

Quick Guide to Thermal Balance

Our bodies try to maintain balance for us and allow us to do everything we try to do. One of the factors to balancing our body is heat.

The external environment is a certain temperature and fluctuates throughout the day. Our bodies generally try to keep our core body temperature between about 98.6 and 100.4 degrees. Anything outside of that range can be problematic. Individual parts may go up or down in temperature (inflammation/infection/...)

With a stable internal temperature, the body knows how to adjust for the external temperature. The body can sweat to release heat or constrict the blood vessels to retain heat.

We can consciously help our bodies to maintain our core body temperature within that range.

Food and Drinks

When we eat, our digestive system has to digest the food. It raises the temperature in that part of the body to process the food and extract the nutrients. Foods and drinks that are outside of that temperature range force the body to work harder to process and digest the food.

Chewing food 20-30 times per bite warms (or cools) the food and begins the digestion process. That food is able to be processed much easier by the rest of the digestive system and flows through it much more smoothly.

Starting with food that is in that temperature range means the mouth does not have to warm it up or cool it down.

Some foods are easier to digest than others. Fruit is very easy to digest. Vegetables are relatively easy to digest as well. Meats are much harder for the body to digest. It is easier on the digestive system to have less meat.

Eating more soups and foods that are in liquid form is relatively easier for the body to breakdown.

While the digestive system is working, the entirety of the body is out of balance for that time to process the food. Less energy is available for other things (food coma in the afternoon after lunch). The body can return to balance when it is not processing food. Intermittent fasting is helpful for balance. It is also generally better not to eat late in the evening. This gives another intermittent fasting window from the end of dinner until breakfast in the morning.

Drinking drinks in that temperature range is also easier on the body. Drinks that are cold or hot force the body to warm or cool the liquids. If cold drinks are gulped down, this is particularly bad and shocks the digestive system.