

DATE _____

Chiropractic Nutrition for the
Barnes Thyroid Test

The purpose of this test is to record your temperature on waking. You will need a basal thermometer (mercury is ok) and a clock close to your bed to time the test.

Patient Name _____

Re-evaluation Date _____

BARNES THYROID TEST	TIME	TEMPERATURE
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		

Recording Underarm Temperature in the A.M. for 5 Days

1. Shake down thermometer and position clock the night before.
2. Don't get up or expend any energy before recording your temperature.
3. Place thermometer in left armpit next to skin for exactly 10 minutes.
4. Record your temperature.