

THE "UNDERARM TEMPERATURE TEST"

This is an easy test to perform on yourself to determine if you might have low metabolism.

1. At night, before retiring, shake down your thermometer and place it within arm's reach.
2. Upon waking (ideally without an alarm clock), place the thermometer so its tip is in your armpit. Hold it in place by placing your upper arm close to your side and, without moving at all, let it stay there for at least 5 minutes.
3. Read it and record the temperature. Indicate on the chart if you moved around, used an alarm clock, or were startled from your sleep.
4. For menstruating women, perform this test on days 1-5 of your period. Day 1 is the first day of your period. For men or non-menstruating women, perform this test anytime for 5 consecutive days.

NOTE: The normal underarm temperature is 97.8° to 98.2°. If you are below this reading, you may have a low thyroid and more testing is needed. You may also test your temperature in the afternoon, in which case the normal temperature is 98.6°.

Month _____ Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Month _____ Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____