

How to chart your Basal Body Temperature

Our hormone levels change during our cycles and our temperatures change along with the hormones. In the first half of the cycle – from menstruation to ovulation – estrogen is high and the temperatures stay low. At ovulation, the temperatures rise along with progesterone, demonstrating that you have ovulated. The temperatures remain elevated during this phase. If you are not pregnant, the temperature will drop when your period comes. If you are pregnant, the temperatures remain high.

A healthy chart demonstrates this bi-phasal pattern, is smooth and temperatures are maintained after ovulation. We will work on correcting any imbalances with acupuncture, herbal medicine and other methods until your charts have stabilized, demonstrating that your fertility has improved.

So, you can see that charting your basal body temperature is important because we can learn about your cycles and make choices about your treatment accordingly. From the Chinese medicine perspective, we can correlate the fluctuations in your charts with the vital fluids (yin, yang, qi, blood) and will prescribe herbs and choose acupuncture points accordingly.

Here's how you can get started:

1. Buy a basal thermometer which is a specific type of thermometer which registers temperatures between 96-100 degrees at 1/10 or 1/100 increments. You can buy one at your local drugstore or online.
2. Use the BBT chart on page two of this document and put the thermometer, the chart and a pen next to your bed.
3. Take your temperature every morning (after at least 3 hours of interrupted sleep) before you get out of bed or do *anything*. This is a resting temperature. It is best to do so at the same time every morning. It is ideal to start on the first day of your period (cycle day 1), but for the first month, you may start on any cycle day – just be sure to note the temperatures on the correct cycle day on the chart.
4. The charts have space for you to include notes such as cervical mucus and other fertility signs. The more you can include the better.

Get started as soon as possible – you can get more details later.

Please refer to Taking Charge of Your Fertility by Toni Weschler or www.babyhopes.com for more detailed information.

If you prefer to chart your temperature online, you can do so at www.fertilityfriend.com

