

How to Measure Your Temperature

1. Use an accurate thermometer.
 - A high quality digital thermometer is convenient and accurate and may be the best choice for you. You can also use a glass thermometer, which is accurate.
 - The BD Digital Accu-Beep Thermometer is highly rated by Consumer Reports.
 - Watch for damage or low battery, which make digital thermometers inaccurate.
 - Ensure that thermometer you are using is giving accurate data by checking it against a glass thermometer or trusted digital.
2. Use optimal thermometer technique.
 - Place the thermometer as far under your tongue as it will go, to either side of center. Positions further forward give inaccurate readings.
 - Close your lips around the thermometer and breathe through your nose.
 - Hold the thermometer in position with your hand. Do not bite the thermometer.
 - Wait until the thermometer beeps to indicate the reading is complete.
 - Immediately repeat the reading. If two temperatures taken one after another differ by more than 0.1 degree, keep measuring until the results agree exactly or within 0.1 degree. Record the final reading.
3. Measure temperatures away from eating, drinking or extra activity.
 - Wait 15-20 minutes after eating or drinking, exercising, taking a shower, or smoking before taking your temperature. Wait one hour after taking a hot bath.
 - Women, avoid measuring at ovulation or three days prior to your period.
4. Measure your temperature three times per day.
 - Take your first temperature 3 hours after you get up for the day.
 - Take your next temperature 6 hours after you get up for the day.
 - Take your next temperature 9 hours after you get up for the day.
 - For example, if you rise at 6 am, measure your temps at 9 am – 12 noon – 3 pm.
 - Readings are still useful even if the timing is not perfect.

How to Measure Your Blood Pressure

- Use a blood pressure cuff that goes around your upper arm, not forearm or wrist, and be sure the cuff is the right size for your arm. Example: Omron Automatic Inflation Blood Pressure Monitor HEM-712C.
- Measure your blood pressure when you wake in the morning. Follow the directions that come with your set.
- Measure blood pressure with you arm resting on a level surface at the level of the heart.
- Digital models read pulse as well as blood pressure.

How to Measure Your Pulse

- Measure your pulse (heart rate) when you wake in the morning.
- Use your blood pressure equipment to read your pulse. Alternatively, feel for your pulse at your wrist or throat. Count the number of beats in 15 seconds and multiply by four.

How to Measure Your Body Weight

- Body weight carries an emotional charge for many people, but is an important tool. Please record your weights faithfully along with your other vital signs.
- Weigh yourself first thing when you get up, after urinating and defecating but before ingesting anything.
- Weigh yourself repeatedly until you get the same result twice in a row, and record that result.
- If careful repeat measurements vary by more than ½ pound, you should get a new scale.

Record Your Data in the Vital Signs Calculator

1. Type your name and the first date of your 3 day set in the orange cells.
2. Type your pulse, blood pressure, weight and temperature data in the yellow cells.
3. Type your adrenal steroid and thyroid doses if any in the rose cells.
4. Type notes in the gray cells.
5. The sheet will automatically calculate averages and variability of your measurements.
6. Save the completed file to your computer, attach a copy to an email, and send it to me at mgedde@natural-hormone-balance.net.