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*Doctor of Oriental Medicine - Classical Homeopathic Medicine  
Chinese Herbs - Acupuncture - Nutritional Counseling  
Specializing in: Women's Health -- PMS - Menopause- Pain Control - Pediatrics - Allergies - Headaches  
Fertility - Pregnancy - Childbirth - Sciatica - Low Back Pain - Neck & Shoulder Pain*

### **How To Check Your Body Temperature for Basal/Thyroid:**

Take your temperature by mouth with a thermometer (preferably mercury/glass) every three hours, three times a day, starting three hours after waking, for several days (not the three days prior to the period in women since it's higher then.) For each day, add the temperatures together and divide by 3 to get the average.

If it's below 98.6, then it's low! Almost everyone's temperatures are low in the morning, but the temperatures go higher in the afternoon and lower again in the evening. So. it's a better comparison to see if the temperatures are running low in the middle of the day when the temperatures are supposed to be at their highest.

This is because the symptoms of patients with Wilson's Syndrome (low thyroid) are, by far, most likely to resolve when their temperatures are brought up to average around 98.6 degrees during the day.

Note: People can run consistently low temperatures even if they feel hot all the time or seat easily --- be sure to check it with a thermometer!

We can treat you, whether it's too high, or too low, and in most cases you will not have to take prescription medications. The treatment consists of herbs, and supplements or homeopathy and acupuncture, aimed and boosting your thyroid.

Typical low thyroid symptoms include: headaches, dry skin, brittle hair, constipation, heat or cold intolerance, allergies, easy weight gain, abnormal throat sensations, anxiety or panic attacks, frequent colds, itchiness, insomnia, and others :-)

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