

Basal Body Temperature Chart

Your body temperature gives an indication of your body's metabolism (the rate at which each cell in the body converts food into energy. A low temperature indicates a sluggish metabolism or "hypometabolism." Most of the time, low body temperature occur because the body cannot maintain a normal temperature even though the body thermostat may call for more heat.

A number of conditions can be responsible for low body temperature. Low thyroid function may be the cause. Thyroid blood tests are helpful, but they do not always give the information needed for treatment. Other causes include deficiency of vitamins, minerals or calories and chronic allergies.

Since most infections or even cancer can elevate basal body temperatures, a normal reading does not rule out a sluggish metabolism. On the other hand, it is an easily-performed procedure which you can do at home and may help an overall management of health. It is up to you to do it right. Please do not use an electric blanket; it can artificially elevate body temperature.

The basal body temperature can indicate improvement or lack of progression in treatment. Get to know your body temperature like a friend. Follow your temperature as an index of how well you are doing.

Five simple steps

1. Obtain a thermometer to record your body temperature. Before retiring to bed the night before you do this test, thoroughly shake down the thermometer and place it on your bedside table. To remain in a basal state, you should avoid any unnecessary movements when taking your temperature. It should be easily reached with a minimum of effort.
2. Take your temperature first thing in the A.M. upon awakening. The temperature is taken by placing the thermometer snugly in the armpit. It must be kept there for at least 10 minutes. This must be done by watching the clock to make sure it is a full 10 minutes.
3. Repeat this procedure for at least 15 days. As there may be some daily variation, it is best to get a series of readings for more accuracy.
4. Enter each day's temperature on the graph provided by placing him a dot on the appropriate spot. Join the dots to make a curve. Make extra sheets to continue the graph if you wish.
5. Enter comments on the graph to indicate days of menstruation if applicable. Such as M1 for the first day, M2 for the second, etc. Other notable events may be listed.

In women, particularly, there may be a variation in temperature during different phases of the menstrual cycle. It is ordinarily slightly higher at mid-cycle during ovulation (10 - 13 days prior to an expected period). Reading obtained 2nd, 3rd, and 4th day of a menstrual period would most reveal a sub-normal body temperature.

If accurately measured, basal body temperatures, which consistently run below 97.8 degrees are highly suggestive of a hypo-metabolic state. The normal range is 97.8 to 98.2. Temperatures that vary widely from day to day, are indicative of the need for thyroid as a general rule. This is helpful once treatment is started since dosage is best titrated to the individual to keep it within that range. If it goes over that range and is not due to other causes, a reduction in dosage may be indicated.