



# What your temperature means

\*Degrees Celsius

- 35.0 to 36.5 is a slower metabolic basal rate, can signify slow Thyroid
- 36.6 to 37 is a healthy metabolic basal rate, signifies a healthy Thyroid
- 37.1 to 37.4 is an above average or fast metabolic basal rate, can signify an overactive Thyroid (in some)
- 37.5 to 38.5 can be indicative of a low grade fever
- 38.6 or above is a fever and your body is fighting something, go see your doctor!