

Low Body Weight

Have your eating habits become imbalanced due to extreme dieting or other unhealthy reasons?

There is the possibility that individuals who are considered underweight could experience the following symptoms due to severe weight loss from extreme dieting, etc.

Weakened bones	stooped posture, easily injured
Weakened muscles	reduced internal organ functions (indigestion, protruding abdomen due to weakened stomach muscles that aren't able to hold the internal organs in their original place, constipation, etc.)
Weakened immune system.....	prone to catching colds easily
Decrease in metabolism.....	easily tired, low body temperature and blood pressure, pale complexion, prone to anemia, skin problems, increase of dark body hair
Abnormal sex hormone secretion ...	can lead to impotence in men, or in women it can cause a variety of problems including irregular or complete loss of menstruation or difficulties in getting pregnant.

A well balanced diet and regular exercise are vital in order to avoid experiencing the above symptoms. If you would like to lose weight, you should make concerted efforts to do so in a healthy manner. Recommended diets:

Obesity: http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Obesity_E.pdf

Eating Disorders (Bulimia • Anorexia)

Within individuals diagnosed as being underweight, there are those who have "eating disorders" that puts them in grave danger. The following are characteristic symptoms of eating disorders:

- Continues to try to lose weight even after attaining their target weight
- Fears gaining weight and avoids food
- Binges on large amounts of food a few times a week for months at a time
- Purging (forcing yourself to vomit by sticking a finger down your throat)
- Use of laxatives to stimulate bowel movement
- Common amongst women in their teens and 20's

The more severe the symptoms become, the more life threatening these diseases are. It is said that the cause of eating disorders comes from not only the desire to lose weight but also stress, anxiety, and other emotional triggers. If you are concerned about the above symptoms or unsure if your weight /health condition is a problem, please stop by the Health Clinic anytime.

A growing number of people are considered underweight and suffer from low body temperatures.

Low body temperature is considered to be a body temperature lower than 35.9°C. Due to the decrease in metabolism, circulation worsens and the body stores up waste and fat.

Contributing factors can include...

- Clothing (mini-skirts, insufficiently dressed for the season, etc.)
- Bad eating habits (insufficient intake of food)
- Living environment (overreliance on your home's heating unit for heat, etc.)
- Lack of exercise, decrease in muscle, etc.

The biggest contributing factor to low body temperature is thought to be due to bad eating habits.

Be careful to not overindulge in too many processed foods!

Humans maintain their body temperature from the energy and heat that we receive from carbohydrates. Vitamins and minerals are needed when turning carbohydrates into energy. If the body is lacking in vitamins and minerals, it is not able to produce energy or heat which results in the body becoming unable to increase its body temperature and lapses into a state of low body temperature. A decrease in the intake of vitamins and minerals can be linked to eating too many processed foods (instant food products, retort pouch foods, sweets, etc.). Insufficient amounts of minerals and vitamins can also be a result of severe, excessive dieting.

Try to eat a balanced diet!

For every 1°C your body temperature rises, your metabolism will increase by 10%. The ideal body temperature for metabolic functions is thought to be between 36.5°C ~ 37.0°C. Try to wear clothing that will keep your lower body warm, eat warm meals and drink hot beverages, and try to maintain a balanced diet.

Diet and Nutrition: http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Diet_and_Nutrition_E.pdf

Exercise in moderation!

Exercising in moderation is of great importance.

Exercise: http://sub1.apu.ac.jp/studentsupport/uploads/fckeditor/advisory/healthcare/Exercise_E.pdf

There are quite a few people who only shower, however, this is also something that can lead to low body temperature. If at all possible, try to end your day with a long soak in the bathtub that will warm your body to the core.

If you have any concerns, please come to the Health Clinic any time.



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