# Axillary Temperature Test

**Background of Test**

The current medical diagnosis of hypothyroidism measures the amount of T3, T4, Free Thyroxine, and TSH levels in your blood at the time it was taken. Many people with **normal** levels of these thyroid hormones can be in a **functionally hypo-thyroid state.** The body is unable to effectively utilize these thyroid hormones. The Axillary Temperature Test provides a simple and accurate method to measure how efficiently your body uses the thyroid hormones.

Broda Barnes, M.D., an endocrinologist and thyroid specialist proposed that the most sensitive and accurate method of assessing **hidden low thyroid** is simply to check how effectively the body creates heat. To determine the body heat efficiency, it is necessary to check the basal (at rest) metabolic rate.

**Instructions**

Use an old fashioned, mercury oral thermometer. **Shake it down to below 96° before going to bed.** Place it next to the bed where you can easily reach it without moving too much. Upon waking, before doing anything (going to bathroom, stretching, talking, etc.) **put the thermometer in your armpit and keep it there for 10 minutes.** Record the temperature and time of the test below. **Shake it down to under 96° after each recording.** Continue the test for 7 to10 days. Add all the temperatures together and compute the average temperature.

| Day | Date | Time | Temperature |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |

Optimum average temperature should range from **97.8° to 98.2°.**