

HYPOTHYROIDISM

The subjective indications of primary and secondary thyroid hypo-function are many and varied, generally three or more of the following will be present:

- Morning headaches that wear off as the day progresses (most common).
- Increase in weight even while on a low-calorie or low fat diet.
- Overly sensitive to cold weather.
- Dry or brittle hair, hair falls out easily.
- Dry or itching skin
- Reduced initiative, mental confusion, poor memory.
- Ringing in the ears associated with decreased blood pressure and/or slow pulse rate (adrenal hypo-function should also be considered).
- Poor circulation, joint stiffness, numbness in hands and feet.
- Low axillary temperature (Barnes Thyroid Test).
- Muscle cramps while at rest.
- Catches colds and other viral/bacterial problems easily and has difficulty recovering from the problem.
- Wounds heal slowly.
- Requires an excessive amount of sleep to function normally.
- Chronic digestive problems (hypochlorhydria).
- Edema, especially facial (myxedema).
- Loss of the outside portion of the eyebrows.
- High Cholesterol
- Constipation

Important guidelines to follow:

- 1) Drink pure water only – no Fluoride, chlorine or well water.
- 2) Avoid RAW foods in cabbage family (cabbage, broccoli, cauliflower, brussel sprouts).
- 3) Avoid millet, soy and walnuts.
- 4) No refined carbohydrates, processed foods, dairy products or hydrogenated oils.

ORAL TEMPERATURE & RESTING PULSE TESTS

Name _____

Date _____

There is considerable evidence that serum tests for hypothyroidism (low thyroid function) are insensitive and inaccurate. Broda Barnes, M.D. who **Hypothyroidism, An Unsuspected Illness**, measured the body temperature to determine sub-clinical hypothyroidism which does not show up in standard thyroid blood chemistry test. This is based on a test of a basic function of the thyroid: its ability to regulate the metabolic furnace of the body – to create heat or control temperature.

INSTRUCTIONS: Use only an oral thermometer, either basal or digital. Before arising each morning, take your oral temperature. If you sleep under lots of blankets or use an electric blanket, get up before you take your morning temperature. It should be 98.0 degrees F. Women should do this test during menses to avoid the rise in basal temperature during ovulation. An oral temperature of less than 98.0 in the morning suggests low thyroid function. During the day (between 10am and 8pm) your oral temperature should be 98.6-99 degrees and not over 100 degrees Fahrenheit. Your oral temperature should be optimum 20-30 minutes after eating. If it's low then, it will get worse as night falls. Forget this test when you are sick, because your thyroid function will decrease. Also, anti-depressant drugs and anti-anxiety drugs will cause an abnormal rise in your oral temperature, invalidating this test.

RESTING PULSE: The resting pulse should be 85 beats per minute. Most hypothyroid people are lower than this. In some cases, a hypothyroid person will have a high pulse (greater than 100) due to excess adrenalin. These people will have trouble monitoring their temperature because it will not be consistent.

ORAL TEMP
am, before arising
 98.0 degrees F(optimum)

ORAL TEMP DURING DAY
between 11am and 3pm
 98.6-99.9 degress (opt)

RESTING PULSE
when not eating
 85 beats per minute

Avg T= _____

Avg T= _____

Avg Pulse= _____