

# Axillary Temperature Test

## Background of Test

The current medical diagnosis of hypothyroidism measures the amount of T3, T4, Free Thyroxine, and TSH levels in your blood at the time it was taken. Many people with normal levels of these thyroid hormones can be in a functionally low-thyroid state. The body is unable to effectively utilize these thyroid hormones. The Axillary Temperature Test provides a simple and accurate method to measure how efficiently your body utilizes these thyroid hormones by measuring the thermogenic energy.

## Instructions

- Use the digital basal thermometer provided to you.
- Place it next to the bed where you can easily reach it without moving too much.
- Upon waking, before doing anything (going to bathroom, stretching, talking, etc.) and with the thermometer in the “off” position, **place the thermometer in your armpit for 2 minutes.**
- After 2 minutes in your armpit, turn it on, and wait for it to beep.
- Record the temperature and time of the test below.

**Date:**

**Time:**

**Temperature:**

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**Optimum average temperature range: 97.8-98.2**