

BARNES THYROID TEST

This test was developed by Dr. Broda Barnes, M.D. and is a measurement of the underarm temperature to determine hypo and hyperthyroid states. The test is conducted by the patient in the under your arm for 5 minutes then turn your machine on; continue on for an additional 5 minutes. When using a regular one, shake down the night before.

You can do the following test at home to see if you may have a functional low thyroid:

Use an oral thermometer or a digital one. When you use a digital one, place the probe under your arm for 5 minutes then turn your machine on; continue on for an additional 5 minutes. When using a regular one, shake down the night before.

PRE-MENSES FEMALES AND MENOPAUSAL FEMALES
Any two days during the month

FEMALES HAVING MENSTRUAL CYCLES
The 2nd and 3rd day of flow OR any 5 days in a row.

MALES
Any 2 days during the month.

Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____
 Date: _____ Temperature: _____

(TO BE COMPLETED BY DOCTOR)

Postural Blood Pressure: Recumbent _____ Standing _____ Pulse _____

Hema-Combistix Urine readings: pH _____ Albumin per cent _____ Glucose per cent _____

Occult Blood _____ pH of Saliva _____ pH of Stool specimen _____ Weight _____

Hemoglobin _____ Blood Clotting Time _____

GROUP EIGHT		FEMALE ONLY		MALE ONLY	
173 - 1 2 3	Muscle weakness	200 - 1 2 3	Very easily fatigued	213 - 1 2 3	Prostate trouble
174 - 1 2 3	Lack of Stamina	201 - 1 2 3	Premenstrual tension	214 - 1 2 3	Urination difficult or dribbling
175 - 1 2 3	Drowsiness after eating	202 - 1 2 3	Painful menses	215 - 1 2 3	Night urination frequent
176 - 1 2 3	Muscular soreness	203 - 1 2 3	Depressed feelings before menstruation	216 - 1 2 3	Depression
177 - 1 2 3	Rapid heart beat	204 - 1 2 3	Menstruation excessive and prolonged	217 - 1 2 3	Pain on inside of legs or heels
178 - 1 2 3	Hypert-irritable	205 - 1 2 3	Painful breasts	218 - 1 2 3	Feeling of incomplete bowel evacuation
179 - 1 2 3	Feeling of a band around your head	206 - 1 2 3	Menstruate too frequently	219 - 1 2 3	Lack of energy
180 - 1 2 3	Melancholia (feeling of sadness)	207 - 1 2 3	Vaginal discharge removed	220 - 1 2 3	Migrating aches and pains
181 - 1 2 3	Swelling of ankles	208 - 1 2 3	Hysterectomy/ovaries removed	221 - 1 2 3	Tire too easily
182 - 1 2 3	Diminished urination	209 - 1 2 3	Menopausal hot flashes	222 - 1 2 3	Avoids activity
183 - 1 2 3	Tendency to consume sweets or carbohydrates	210 - 1 2 3	Menses scanty or missed	223 - 1 2 3	Leg nervousness at night
184 - 1 2 3	Muscle spasms	211 - 1 2 3	Acne, worse at menses	224 - 1 2 3	Diminished sex drive
185 - 1 2 3	Blurred vision	212 - 1 2 3	Depression of long standing		
186 - 1 2 3	Loss of muscular control				
187 - 1 2 3	Numbness				
188 - 1 2 3	Night sweats				
189 - 1 2 3	Rapid digestion				
190 - 1 2 3	Sensitivity to noise				
191 - 1 2 3	Redness of palms of hands and bottom of feet				
192 - 1 2 3	Visible veins on chest and abdomen				
193 - 1 2 3	Hemorrhoids				
194 - 1 2 3	Apprehension (feeling that something bad is going to happen)				
195 - 1 2 3	Nervousness causing loss of appetite				
196 - 1 2 3	Nervousness with indigestion				
197 - 1 2 3	Gastritis				
198 - 1 2 3	Forgetfulness				
199 - 1 2 3	Thinning hair				

TO THE PATIENT: Please list below the five main physical complaints you have in order of their importance.

1. _____
 2. _____
 3. _____
 4. _____
 5. _____