

****Basal Body Temperature:**

Sometimes when you have a thyroid test done, the doctor will say you have normal TSH or thyroid. But you are dealing with symptoms of hypothyroidism. Try the test below.

You can also try avoiding foods that can contribute to hypothyroidism symptoms.

Thyroid activity is directly related to body temperature. 37 C / 98 F is the ideal body temperature for efficient biochemical reactions. At temperatures above or below this norm, chemical messengers become misshaped and no longer precisely fit the receptor sites they are intended to activate. Here is a way that you can measure your temperature.

Materials:

1. Thermometer preferably digital
 2. Pen/pencil
 3. Paper or chart below
 4. Clock with second hand/stopwatch (if digital thermometer it will beep when complete)
- Place the items on a table close to the bed so that you can reach without much movement.
 - When you wake in the morning, with as little movement as possible place the thermometer under your arm pit and lower your arm.
 - Hold thermometer there for 10 minutes. Do not move stay as still as possible.
 - After 10 minutes record the temperature on paper
 - Keep track for 3-4 consecutive days.
 - Average the temperatures for the 3-4 days
 - If the average temperature over the three days is less than 97.8 F / 36.8 C indicates low thyroid function.
 - Text me the total number after averaging. We will determine a protocol from there.

Below is a chart to record your temperature.

DAY 1	DAY 2	DAY 3	DAY 4	TOTAL

If you have any questions, please email or text me at 569-9589 naturalhealthchicks@gmail.com