



What your temperature means

*Degrees Celsius

- **35.0 to 36.5 is a slower metabolic basal rate, can signify slow metabolism, slow thyroid, under eating, over fasting and adrenal fatigue.**
- **36.6 to 37 is a healthy metabolic basal rate, signifies a healthy metabolism and thyroid.**
- **37.1 to 37.4 is an above average or fast metabolic basal rate, can signify a fast metabolism or overactive thyroid (in some).**
- **37.5 to 38.5 can be indicative of a low grade fever and generally nothing to worry about, let it run its course.**
- **38.6 or above is a fever and your body is fighting something, go see your doctor!**