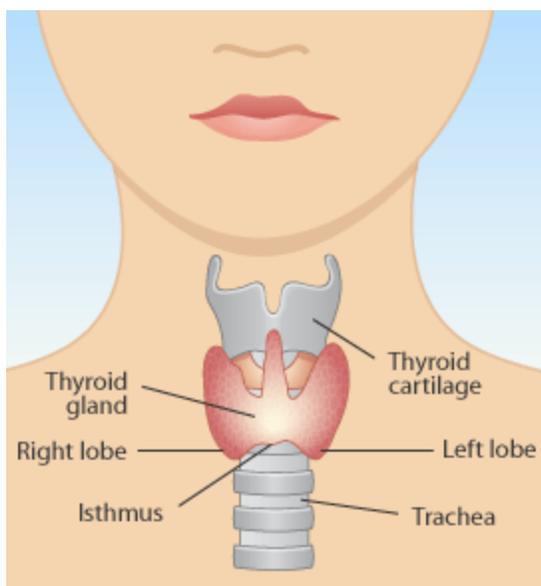


Basal Metabolic Temperature Test

Checking Thyroid Function at Home

Proper thyroid function is essential to good health. A simple test can determine if it is functioning properly.



The thyroid gland affects the function of nearly all systems within the body. Whether it is under functioning (hypothyroidism) or over functioning (hyperthyroidism) it can severely impact well-being. Immune function, weight control, sex drive, energy, temperature, skin and hair health, mental functioning, mood and many others all fall under the control of the thyroid gland.

Unfortunately the common blood tests for diagnosing thyroid conditions are not as accurate as modern medicine would like to believe. In cases of sub-clinical hypothyroidism, blood tests will not be able to detect the condition. Even a slightly under active or over active (sub-clinical) result can negatively impact proper health function.

Luckily there is a self test to check basic thyroid functioning. This is an easy and fairly accurate test to do at home. Before the use of the current blood tests this was considered to be the normal test, and many practitioners are reverting to this simple and cost effective method. The basal body temperature is a basic test of thyroid function. Body temperature reflects metabolic rate, which is largely determined by the hormones of the thyroid gland.

Performing the Test

To test basal metabolic rate:

Place the thermometer by the bedside before going to sleep. Make sure it ready to use.

Immediately on waking, place the thermometer under the armpit for a full 10 minutes. It is important to remain still. Read and record the temperature.

Do this for at least 10 consecutive mornings, preferably at the same time of day. Recording each morning for a month will give a more accurate "picture".

Menstruating women must perform the test on the second, third and fourth day of menstruation.

Interpreting the Test

Normal body temperature is 36.5 C plus or minus 0.2 C (97.6 F - 98.2 F).

Low basal body temperatures may reflect sub-clinical or fully developed [hypothyroidism](#).

High body temperatures may point to hyperthyroidism.

Alcohol and diet can affect metabolism and therefore the readings so choose a time when a normal routine is being followed.

Treatment

If the results are considered to be minimal or sub-clinical, then thyroid function can often be helped with simple lifestyle changes. Daily exercise, diet and/or supplements are essential for a healthy functioning thyroid. Diet should include sources of vitamins and [minerals](#) such as iodine, folic acid (Vitamin B9), omega 3 & 6 fatty acids, zinc and selenium. If diet does not provide for this then supplements might be required.

If the findings are significant then discuss it with your health care professional.

Here are some signs of possible thyroid problems:

Hyperthyroidism (too much thyroid hormone production)

- Graves' Disease
- Feeling too hot
- Increased perspiration
- Nervousness
- Fatigue
- Insomnia
- Rapid heart beat
- Hair loss
- Weight loss
- Increased bowel movements
- Malabsorption of nutrients
- Light and infrequent menstruation
- Hand tremors
- Separation of nails from the nail bed

Hypothyroidism (too little thyroid hormone production)

- always wanting to sleep
- always feeling cold
- carpal tunnel syndrome
- constipation

- depression
- difficulty concentrating/poor memory
- dry scaly skin
- dry hair
- fatigue
- fluid retention
- general apathy (loss of interest in things)
- hair loss
- inability to decrease weight
- lethargy
- loss of appetite
- low heart rate (slow)
- recurrent sore throats/sinus infections
- painful/bleeding gums
- painful or irregular menstrual cycle
- scaly/dry skin
- slow speech
- swollen lymph glands (feel lumps in the neck)
- start of goiter (not always felt)
- weak immune system
- weakness in muscles and muscle cramping
- weight gain
- yellowish skin tone on palms

Solutions for Hypothyroidism (low thyroid):

For most mild cases, [treatment](#) is as simple as adjustments in diet and/or supplements.

To Avoid

Goitrogens are foods that impact the thyroid in a negative manner and suppress its normal function. Most of these foods are okay if cooked but should be avoided when raw.

Foods that are classed as goitrogens include:

- cabbage
- mustard
- turnip
- soybean
- peanuts
- millet
- pine nuts

Avoid alcohol as it is a metabolic depressant and also depletes much needed Vitamin B.

Avoid postures that put a strain on the back. Spinal alignment is crucial for proper thyroid functioning.

Avoid staying inside all the time. Sunlight is necessary as is fresh air and mild exercise.

Decrease exposure to chlorine and fluoride as both will block the utilization of iodine, which is necessary for thyroid hormone production.

To Include

Eat foods rich in **iodine**, which include shrimp, kelp, sushi, onion, and garlic. Kelp is an excellent food for the thyroid; consider taking a kelp supplement.

Omega-3 fatty acids are essential; consider eating more fish, flax or [chia seeds](#), and eggs or taking a supplement.

Other foods that will help are: tropical fruits, radish, eggs, mushrooms, watermelon, wheat germ, and watercress.

Increase consumption of leafy green veggies. Consider taking a folic acid (folate) supplement.

Vitamin B complex is essential to proper thyroid functioning. A 50-100mg Vitamin B complex with a 1000 mg Vitamin C is highly beneficial.

An excellent remedy is a **homeopathic glandular support formula**.

Get enough fresh air, sunshine and mild exercise. Include an outdoor walk everyday for at least 15 minutes.

Selenium and [Glutathione](#) both assist in the production of thyroid hormones.

Inverted yoga postures where the feet are in the air and the head against the ground (find a yoga book that has inverted postures) will help stimulate the function of the thyroid.

Chanting or toning has an excellent effect on the throat and thyroid.

Energy medicine such as Reiki, Vortex healing, acupuncture, Bodytalk, etc. are all beneficial to the thyroid.

Sources:

<http://www.suite101.com/content/basal-metabolic-temperature-test-a94869>

<http://www.abc.net.au/health/library/stories/2005/06/16/1831822.htm>