

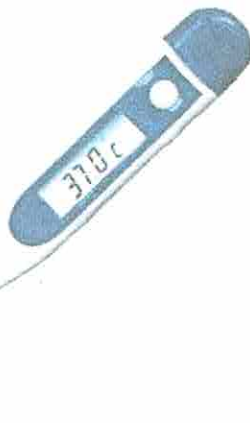


Wellbeing Exercise 12 – Thyroid Temperature Test

The Temperature Test can literally be the key to your recovery

According to endocrine specialists a good a good way to determine at home yourself (And what they will ask you to do before an appointment) is take your temperature as soon as you wake up in the morning before you get out of bed, & before you go to sleep at night, as well as your pulse rate. Do this for a week and record your results.

37° is the normal body temperature
80bpm is the average resting pulse rate



Day Of The Week	Pulse Rate		Temperature	
	AM	PM	AM	PM
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

1. If your temperate is regularly lower than 37° you may want to consider looking into finding an endocrine specialist in your area.

See the recommendations on our home page for Dr Barry Durrant Peatfield's Book you can click on the link.

2. A good source of information and possible source for a doctor is www.thyroiduk.org