Axillary Temperature Test

(Barnes Test)

1. Use an oral thermometer that has been shaken down to below 95^{o} F and place on your bedside stand before going to sleep at night.
2. On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with your eyes closed is best. Do not get up until the test is completed.
3. After 10 minutes, read and record the temperature and date on the form below.
4. Record the temperature for at least 3 mornings (preferably at the same time of day) and bring the information back to Berglund Chiropractic Clinic. (If there is a great fluctuation in temperatures, you may want to get more readings to get a more accurate assessment.) Women who are still having periods should perform the test on the second, third and fourth days of your period. Men and post-menopausal women can perform the test at any time.

Temperature																												
Date																												

Add all of the temperatures together and divide them by the number of days you had a temperature reading.

Normal Range = 97.6 to 98.2

Hypothyroidism is any value less than 97.6. Hypothyroidism is characterized by:

- ✓ **chronic fatigue**
- ✓ **dry skin**
- ✓ **sensitive to cold**
- ✓ **cold hands/feet**
- ✓ **low sex drive**
- ✓ **constipation**
- ✓ **puffy/wrinkly skin**
- ✓ **slow reflexes**
- ✓ **excessive menstrual**
- ✓ **tendency toward PMS**
- ✓ **family history of goiters**
- ✓ **gaining weight easily**
- ✓ **chronically stiff joints**
- ✓ **history of infertility**
- ✓ **trouble waking in the morning**
- ✓ **tendency toward depression/apathy**
- ✓ **thinning or loss of outside of eyebrows**
- ✓ **chronic anemia despite adequate iron intake**
- ✓ **sugar causes irritability and mood swings**
- ✓ **chronically sore muscles**
- ✓

Medical treatment of hypothyroidism includes using a synthetic thyroid hormone replacement (T4) but does not provide for the other (more active) hormone, T3. Consequently, patients on Synthroid™ medication may experience a mild improvement in fatigue and memory, but traditionally continue to be plagued with the remaining hypothyroid symptoms. The condition, **subclinical hypothyroidism**, is characterized by normal blood thyroid levels, along with overt hypothyroid signs and symptoms.