



# WHAT BBT & PULSE RATES MIGHT BE TELLING US



## LOW TEMP & LOW PULSE

POORLY FUNCTIONING METABOLISM. OFTEN SEEN IN CHRONIC PHASE OF EXHAUSTION. GREAT STARTING POINT WOULD BE TO RUN A HTMA TO ASSESS NUTRIENT STATUS AND WAYS TO OPTIMIZE YOUR THYROID AND ADRENALS

## LOW TEMP & STRONG PULSE

YOU MAY BE IN AN ACUTE STRESS PHASE THAT COULD BE SUPPRESSING YOUR METABOLISM. ADDRESS YOUR STRESS, CONSIDER RUNNING A HTMA AND LOOKING DEEPER AT YOUR THYROID.

## NORMAL TEMP & LOW PULSE

YOUR THYROID AND METABOLISM MAY BE RUNNING OFF THE STRESS OF THE ADRENALS WITH A SIGN THAT THE ADRENALS MAY NEED MORE SUPPORT. LOOK DEEPER AT ADRENAL SUPPORT, CONSIDER A HTMA.

## NORMAL TEMP & HIGH PULSE

YOU MAY BE IN AN ACTIVE STATE OF STRESS POTENTIALLY BURNING THROUGH YOUR NUTRIENTS. ASSESS YOUR CURRENT STRESS LOAD, CONSIDER HTMA.

# OPTIMIZE YOUR METABOLIC RATE



## OPTIMIZING BBT & PULSE RATE

Many are surprised to hear that one of the first places we need to examine is your diet when it comes to optimizing your BBT and pulse rate. Our body needs energy by way of nutrients in order to fuel all biological activity. A lower body temperature and pulse rate can indicate a down-regulation of your metabolism in order to conserve energy for its most vital functions.

## ACTION STEPS

There is a lot you can do to start and support your metabolism. First it is important to explore where your stress is coming from and begin to mediate. Stress can be external (job, family, environmental) or internal (blood sugar dysregulation, infections, dysbiosis). From there you need to explore your macro-nutrient intake and support macro-minerals to begin to nourish your adrenals and thyroid. Believe it or not, many are not consuming enough nutrient dense calories to fuel their body's metabolic needs. In addition, you need to ensure you are getting quality sleep and the appropriate amount of exercise for your body.

There is a lot encompassed in this process and change doesn't happen overnight and that is another reason I like utilizing BBT and pulse rate tracking, as it can show us progress.

## HTMA – A GAME CHANGER FOR HEALTH

If you don't know what a HTMA (hair, tissue, mineral test) is and how it can support your metabolism, then you are in for a treat. This is one of my first line testing with anyone struggling with their metabolism. As we have shared, your metabolism is the chemical reactions in the body's cells that convert your food into energy. This energy fuels every aspect of your body's biochemical reactions and you need a certain amount of calories to fuel this process.

## THE HTMA CAN HELP SUPPORT THIS PROCESS IN MANY WAYS:

- You'll see what's going on with your metabolism and know what foods are best to support you!
- You'll get a recommendation of your protein, carbs & fats ratio, in addition to tools to help you narrow down your exact calorie in-take based on your lifestyle.
- You'll gain insight into your adrenals, thyroid, blood sugar, digestion, heavy metal load and detox capacity.
- You'll get exercises to help you review your stress and at-home ways that you can begin to support your nervous system.
- Option to go a layer deeper and pair this test with corresponding [blood labs](#) that bring great insight into your energy system and inflammation by way of looking at your copper & iron status.

Learn More about HTMA

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