Bob Larsen

A Hole in My Heart

Using our blatantly partially developed frontal lobe, my group decided to do our experiment on the effect of eating as many doughnuts as possible within five minutes. I ate about 1400 calories worth of doughnut holes. Blood pressure, what we were testing, is the pressure put on the walls of blood vessels by blood rushing through it. There are two important parts of explaining blood pressure and most of all its reading, systolic and diastolic. Systolic is pressure on arteries during the heart pumps, and diastolic is in-between. BP is read as S/D. I hypothesized that if I ate massive amounts of doughnut holes, then my blood pressure would rise because of the need to send as much oxygen and nutrients to my stomach to digest it, as well as other organs to deal with excess fat and toxins.

                Since your normal blood pressure is essentially a state of homeostasis, then manipulating your blood pressure can be done by doing anything that interrupts homeostasis and introduces new things for your body to deal with. So normally your body doesn’t have food in it, so basically we put food in it. However since our boy needs food to survive, my group figured that the best way to interrupt homeostasis would be to introduce terrible food that our bodies don’t want or need. We are able to manipulate blood pressure, but that doesn’t make it meaningless, in fact that proves that it is meaningful. When we are in pressure situations or are in abnormal circumstances our body is pushed to its limits and that means that all of our systems need to be running at maximum power. So when we are introducing ourselves to abnormal circumstances we are mimicking the feeling of being cornered by a woolly mammoth, everything is relative.

                During our experiment, my blood pressure rose from 118/80 to 165/105. That is a lot. That cannot be reproduced using the random chance simulator we use for proving the statistical significance of something, making it statistically significant. This data not only supports, but proves the part of my hypothesis that states that my blood pressure will rise, however the parts about why cannot be proven or disproved in this test. Blood pressure is important because it shows how efficient your body is at moving blood throughout your body, or at least how much it is damaging or stressing your body while doing so. My blood pressure results indicate that my resting is healthy, but that my body is terrible at dealing with fatty foods. I can say this with certainty because Reed’s systole only rose by ten compared to my forty. In a nutshell, I am currently healthy, but eating unhealthily is more unhealthy for me than others, or at least Reed. I didn’t mention Gabe here because we never got good readings from him.

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