

Andrea Bayles

THE NUTRITION EXPERT

BRODA BARNES TEST

This is a simple temperature test developed by Broda Barnes which can be used to test your own thyroid.

INSTRUCTIONS:-

1. Shake out a thermometer (a mercury thermometer is fine but there are some great electronic ones on the market now which bleep when ready) and keep it by your bed.
2. When you wake up in the morning, and **before getting up**, put the thermometer under your arm and lie there for 10 minutes.
3. Your temperature should read 36.5 – 36.7°C (97.7 - 98°F).
4. Do this for 3 days.
5. For women, if you are menstruating, ie not post-menopausal, take your temperature on the 2nd, 3rd and 4th day of your cycle as your temperature rises after ovulation so will not give an accurate picture.
6. If your readings are below 36.5°C/97.7°F, take it again for a longer period and keep a note of the readings – say for about a week.
7. Low temperature indicates low or under-functioning thyroid.