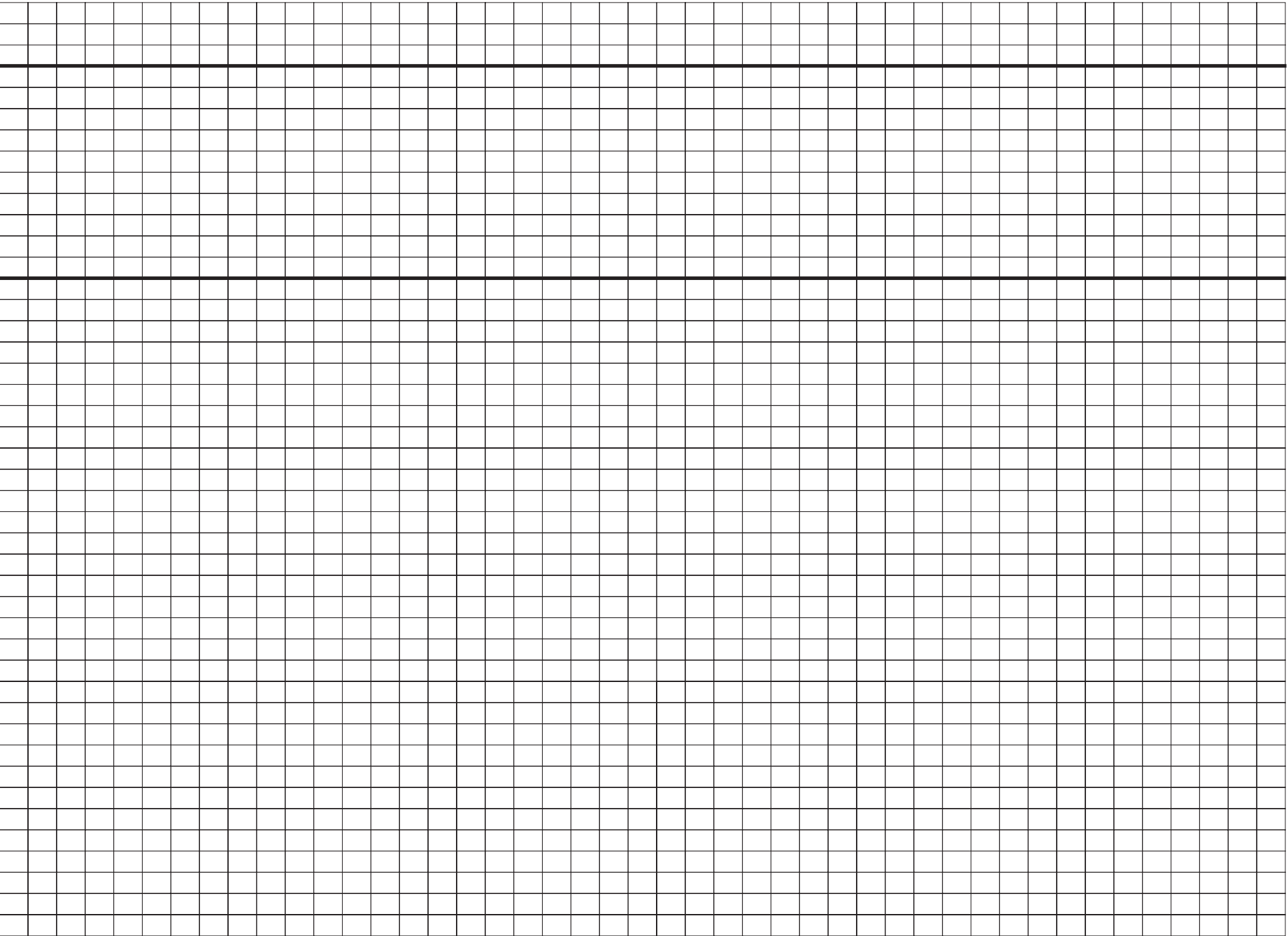


BecomeHealthyNow.com
Natural Health Care With Results!



Your Name: _____ Your Assigned On-line Doctor: _____

99.1
99.0
98.9
98.8
98.7
98.6
98.5
98.4
98.3
98.2
98.1
98.0
97.9
97.8
97.7
97.6
97.5
97.4
97.3
97.2
97.1
97.0
96.9
96.8
96.7
96.6
96.5
96.4
96.3
96.2
96.1
96.0
95.9
95.8
95.7
95.6
95.5
95.4
95.3
95.2
95.1
95.0
94.9
94.8
94.7



D
A
T
E

EXAMPLE GRAPH

