Hot and Cold Shower

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

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 or brown fat can burn of 300-500/day

• Forbes Magazine says it’s a Great Way to Jumpstart Your Day

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

Contraindications

• Fever

• Heart Disease

• High Blood Pressure

• Multiple Sclerosis

• Easy to do wherever there is a shower (At home or at a hotel)

• Called the James Bond Shower- Ian Flemming

• Also called the Scottish Shower
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 20 min.

After Shower

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