HEALTHY NEWS

5 Benefits of Cold Showers for the Overall Health

By bestfolkmedicine · 05/07/2022 · 3 min read





Cold showers are showers that involve showering with a water temperature that's lower than 70 degrees F.

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Showering with cold water may be good for the health. Namely, water therapy also known as hydrotherapy has long been used to use the body's ability to adapt to harsher conditions.

Consequently, the body becomes more capable of fighting off stress.

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Cold showers may not be the main treatment for any condition; however, they're praised for their ability to relieve the symptoms and optimize well-being.

Below, check out the five best benefits of taking cold showers.

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5 Best Benefits of Cold Showers

1. **Boosts the metabolism**

According to research, brown fat is pivotal for our health. This brown fat can be activated by exposing our bodies to cold temperatures.

Obese individuals may not benefit from cold showers to encourage weight loss without making appropriate diet and lifestyle changes.

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In combination with the appropriate weight loss methods, cold showering may contribute to a better metabolism if done two or three times every week.

Although it's not entirely known how cold showering helps shed pounds, it may have to do with the effect on some hormones.

And, it also contributes to a healed gastrointestinal system. This may further enhance the capacity for weight loss.

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2. **Boosts the blood flow**

Although it may not be the most comfortable to immerse the body in cold water, it may have an energizing effect. This is because water that is colder than the body's natural temperature will cause the body to work a bit more to keep up the temperature.

When we shower with cold water on a regular basis, our circulation may become more efficient.

Cold showers may also improve the look of the skin, which is believed to be a benefit of the improved blood flow.

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3. **May help in the fight against common diseases**

The body is made to resist the elements that we're exposed to on a regular basis. Namely, leukocytes help in the fight against infection and the cold water shock in the blood may encourage leukocyte production.

Leukocytes play a role in the fight against common diseases such as the flu and colds. In one study, cold showers increased the body's resistance to some cancers.

In one clinical trial done in the Netherlands, people who showered with cold water called out from work less often than those who didn't.

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4. **Helps wake up the body in the morning**

A cold shower first thing in the morning may sound like something you would not do, it's actually a great way to wake up the body.

This will boost your alert and focus and help you get ready for the day.

5. **It boosts the endorphin levels**

Depression is a common problem for 10 percent of adults in America, according to the CDC.

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Hydrotherapy is one of the holistic ways to treat it that's increasingly popular. Opt for a cold shower for up to five minutes, two to three times weekly. This helped reduce the depression symptoms in one clinical trial.

In people who have depression, cold showers work similarly to electroshock therapy. The cold water sends impulses to the brain and this energizes the system and boosts clarity, energy, and alertness.

Your body will also release endorphins or the hormones of happiness, boosting your overall optimism and well-being.

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Sources:

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