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## About Body Temperature:

Body temperatures are normally lower in the morning, higher in the afternoon, and lower again in the evening. So if the temperatures are low during the day when they're supposed to be at their highest, that's better evidence that there may be a problem.

## How to Measure Body Temperature:

- By mouth with a thermometer
- Every 3 hours
- 3 times a day, starting 3 hours after waking
- For several days (not the 3 days prior to the period in women since its higher then) for diagnosis.

For each day, add the 3 temperatures together and divide by 3 to get the average. Log temperatures on sheet provided.

**Note:** Some people believe that moving the thermometer around in the mouth very much can increase blood flow to the area and affect the temperature reading. It seems prudent to be mindful not to move the thermometer unnecessarily much.

## What kind of thermometers should be used?

**Digital thermometers** are very fast and convenient but can easily become inaccurate from:

- dropping them from 4 inches or more
- low batteries
- exposure to water or humidity

When they become inaccurate they can still give a reading, it just won't be right. There's no way of knowing whether the reading is correct or not. Sometimes, a digital thermometer will show one reading one minute and another the next.

**Mercury Thermometers** are very consistent and they hold their readings. Mercury thermometers can take longer (it's good to leave them in for around 7 minutes). They are also being phased out of the market because of environmental legislation and are becoming harder and harder to find. The concern is that when the thermometers are broken the liquid spills out and some mercury vapor gets into the atmosphere, finding its way into the food chain.

There are some new **Liquid metal thermometers** (not mercury) on the market that are good. They provide accurate readings in only 3 minutes.

**Glass Alcohol thermometers** are very consistent but frequently don't hold their readings. They usually contain a red liquid. These thermometers are fine as long as you read them right away.