

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 set up your temperature profile on-line in MyHealth Record, all you have to do is enter your temperatures, write in any comments and submit. Your temperatures are immediately displayed on a graph for you to view!

1. Purchase a basal thermometer (available at drugstores) or buy one from us. Our price as of February 2007 is \$9.95 which includes shipping. **Important:** a basal thermometer shows the minute incremental degree changes that a regular one can't so don't use a regular thermometer!
2. Shake the thermometer down before going to bed to 96 degrees or less and put it by your bedside. DO NOT use an electric blanket while you sleep as this will adversely affect your temperatures!
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. Be sure you note if you have had an infection while taking your temperatures so your doctor knows why your temperature went so high!
6. Enter your temperatures online by logging in at your "To Do" list and look for "Enter my thyroid temperatures" Login at this link:

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

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/>



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Example Graph - Note the Improvement of Temperatures Your graph will appear on-line similar to this

