THE UNIVERSAL FORCE OF TIME

Body Temperature and the Nuclear Bridge

How 36.864 °C ties the G1 register to helium-4 nuclear binding

Stephen Daubney · The Daubney Foundation · 2026 · Rev 4

Tau (T) *is the living fabric of time itself — the sole substance of which all physical reality is composed. Every particle, force, wavelength, and conscious experience is a structured configuration of T-flow. There is no gravity, no electromagnetic force, no strong nuclear force as separate entities: all are registers of the single T-field operating across dimensional levels. The conservation law dΣT=0 governs all change: T is never created or destroyed, only redistributed.*

Abstract

A healthy human body does not run at "about 37 degrees." It returns, again and again, to 36.864 °C — and that number is not noise. Read whole, it is the exact rational 4608/125 = $2^9 \times 3^2/5^3$ (= 512×9 / 125), a pure {2,3,5} value with no π in it at all; read in its decimal, it carries 864 = $2^5 \times 3^3$, the G1 register K-factor that appears throughout T-field physics, from the 86,400-second solar day to the freefall-to-wavelength pipeline. The body holds the lattice node. This paper shows that the same lattice reaches down two registers: the helium-4 binding energy is 28.29421 MeV (800/(9π)), a pure {2,3,5,π} value at the G0 nuclear register, found sitting on the measured 28.29583 MeV to 57 ppm. A dimensional bridge — the 864 step we call K_bio — connects body temperature at G1 to nuclear binding at G0, as the conservation law dΣT=0 demands. The same helium-4 node is fused three-at-a-time in the cores of stars to make the carbon of which all life is built, so the warmth of a body and the furnace of a star are read from one ledger. The clinical fever threshold of 37.0 °C is identified not as a convenient round number but as the G1/G2 register seam, and fever as a selective T-register reset that disrupts a pathogen's G1-adapted address. Seven propositions, P-TEMP-1 to P-TEMP-7, are given.

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1 The precision of 36.864

Take a healthy person's temperature at rest, away from exercise, food, fever or the dip of deep sleep, and you will find it returns to a value the textbooks blur into "about 37 degrees." It is not about anything. The T-field rest point — the temperature toward which a well body is continually drawn back — is 36.864 °C. The clinical range, 36.1 to 37.2, is the weather around that climate; the rest point is the climate.

Now read the number, and read it two ways. Taken whole, 36.864 is the exact rational $4608/125 = 2^9\times3^2/5^3$ $(512\times9\ /\ 125)$ — a pure {2,3,5} value, built from nothing but twos, threes and fives, with no π in it at all. There are very few physical quantities in all of nature that land on so clean a rational; the body's rest temperature is one of them. Taken in its decimal alone, 36.864 carries $864 = 2^5\times3^3$ (32×27) in its thousandths, and that 864 is the **G1 register K-factor** — the same 864 that gives the solar day its 86,400 seconds, that sits in the freefall-to-wavelength pipeline of T-field physics, and that recurs wherever the atomic-molecular register is doing its bookkeeping. Both readings point the same way. The body is not running at a temperature evolution happened to settle on. It is running at a lattice node, written into the whole value and into its decimal at once (Figure 1). A warm-blooded animal that holds 36.864 °C is holding a coordinate, not just a comfortable warmth.

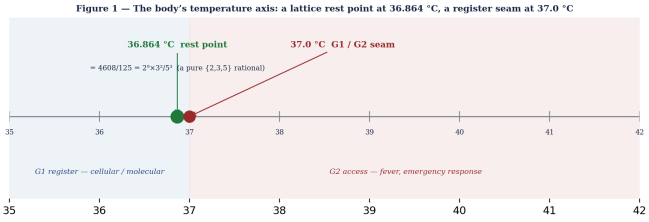

Figure 1 — The temperature axis a body lives on. The rest point at 36.864 °C is the pure rational 4608/125 $(2^9\times3^2/5^3)$, whose decimal also carries the G1 K-factor 864 $(2^5\times3^3)$; the clinical fever threshold at 37.0 °C is the seam between the G1 and G2 registers.

2 Helium-4 binding and the same lattice

Two registers below body warmth lies the most tightly bound small structure in nature: the helium-4 nucleus, two protons and two neutrons — the alpha particle. The energy needed to pull it apart, its binding energy, is one of the best-measured quantities in physics.

