HEALTHY COLD SHOWER

by:
Kristal I. Landicho
Teacher III, Sumalo Integrated School

Are you tired? Do you even feel lesser energy and feeling sick due to the stressful things around you? Or, are you not on the right mood most of the times? Not anymore! Good news that it can be relieved by a simple cold shower. Yes, a cold shower!

Many people choose to have a regular or hot shower at the end of the day because it makes them feel calm and relieved. But more than this, there are several health benefits that you can gain when you get a cold shower.

Cold shower defined by Watson (2017) as any shower with a water temperature below 70°F. On one of her medical articles, water therapy (also called hydrotherapy) makes the body become more resistant to stress.

People have used cold water therapies for centuries to invigorate and enhance their overall well-being (Nall, 2020). The beneficial effects of cold showers on mental and physical health are supported by scientific studies.

Here are the health benefits that a cold shower can give us:

- Boost immune function. Exposure to cold water generates a beneficial anti-inflammatory norepinephrine (stress hormone) release;

- Reduce depression. For individuals with depression, cold showers can work as a kind of gentle electroshock therapy since cold water propels many electrical impulses to the brain;
Speed up metabolism. Taking a cold shower 2 or 3 times per week may contribute to improved metabolism. It helps fight obesity over time;

Increased productivity. A study in Netherlands found that people who took cold showers are 29% less likely to call in sick for work or school;

Improved muscle recovery. Athletes usually sit in an ice bath for 7-14 minutes to decrease inflammation and fast-track recovery;

Improved blood circulation. Athletes have known this benefit for years that supports cold water for healing after a sport injury. People may also benefit from cold showers in helping their blood move more quickly throughout the body. Those are people with poor circulation, high blood pressure, and diabetes;

Free energy boost. Cold showers fuel our sympathetic nervous system which is accountable for our 'fight-or-flight' response to danger;

Beat chronic fatigue. Findings in a study appears that there is a strong link between chronic fatigue and insufficient hypothalamus function, which cold water exposure has been shown to reverse;

Boost male fertility. Testicles need a cool environment to operate optimally which a cold shower delivers exactly that;

Wakes you up – fast. Nonetheless of the numerous health benefits, there is no doubt a cold shower makes you more alert;

Makes you more attractive. Cold showers improve your hair and skin. Cold water doesn’t carry away the healthy natural oils on the skin the way hot water does;

Better sleep. Take cold shower an hour before bed. It will lower your core temperature and relax your mind.
References:


