Basal Body Temperature to Analyze you Thyroid and Adrenal Function

**To test your BTT to analyze thyroid:**

1. Get an old-fashioned mercury thermometer or [**Galinstan**](http://amzn.to/2m4aQ7e) and put it by your bedside.
2. Shake it down to 95 degrees F (35 degrees C).
3. Upon arising in the morning, before you get out of bed or eat or drink anything, put the thermometer deep in your armpit for 10 minutes and record the temperature.  Be sure to place it against your skin with the tip facing up into the armpit region.
4. This process allows you to measure your lowest temperature of the day.
5. The temperature should be taken for 4 consecutive days.

\*If you are using an oral thermometer in the mouth for this, you must realize that the oral temp is typically about a ½ degree higher.  So be sure to subtract ½ degree from your result to make it closer to your underarm temperature. If using the Galinstan or mercury thermometer in your mouth…leave it in for 5 minutes.

**To test your BTT to analyze cortisol levels throughout the day:**

1. 3 Hours after waking
2. 3 Hours after that (6 hours after waking)
3. 3 Hours after that (9 hours after waking)
4. Take these 3 temperatures and add them up and divide by 3 to get your daily average temperature (DATS).
5. Do this for 5 days and analyze the results of each day. If any of the day’s temps are more than .2F (or .1C) off from another, it may be a sign of adrenal dysfunction.

We don’t want to test in the evening or at night because cortisol should normally be low at that stage.  Cortisol should be at its highest in the morning and slowly taper down as the day goes on.