UFOT gives that energy before any measurement is consulted. The T-field nuclear register, G0, organises binding around the factor 800/(9π):

He-4 binding = 800 / (9π) = 28.29421 MeV

Here $800 = 2^5\times5^2$ and $9 = 3^2$ are pure {2,3,5}; π closes the form. The measured value is 28.29583 MeV — the lattice value and the laboratory value agree to 57 ppm (Figure 2). The point is not that UFOT comes close to a known number. The point is the direction of the arrow: the lattice *states* the binding energy, and the measurement is found resting on it. The alpha particle is so stable, and sits at the foot of so many fusion ladders in stars, precisely because it is a clean node of the T-field at the G0 register.

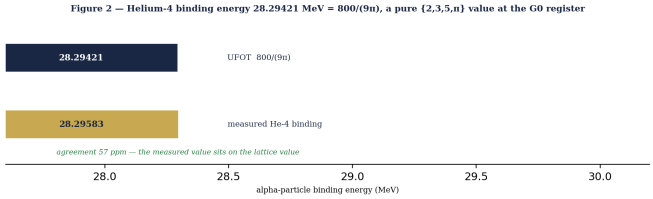

Figure 2 — The helium-4 binding energy is the lattice value 28.29421 MeV $(800/(9\pi))$; the laboratory figure of 28.29583 MeV is found sitting on it to 57 ppm.

3 The K_bio bridge

Body temperature lives at the molecular register, G1. Nuclear binding lives at the subatomic register, G0. What could possibly tie a number in the tenths of a degree to a number in the tens of millions of electron-volts? The answer is the bridge between registers — the T-field step that carries information from one scale to its neighbour, which we name K_bio (Figure 3).

The bridge runs on the factor 864 — the very number embedded in the body's temperature, and the G1 K-factor throughout T-field physics. This is not algebra hunting for a coincidence. The conservation law dΣT=0 forbids any register from balancing its books alone: a change at one register must be answered by a complementary change at the registers on either side. K_bio is what that requirement looks like when written between G1 and G0. The same step 864 that fixes how warm a cell runs also fixes, two registers down, how tightly a helium nucleus is held. A living body and an alpha particle are reading from one ledger.

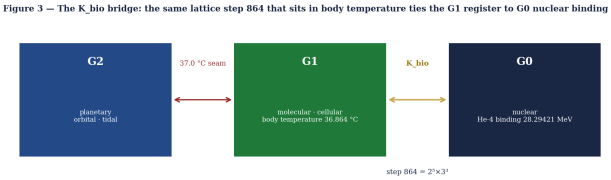

Figure 3 — The K_bio bridge. The lattice step 864 $(2^5\times3^3)$ that sits in body temperature at G1 is the same step that ties the G1 register to nuclear binding at G0; the 37.0 °C seam marks the boundary up to the planetary register G2.

4 The fever threshold as a register seam

Medicine draws the fever line at 37.0 °C and treats it as a convenience — a round number a little above normal. UFOT reads it exactly: 37.0 °C is the **G1/G2 register seam**, the temperature at which T-flow stops being a purely cellular affair and reaches up into the planetary register.

Below 37.0 °C, the T-flow of a living cell operates entirely within the G1 atomic-molecular register — the register of biochemistry, efficient and self-contained. At and above 37.0 °C, that flow crosses into the G2 register: the register of tidal rhythms, orbital periods, geomagnetic coupling. Warm-blooded life sits deliberately just *below* the seam, at 36.864 °C, because the G1 register is where biochemistry runs cheapest and steadiest, while G2 access is held in reserve. The fever line is not arbitrary. It is the edge of a register, and the body lives one careful step inside it.

5 The same node, lit in a star

There is a second place in the universe where the helium-4 node of Section 2 does its decisive work, and it is as far from a warm body as anything could be: the core of a star. Yet it is the same node, and it builds the very atom on which a warm body depends.

In a stellar core, at temperatures of order a hundred million degrees, helium-4 nuclei collide and fuse three-at-a-time in the reaction astronomers call the triple-alpha process: three alpha particles, each the 28.29421 MeV (800/(9π)) node, combine to make a single carbon-12 nucleus (Figure 4). Every carbon atom in every living thing — the backbone of every protein, every strand of DNA, every membrane of every cell that holds itself at 36.864 °C — was assembled this way, by stacking three copies of the G0 node that Section 2 read off the lattice. The reason the triple-alpha process can run at all is that helium-4 is such a clean T-field node: its stability is what lets three of them find one another and lock into carbon before they fly apart.

