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### **BASAL BODY TEMPERATURE & CORE TEMPERATURE**

The thyroid gland produces hormones which largely control the metabolic rate of your body. This metabolic rate is reflected in your temperature.

Charting your basal body temperature is a simple and inexpensive way to gain information about your thyroid function. It works best if you have been asleep for 4-5 hours before taking your morning temperature. If you do not sleep well, you can take your core temperature.

#### Basal Body Temperature

1. Prior to going to sleep, shake down the glass mercury thermometer to below 35° C (95° F). Place it next to your bed. A digital (automatic) thermometer may also be used for this test. Digital thermometers tend to be more temperamental than glass mercury thermometers. To ensure accuracy, take a series of three repeated readings. If the readings are within 0.1, then the thermometer may be used for the test.
2. On waking, without getting out of bed or moving about, place the thermometer in the centre of your armpit. It is best to lie still with your eyes closed while taking a reading. For glass mercury thermometers, leave the thermometer in your armpit for 10 minutes. For digital thermometers, record your temperature when it beeps. Proper positioning of the digital thermometer in your armpit is important. Improper positioning may result in temperature readings below actual value.
3. Men and post-menopausal women: Record the temperature for at least seven mornings. Preferably at the same time of the day.

Menstruating women: Record a temperature reading each morning of a complete month, beginning any day in the month. Indicate the days of your menstrual period.

4. Record the results on the graph.

#### Core Temperature

Take your temperature 3 times at 3 hour intervals, and average the results. Plot the resulting average temperatures on the graph.