

The Low Body Temperature Syndrome

"Low body temperature syndrome" (LBTS) is a modern day sickness that has attracted attention from medical professionals from all over the world. Many medical experts have documented the dangers of LBTS in their writings.

Naturopathy expert Prof Ishihara Yumi highlighted the danger of LBTS in his best-seller "Sickness from the Cold". The average body temperature of Japanese has fallen by 0.5⁰C in the last 50 years. Increasing the normal body temperature by 1⁰C can improve their immunity by 5-6 times. His research also shows that cancer cells multiply rapidly at a body temperature of 35⁰C.

Renowned world immunology expert Prof Toru Abo further elaborated the dangers of LBTS from the science of immunology. People suffering from depression and cancer usually have low body temperature, usually not more than 36⁰C. For people who are terminally ill with cancer or depression, their body temperature seldom exceeds 35⁰C, and it continues to decrease. Increasing the body temperature will increase the number of lymphocytes and make them active. Hence, they will become more capable of combating the cancer cells. People with LBTS exhibit 'cold hands and cold feet' initially; then the problem changes to experiencing shoulder pain, headache, backache, constipation and eventually spread to the internal organs. He suggests 'bathing in tubs' daily as a simple method of increasing body temperature.

Colonoscopy pioneer Prof Hiromi Shinya further added: People with LBTS are more prone to suffering from bad gene mutations and hence cancer. A drop of 0.5⁰C in body temperature results in a decrease of 35% in their body's immune functions. In his books "Living without disease - Practical (C)" and "The Enzyme Factor (E)", Prof Shinya called upon people to pay attention to this 'new health hazard'. Young girls are the most affected group of people for this sickness.

Renowned Chinese health expert and educator Dr Ma Yueling in her book "Temperature determines Birth, Aging, Sickness and Death" reiterated the danger of LBTS. Apart from echoing the views of the other experts, she also analysed how this sickness affects pregnancy and people suffering from coronary diseases. A fetus obtains its nutrients entirely from the expectant mother. Pregnant women who are suffering from LBTS are likely to have poor blood circulation. As a result, a baby given birth to by a mother with LBTS is likely to be less healthy than another by a normal mother. She advised women who are planning to have babies to start working on their body temperature before their pregnancies. People with LBTS are also more prone to suffering from coronary diseases. Our arteries are clogged with deposits of cholesterol, a kind of fat. At lower temperature, arteries are hardened as fats solidify at a lower temperature. As the body temperature increases, arteries dilate and fats soften. Thus, the chances of suffering from coronary diseases such as stroke decrease.