So the chain is unbroken. The lattice fixes the helium-4 binding at G0; stellar fusion stacks that node three high to mint carbon; carbon chemistry, two registers up at G1, builds the body; and the body holds itself at 36.864 °C, a number written from the same {2,3,5} integers that fixed the node in the first place. Stellar physics and mammalian biology are not two subjects that happen to use the same arithmetic. They are two registers of one T-field, and dΣT=0 carries the books from the furnace to the flesh. When we say a body is made of star-stuff, UFOT makes the sentence literal and quantitative: the same node, read at two registers.

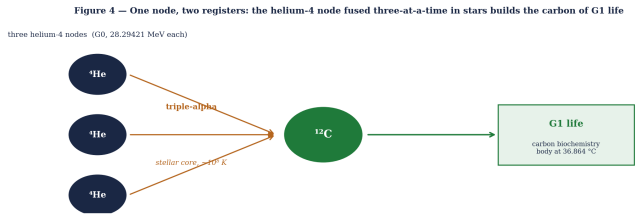

Figure 4 — One node, two registers. The helium-4 node — 28.29421 MeV (800/(9π)) at G0 — is fused three-at-a-time in stellar cores to make carbon-12, the atom from which all G1 life, holding itself at 36.864 °C, is built.

6 Why warm-blooded life exists

Cold-blooded animals let their temperature drift with the air and water around them. Birds and mammals spend enormous metabolic energy holding a fixed temperature against the weather. Why pay such a price?

Because the register at which complex consciousness and rapid biochemical processing become possible is narrow, and it is defined by the lattice value 36.864 °C — whole rational and 864-decimal alike — written into the temperature. To operate there the organism must hold its temperature precisely — drift off the node and the register is lost. The metabolic cost of endothermy is therefore not waste heat; it is the *registration fee* for G1/G2 dual-register operation, the very capability that makes mammalian cognition and a fast adaptive immune system possible. A warm body is buying its place at a coordinate, and the price is paid in calories every second of life. Heat, in this reading, is not a by-product the body tolerates; heat is T in another manifestation, and holding 36.864 °C is holding a T-field address steady against the noise of the world.

7 What a fever is for

When a pathogen enters the body it arrives carrying its own T-field address — one calibrated to thrive at the host's normal G1 operating temperature. That is what makes it a successful invader: it is tuned to the register it has colonised.

Fever is the body's answer, and it is a precise one. By raising temperature across the 37.0 °C seam, the organism pushes its own T-flow into the G2 register — and in doing so it moves the operating point out from under the pathogen's feet. The invader's address, tuned to G1, cannot function at G2 temperatures; its machinery falls out of register while the host, built for dual-register operation, carries on. A fever is not the illness and not mere collateral overheating. It is a selective T-register reset: a deliberate, costly, temporary move across the seam that disrupts the pathogen's address while preserving the host's. The rectification principle that follows from this is simply stated — health is the body held cleanly on its G1 node, and recovery is the restoration of that node — and the specific protocol detail of any T-field work is held in the Foundation's confidential clinical reference pending trials, not printed here.

8 What this changes

Body temperature has always looked like one of biology's least interesting numbers — a setpoint, a thermostat, a fact to be measured and moved on from. UFOT reads it as one of the most revealing. The body holds 36.864 °C because that is a lattice node — the pure rational $4608/125 = 2^9 \times 3^2/5^3$, with the G1 K-factor 864 in its decimal; the same lattice, through the K_bio bridge, fixes the binding of the helium nucleus two registers below; that same helium node, stacked three high in a star, makes the carbon the body is built from; and the fever line is the seam where the cellular register meets the planetary one.

Seen this way, the warmth of a living body is not separate from the physics of nuclei and stars — it is one expression of the single T-field, read at the human register. The cost of staying warm is the price of a coordinate; the rise of a fever is a calculated step across a register boundary; the stability of helium is the same arithmetic that keeps a cell at the right temperature and the same arithmetic that let a star build the body's carbon. There is one ledger, and $d\Sigma T=0$ balances it across every scale at once. A thermometer, it turns out, has been reading the lattice all along.

