

### **Basal Temperature and Resting Pulse Tests To Measure Thyroid Function**

The measurement of body temperature determines sub-clinical hypothyroidism which does not show up in the standard thyroid blood chemistry test. Basal temperature and resting pulse reveals the basic function of the thyroid (its ability to regulate the metabolic furnace of the body to create heat or control temperature).

Your basal temperature which is the lowest temperature attained by the body during rest, usually during sleep can be measured immediately after awakening. Note that temperature measured at the time of ovulation in women is somewhat higher by one-half to one whole degree in Fahrenheit. Take your digital thermometer with you to bed and set it next to you in an easily reachable spot so temperature can be taken right away under the arm, in the arm pit (axillary temperature) without the need to get up. Do not sleep with excess blankets, an electric blanket, or a room over the temperature of 65 degrees. A consistent reading of 97.6 or below means low thyroid function! Above normal range may indicate infection or an over active thyroid. The normal range fluctuates slightly during the day. Assuming you sleep at night and are active/alert during the day, a normal range 97.7 to 99.5 should be between the time of 10 am and 6 pm. From 2am to 6am temperature falls to around 97.5. Remember within 24 hours of ovulation temperature increases due to an elevation in progesterone. Temperature could also indicate progesterone and estrogen hormone levels. Progesterone raises temperature as well as blood pressure, and estrogen dominance decreases body temperature and blood pressure. Do not attempt this testing during ovulation! During illness the thyroid is also inhibited. Anti-depressant drugs and anti-anxiety drugs will cause an abnormal rise in your oral temperature, altering this test.

Another good indicator of low thyroid function is resting pulse. Take your resting pulse (laying down in a calm environment for fifteen minutes and after eating by two hours). Measure your resting pulse for three days and compute the average. The healthy resting pulse should be about 85 beats per minute (the national average is around 72); but if your pulse is

less than 80, you may have an underactive thyroid. Children have a pulse greater than 100 until around the age of eight when the pulse slows down to around 85. The idea of a slow pulse being healthy is folklore. Some low thyroid people have a high pulse of over 100 beats per minute due to excess adrenaline. These people will have trouble monitoring their temperature because it may not be consistent. The most critical thing to remember is to take pulse at least two hours after eating or drinking anything but water, do not be talking to anyone during the duration of testing, and lay down comfortably with a writing utensil, paper, and timer (no sound, so as not to trigger adrenaline on the second reading). You must lay still for fifteen minutes in order to take a RESTING PULSE!

**Measure radial pulse (wrist) or carotid pulse (neck):**

- Radial Pulse – Place the tips of your index finger and third finger gently on the thumb side of either one of your wrists. You will feel the beats and with the help of a clock, measure the pulse for 15 seconds. Remember the number as you immediately start recounting. Multiply both results by 2 and record.
- Carotid Pulse - Place your index finger tips and third finger tips below your jaw, along the windpipe and throat. Hold it gently using the fingertips of first and second finger. Then with the help of clock measure the pulse for 15 seconds. Remember the number as you immediately start recounting. Multiply both results by 2 and record.

Oral Temperature a.m., before rising 98° F (optimum). Oral Temperature During Day between 11 a.m. and 3 p.m.

98.6°-99° F and not > 100° F (optimum):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Average Temperature \_\_\_\_\_

Resting Pulse when not eating 85 beats per minute (optimum):

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Average Pulse \_\_\_\_\_

Another easy way of detecting an underactive thyroid is taking a resting pulse sitting then lay down and take it again after having laid for one minute thirty seconds. If your pulse while sitting is lower than your pulse laying; then you may have low thyroid function.

The fourth test is also a good indicator for thyroid function and the need for iodine. Use Providone iodine (the dark stuff) to dot on with a Q-tip a postage stamp sized rectangle on the soft skin of your forearm. Fill it in gently, dotting the iodine until the rectangle is filled in. The test is to see how long the iodine stains the skin. If it stains it for 24 hours, there is no need for additional iodine. However, if it soaks in (sometimes within a few minutes for some people, and others a couple of hours) then continue dotting on the iodine. You should start on the wrist and move up the inner arm each day. This provides a new area for the iodine so it doesn't accumulate in the skin in as if it would if applied to the same area for a few consecutive days. Within a week you should be up to the elbow in applying the iodine, then move back down the arm. You can keep applying this until it stains your skin for 24 hours or you can get some pure iodine (that is clear) and conveniently spray it on. If you use the spray on technique, use the dark providone iodine once a month to test the need for it. Through the skin is the best way to take iodine. Because iodine is a strong anti-bacterial, it kills the good as well as the bad bacteria in the gut; so, it is not advised to take orally.



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