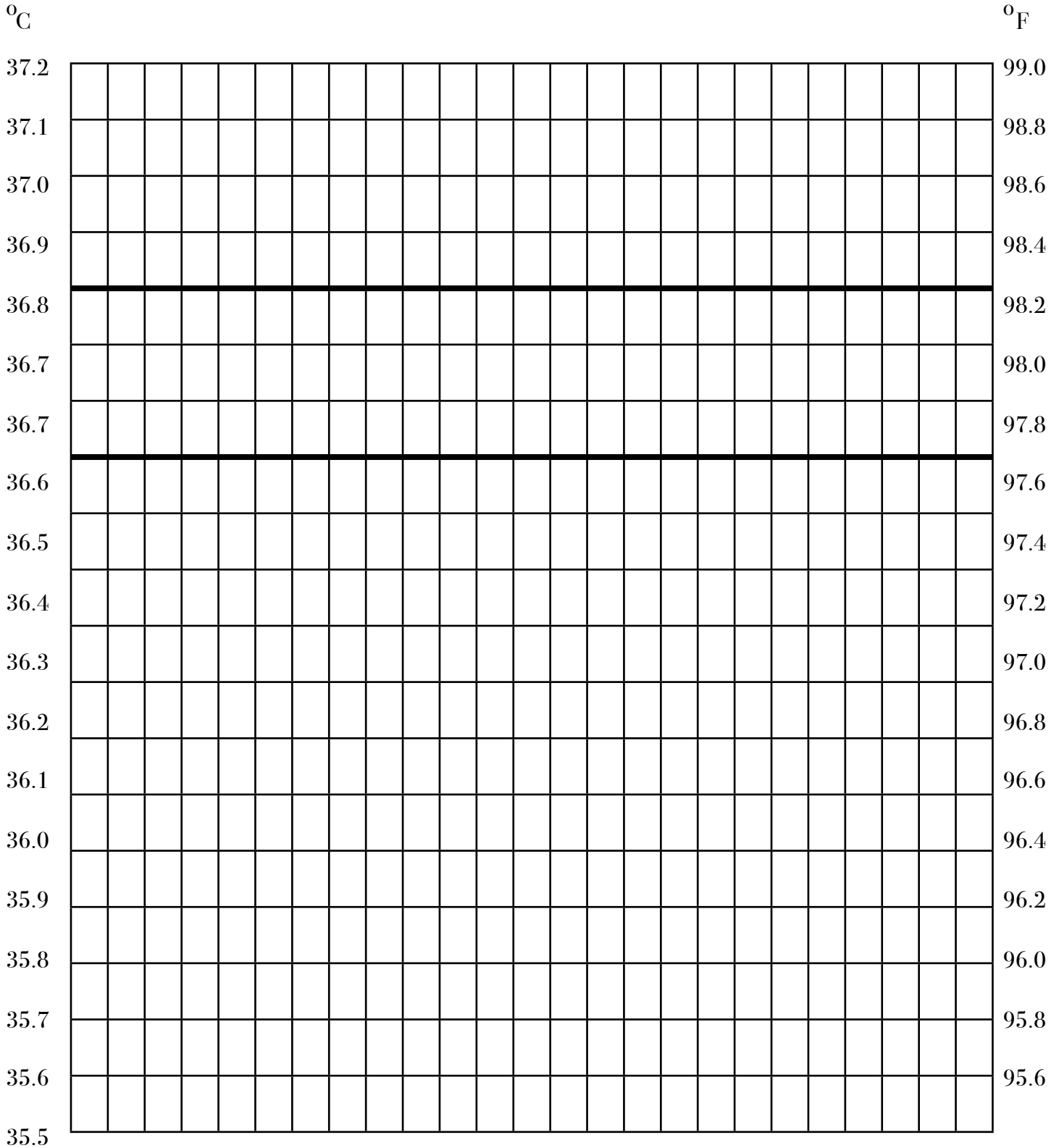


Barnes Test for Thyroid Function

Instructions overleaf



Barnes Test for Thyroid Function Instructions

1. Immediately upon waking take your temperature. Ideally this is under your arm with an appropriate type thermometer. You could use a modern digital type which takes it in the ear. It is important to remain still and quiet to get an accurate reading.
2. Note your temperature and plot onto the graph.
3. Try and do this at the same time each day.
4. Test for at least five consecutive days.
5. Men can check on any 5 days, women who are menstruating should include day 2,3 and 4 of their period.
6. Your temperature should fall between the two thick black lines. When below it indicates a slow metabolic rate and possibly under active thyroid.

If you seem to have an under active thyroid you may have other symptoms that include;

- tiredness
- feel cold often or intolerant to cold
- sluggish bowel / constipation
- weight gain, difficulty losing weight
- coarse dry hair
- hair loss, especially outer third of eyebrow
- muscle cramps and aches
- depression / irritability
- abnormal menstrual cycle
- decreased libido

Not all off these symptoms are just down to low thyroid function though, there could be many other reasons, including adrenal fatigue induced by stress, there is an adrenal questionnaire also available for download from www.christianbates.co.uk. If you do show lower temperature readings on this test you may want to investigate further natural treatment including foods plans and supplements to help this condition. Christian Bates is a registered osteopath, naturopath and Certified Metabolic Typing® Instructor. More information is available on his approach to health at the above website.