

Iridology Life

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Name _____ Date _____

BASAL TEMPERATURE STUDY FOR THYROID FUNCTION

The basal temperature test is quite accurate when the temperature is tested in the axilla (armpit) each morning for a period of two days. If the temperature is consistently low, then the thyroid is considered to be *underactive*. Be sure to record the reading accurately. It is your accuracy that determines the value of the test.

HOW TO TAKE YOUR OWN BASAL TEMPERATURES

At night, before retiring, shake down a thermometer and lay it beside your bed on a night table or chair. **BE SURE IT IS SHAKEN DOWN.**

Immediately upon awakening, place the thermometer under your bare arm, pressing your arm against your body with no clothing between. Keep still and quiet. Any motion can upset your temperature reading. **LEAVE IT UNDER THE ARM FOR TEN MINUTES.** Record your result below.

The normal reading when taken this way is between 97.8 and 98.2 degrees.

Date _____ **Temperature** _____

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Date _____ **Temperature** _____

Date _____ **Temperature** _____