

BBT	Signs/Symptoms	Diagnosis	Treatment
Low follicular phase	Lethargy, weight gain, sensitivity to cold. Hypothyroidism. BBT temps below 96.8F.	Generalized Yang Def (Sp & Ki Yang Def)	Warm Yang throughout cycle
Long follicular phase		Deficiency of Ki Jing, Ki Yin and/or Blood Qi Stagnation Shen or Heart disruption	Nourish Blood, reinforce Ki Jing and Yin after period
Short follicular phase	Follicular phase 9-10 days	Heat, usually Yin deficient Heat	Clear Heat and nourish Yin from early in the cycle
High follicular phase	May have a fast heart beat, feeling of agitation, insomnia or weight loss (hyperthyroidism). Cervical mucous that is scanty, too acidic or has antisperm antibodies. Endometrial lining may be too thin or dry.	Internal Heat, usually Yin deficient Heat	Clear Heat and nourish Yin from early in the cycle
High follicular phase, initially	Possible endometriosis	Failure of Yang transforming to Yin	Promote Ki Yang to Yin transformation, regulate period
Unstable follicular phase	Temps vary by more than 0.2 or 0.3 degrees (note fever, lack of sleep and alcohol can all use unusually high BBT)	Liver and/or Heart Fire	Clear Liver and/or Heart fire, calm the mind
Short luteal phase	Very short – 5-6 days Too short – 8-10 days	Very short – Ki Yang Def arising from Ki Yin Def Somewhat short – Ki Yang Def	Supplement Ki Yin in the follicular phase to create Yang in the luteal phase Boost Ki Yang in luteal phase * Clomid can be effective for lengthening & raising the luteal phase temps
Low luteal phase	Temp should rise 1 degree F and maintain for 12-14 days	Ki Yang Def	Nourish Ki Yin & Blood, boost Ki Yang in the luteal phase
Unstable luteal phase	Sawtooth – temp rises adequately but drops and rises over the course of the luteal phase. Saddle – sudden plunge 7 DPO d/t surge of estrogen	Instability of Heart & Liver Qi with Ki Yang Def. If there are high peaks in the sawtooth pattern there is Liver Fire. Saddle more an effect of lack of firm Ki Yang	Regulate Liver/Heart Qi, calm Liver Fire, boost Ki Yang by Nourishing Blood

Slow rise luteal phase	Takes several days (>3) for temp to rise.	Ki Yang Def combined with Sp Qi and Yang Def	Reinforce Ki Yin after period, invigorate Sp Qi from early midcycle and boost Ki Yang in luteal phase
Early decline luteal phase	Temp drops rapidly from post ovulation peak (period does not come early)	Ki Yang Def with Sp Qi Def (lack of Sp Qi integrity may cause premenstrual spotting)	Invigorate Sp Qi and boost Ki Yang in luteal phase