

Hot and Cold Shower



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Benefits

- Improves Circulation
- Relieves depression (cold stimulates the blue spot in the brain, increasing noradrenaline)
- Increases testosterone
- Increases Immunity (Increase of circulating WBC's) according to Dr. Joseph Mercola, a natural health expert

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1994 study Journal of Free Radical Biology and Medicine

- Decreases uric acid levels
found drastic decrease in uric acid levels following exposure to cold stimulus
- Increase in glutathione, an antioxidant that keep all other antioxidants performing at the optimal levels

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Convenient

- Easy to do wherever there is a shower (At home or at a hotel)
- Called the James Bond Shower- Ian Fleming
- Also called the Scottish Shower

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Benefits cont.

(Athletes after workouts- micro muscle tears vs. lactic acid) – hemopheliac – Health guest on an ex. Program

- Helps to burn fat by stimulating brown fat – 2009 study found that exposure to cold can help you lose up to 9 lbs/yr. Increasing brown fat helps to burn calories faster
- Even 2 oz of brown fat can burn of 300-500/day
- Forbes Magazine says it's a Great Way to Jumpstart Your Day"

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Contraindications

- Fever
- Heart Disease
- High Blood Pressure
- Multiple Sclerosis

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Procedure

- In the shower, warm up with hot water for 3-5 min. as you wash
- Switch to cool/cold for 20-30 sec. (may jump around, scream, or shout)
- Repeat 2 more times ending with cold
- Dry off briskly and rest for 20min.



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After Shower

- Notice how your skin feels immediately after the contrast of 3 times



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