

# THE EXTRA POINT

BY JERRY ROBERTS



## # 905 The Benefits of Cold Showers (Update)

Today, some cool things and hot news about cold showers. If you're doing them, you're reaping the benefits. If you're not, you probably should. And, if you're saying, "There's no way I can do that," I've got the answer for you. All that's coming next, on The Extra Point.

We've previously talked about the benefits of cold showers. People that take them swear by the incredible feeling they have, and the benefits one gets from getting their freeze on in the bathroom. Let's go over the upsides.

I started digging on the Internet to see if there was additional data available. I scoured numerous sites which discuss cold showers, and here's what I found.

1. You'll be wide awake and ready to take on the day.
2. It's easier to control your emotions.
3. You'll gain greater willpower.
4. Reduced stress levels.

5. A more robust immune response. Scientific studies have found that taking a cold shower increases the amount of white blood cells in the body. These blood cells protect against diseases.

Researchers believe that this process is related to an increased metabolic rate, which stimulates the immune response. There's more.

A cold shower drains the lymphatic system. This helps to remove cellular waste, and protects the body from infections. This lymphatic system regularly becomes blocked by toxins, chemicals, and environmental effects. When that happens, dead cells and cell waste build up in the body. The immune system can't work effectively, and you're more likely to suffer from a common cold, for example.

Let me be clear, I'm not saying that a cold shower will prevent a coronavirus infection.

However, the data shows that cold showers help strengthen the immune system overall.

6. Weight loss. Research has shown that cold showers (and exposure to cold in general), helps in losing weight as the body has to heat up to compensate for the drop in temperature. This burns calories.

7. Hair and skin look better.
8. You see a boost in circulation.
9. Muscle recovery takes less time.
10. Testosterone and fertility are boosted.
11. You sleep better.

When I first discussed cold showers, maybe two years ago, a woman stopped me at a store and said she just couldn't do it. Just the thought of cold water on her body gave her the chills. She wanted to know if there was another way. I told her if I found one, I'd put it here, on The Extra Point. I just discovered a possible alternative yesterday.

I learned the brain has a barrier to keep certain harmful substances away from the neural tissue. However, this barrier is less stable as we get older, allowing important stuff to leak out, and toxic stuff to get in.

Apparently, the cold shower is a great way to improve this barrier's quality. Don't want the shower? Get a bucket of some sort, fill it with cold water, add ice to the extent you can handle it, and dip your head into it.

Is it as good as a shower? I tend to think it's not, but you'll get brain benefits from it, and maybe more. I'm not sure if the testosterone and fertility booster comes along with the bucket plunge, but you can try it and let us know.

So, if you're one who just can't get with the cold shower, maybe you can get some of the same benefits in that fashion. (Con't.)

Now, all this comes with a disclaimer. For some people, there is a risk associated with cold showers.

If you have heart disease, your body's reaction to cold water puts added stress on your heart and could lead to an irregular heartbeat, or arrhythmia. Talk to your doctor before you do this.

In my particular shower, the water doesn't get really hot or really cold. If yours does, I have another suggestion. Alternate hot and cold for 30 seconds to a minute, several times each, then go cold for 3-5 minutes. The stimulation factor is multiplied that way.

So, if you're sold, go cold.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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