



MULLEN NATURAL HEALTH CENTRE

Sympto Thermal Chart for One cycle - Recording information and Instructions

Temperature must be recorded first thing in the morning before getting out of bed at a similar time each morning for results to be accurate. As ovulation occurs, the increase in the production of progesterone generates a greater heat in the body and the basal Body Temperature increases. Temp should drop slightly just before ovulation then rise by 0.5° Celcius, the temperature should stay high until just before or during the menstrual period when it will fall again.

(If ovulation does not occur the temperature will not rise)

Affecting Temperature- any factors which will affect temperature- ie later reading time, illness,

Lunar peak	New Moon	-	NM
(Moon cycle)	Full moon	-	FM
	Quarter	-	¼
	Half moon	-	½

Cervical Mucous – as the oestrogen levels rise as ovulation is approached the mucous will become more profuse, thinner, wetter and clearer.

When oestrogen levels peak just prior to ovulation the mucous will become jelly- like and can be stretched between the fingers (similar to egg whites).

