

# EAST-WEST HEALTH JOURNAL

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## Body Temperature Testing and Pulse Testing

*How you can use these simple methods to test yourself and your children*

One of the most common questions I hear from patients is “how do I increase my immunity.?” This is certainly a cause for concern as we all want to do the best we can to forestall disease. We all have the experience of having a viral or bacterial infection that produces a fever. Did you know that your immune system is working at its most efficient at 101 degrees Fahrenheit? A low body temperature, which most people know is a sign of a slow metabolism, is also a temperature at which our immune system can't be working efficiently. A normal internal temperature of 98.6 degrees Fahrenheit is a good temperature for your immune system to be “on guard,” constantly watching for foreign invaders. So wouldn't it be to our advantage if we could use a simple temperature taking technique to see if there are foods or beverages that would detract from our immune system as well as our metabolism? This is quite easy to do, and best yet, it won't cost you a penny.

To do your temperature testing, start off by taking your underarm temperature first thing in the morning before you get out of bed, and make a note of your temperature. This is called your *basal body temperature*. You can use a simple digital thermometer for this. After you get up, and before eating or drinking anything except water, take your temperature again and make a note of it. This will tell you how mild activity elevates your temperature. Now, drink whatever you normally drink in the morning other than water, wait about 30 minutes and take your temperature again. If it goes lower, that beverage is suppressing your metabolism and making your immunity operate in a less than optimum environment. You can do the same test with any food at any time throughout the day, or even test an entire meal to see if something in your food choices is having an effect.

Some common foods that will create this effect in most people is anything that has sugar, soy (including soy oil and soy lecithin), fruit juices, gluten (the protein found in wheat, rye, barley, oats, spelt, kamut and triticale), syrups of all types and so on. Not everyone reacts to all of these, of course, but you may find it interesting what your body does react to. One can react to foods that are otherwise quite nutritious and healthy for many, such as broccoli. So you can use this technique to find out what your unique food and beverage profile is.

Another way to get this same information is through pulse testing. This

technique was first described in the book *Pulse Testing* by Alfred F. Coca, MD (ISBN-10: 0942637941), and referred to by Doris Rapp, MD, a pediatric allergist, in her books and videos.

"<http://www.drrapp.com>"

To perform this test, sit quietly for a few minutes to let the heartbeat rate slow to a resting rate. Take your pulse and count the number of beats per minute. To quickly accomplish this you can count the beats for 15 seconds and multiply by four. Then select one food or beverage and consume it. Take your resting pulse again 15 minutes later and record the number of beats per minute. A significant increase in your beats per minute, such as maybe 10 or more beats per minute, may indicate some type of reaction to that food, such as an allergy or intolerance. A moderate increase of only a few beats per minute may indicate an increase in basal metabolism, which would be a good thing. A decrease may indicate suppression of metabolism in a similar way that body temperature can go down. Why would this work? Heartbeat rates change in response to a wide variety of circumstances such as the presence of stress hormones and neurological signals. A change in resting heartbeat rate in response to something consumed can be associated with a negative reaction to that food or beverage.

Quite obviously, these tests are not precise since body chemistry is extremely complex and many factors can influence heartbeat rate and temperature, but at least doing these tests gives you some measure of investigating how you or your child's body is responding to the food and beverages consumed.

I hope you find this information useful. Please contact my office if you have any questions.