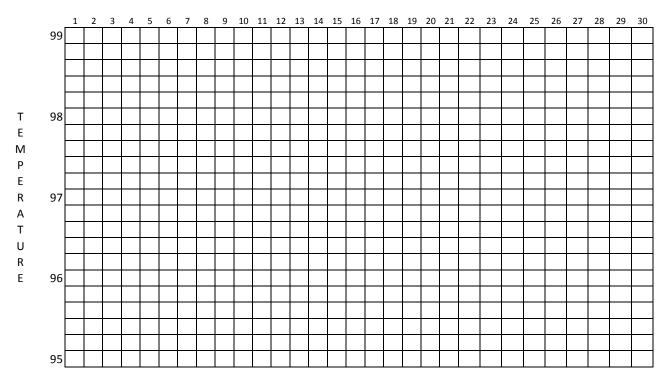
## **BASAL BODY TEMPERATURE CHART**

- 1. Take your temperature the very first thing in the morning before you move around or get up. Make sure you use a mercury thermometer and that you shake it down the night before.
- 2. Take the temperature in your armpit. Leave the thermometer there for ten minutes.
- 3. Indicate the first day of your menstrual cycle by circling the point.
- 4. Indicate the end of your menstrual cycle by placing and "X" through the point.



## **TESTING FOR HYPOTHYROIDISM**

Basal body temperature: See preceding discussion.

- **Achilles tendon reflex:** There is a device that will measure the speed of the Achilles tendon refles. If the reflex is sluggish, it is an indication of low thyroid function.
- *Tenderness of the Chapman Reflex:* The Chapman Reflex for the thyroid is at the 2nd intercostal space near the sternum

*Tenderness along the costal-sternal joints:* is an indication of low thyroid function.

Laboratory tests: Thyroid profile. Some laboratories offer an R-T3 test, testing for active hormone.