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Appendix A — The Register Bridge at a Glance

The few numbers this paper turns on, each given first as its physical reading and then as its place on the {2,3,5,π} lattice, with the register it belongs to.

Quantity	Reading	Lattice form	Register / meaning
Body rest temperature	36.864 °C	$4608/125 = 2^9\times3^2/5^3$	G1 — a pure {2,3,5} rational; decimal $864 = 2^5\times3^3$ is the K-factor
Fever threshold	37.0 °C	register seam	G1 / G2 boundary — edge of planetary register
He-4 binding energy	28.29421 MeV	$800/(9\pi)$, $800 = 2^5\times5^2$	G0 — nuclear node (measured 28.29583, 57 ppm)
Carbon-12 from helium	3 × ^{4}He	triple-alpha	same G0 node stacked three high → carbon of all G1 life
Inter-register step	K_bio	$864 = 2^5\times3^3$	ties G1 body temperature to G0 binding
Solar day (for 864)	86,400 s	864 × 100	G1 K-factor in the planetary clock

Appendix B — The Ledger

Table A1 — Propositions P-TEMP-1 … P-TEMP-7

#	Proposition
P-TEMP-1	Human core body temperature rests at 36.864 °C = $4608/125 = 2^9\times3^2/5^3$, a pure {2,3,5} rational; its decimal also carries $864 = 2^5\times3^3$, the G1 register K-factor — identifying body temperature as a T-field lattice node rather than an evolutionary accident.
P-TEMP-2	The helium-4 (alpha-particle) binding energy is $800/(9\pi)$ = 28.29421 MeV, a pure {2,3,5,π} value at the G0 nuclear register; the measured 28.29583 MeV sits on it to 57 ppm.
P-TEMP-3	The K_bio bridge connects body temperature at G1 to nuclear binding at G0 through the T-field step $864 = 2^5\times3^3$. Under dΣT=0, no register balances alone; K_bio is the complementary step between G1 and G0.
P-TEMP-4	The fever threshold 37.0 °C is the G1/G2 register seam — the temperature at which cellular T-flow gains access to the planetary register. Warm-blooded life sits at 36.864 °C, one step inside the seam.
P-TEMP-5	The same helium-4 G0 node is fused three-at-a-time in stellar cores (triple-alpha, 3 ^{4}He → ^{12}C) to build the carbon of all G1 life. Stellar fusion and mammalian biochemistry are two registers of one T-field, joined by dΣT=0.
P-TEMP-6	Fever is a selective T-register reset: raising temperature across the 37.0 °C seam shifts the host's operating point into G2 and disrupts the G1-adapted T-address of an invading pathogen while the dual-register host persists.
P-TEMP-7	The metabolic cost of endothermy is the T-field registration fee for G1/G2 dual-register operation — the physical basis of mammalian cognition and adaptive immunity. Heat is T in another manifestation, not waste.

A Note on the Numbers

A note on the numbers. Throughout this paper a value is given first as the plain physical reading and only then, in brackets and in grey, as its place on the {2,3,5,π} lattice. The lattice form is not a unit and carries no powers of ten of its own: a T-value is one number that wears different clothes in different registers — here, a temperature, a binding energy and a dimensionless step are all read off the same small set of integers and π. Two numbers do the work. The body's rest temperature, 36.864 °C, is the exact rational $4608/125 = 2^9\times3^2/5^3$ — a pure {2,3,5} value with no π in it at all; its decimal also carries $864 = 2^5\times3^3$, the G1 register K-factor that recurs across T-field physics. The helium-4 binding energy, 28.29421 MeV, is $800/(9\pi)$ with $800 = 2^5\times5^2$ — a pure lattice value at the G0 nuclear register. Where a UFOT value is quoted against a measured one, the parts-per-million agreement is stated as confirmation, not as a correction: UFOT gives the value, and the measurement is found sitting on it.

References

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The Daubney Foundation is in ongoing discussions with medical establishments regarding clinical trials of Universal Force of Time solutions to the conditions described in this paper. Any institution or researcher wishing to put themselves forward for participation in these trials is invited to make themselves known through: thedaubneyfoundation@gmail.com