I honor the place in you where pure water resides, the place of love, truth and bliss. . . And I recognise when I‘m in that place in me and you’re in that place in you, we are one.
“We are all water babies”

“Water should be everyone’s concern. Without water we all die. All life dies. Water is precious. We need to give thanks to water.”

Grandma Agnes Baker Pilgrim
Chairperson of the International Council of Thirteen Indigenous Grandmothers
WELLNESS

Steady state (comfort zone)
Balance state (bliss)
Adaptation (growth zone)
Breakdown (panic zone)

Flexibility of response

ENHANCED HEALTH
AVERAGE HEALTH
ILL HEALTH

Wellness practices
Western Medicine

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We are water - water makes up 99% of our molecules
The Goldilocks Zone

HABITABLE ZONE

Too Hot

Just Right

Too Cold
All life bathes in a drop of liquid water

Earth’s water (~96.5% is salt)

Fresh water (~99% is frozen or in the ground)

Liquid fresh water
All life on earth is related and fed by hot springs
Bathing is the key to wellness and wealth

Hot Spring bathing is the basis for the oldest and most sustainable place based enterprise. Bathing is a fun, pleasurable, peaceful, social, multicultural and multigenerational activity that links diverse cultural, religious and spiritual traditions and plays a critical role in ensuring good health, dignity, confidence and comfort.

Bathing including sanitary practices such as washing the body, face and hair, along with handwashing and cleansing practices after toileting and menstruation play a vial role in preventing and controlling disease.
Bathing can be profoundly therapeutic

Bathing provides an immersion in water where we can relax, find balance and connect to our essence through actively doing nothing.

Bathing can also provide controlled exposure to extremes of hot and cold that allow us to play with our tipping point.
Please contribute your data to science!

Global Sauna Survey
www.saunasurvey.org

Global Hot Spring Survey
www.hotspringssurvey.org

Global Retreat Survey
www.retreatsurvey.org
Physiological changes with hot and cold bathing

- Mental resilience and focus
- Exercises vascular smooth muscle
- ↓ pain & inflammation
- ↑ detoxification and elimination
- ↑ metabolism and burning white fat
Cold showers can make you happy!

The benefits of cold showers are many . . .
How to comfortably manage a cold shower

The Cold Water Hokey Pokey

Wet your left foot and leg
Then your right foot and leg
Wet one hand and arm
And the other hand and arm

*Continue breathing calmly*
*And smile to yourself*
*That’s what it’s all about*

Put your left side in
Put your right side in
Put your front side in
Then turn yourself around

*Chorus*

Put your whole head in
Move your head around
Stand still and get a drenching
Slowly turn yourself around

*Chorus*

*Ooh Hokey Pokey x3*
*That’s what it’s all about*
Access to bathing water is a critical health issue

1 in 3 people on earth cannot bathe and nearly 1000 children die each day from waterborne disease.

Everyday women and girls spend 200 million hours gathering water - to them water is time, education and hope.
Can we bathe the world?

Bathing offers global health benefits beyond any pharmaceutical, vaccine, or any other medical technology.
Campaign to add $1 to hotel bills in the world’s 20 million hotel rooms to raise funds and support water access to the world’s poor.

Bathe the World 2020 – An event where people from all nations will bathe together. Hosted by the world’s oldest culture, at the largest hot spring on earth, situated in the remotest location, on the driest continent.
Let us realize world wide wellness