Hot Springs Innovations and Trends

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Water has special properties, holds memory & interacts with consciousness
The Bathing Biome

Our Biomes - Bowel, Breath, Body, Building, Bathing

- Pathogens and commensuals
- Vary with place, pH, H₂O, temp, sources
- Potential health effects from good flora
- Risks from pathogens invoke regulation
- Sanitation requires measures & metrics
- Premium to bathe with good donors
Problems with Chlorine

- Toxic – volatile, unpleasant
- Not fully effective
  - Temperature sensitive
  - PH sensitive,
  - Not for virus, spores – crypto, giardia
- Alters water composition
  - Chloramines
- Alters microbiome
- Dangerous to store / handle

Alternatives include: Ozone, UV, ultrafiltration, nano-biosensors,
Hot & Cold Bathing

Extreme Bathing provides controlled exposure to extremes of hot and cold that allow us alter our physiology.

Bathing coaches provide instruction and guidance.
Cold exposure – cryotherapy

Cold is a high value experience.

Claims include:
- anti-ageing
- weight loss
- flushes toxins
- boost metabolism
- increases endorphins
- relieves pain and inflammation
- improves muscle repair and recovery
- elevates physical & mental well-being
Clinical benefits of cold exposure

Cold showers reduce sick days

- RCT of cold showers in healthy adults (n=3018)
- Hot to cold shower for 30, 60 or 90s at 10-12°C
- 29% less sick days after one month
- Length of shower did not matter
- 2/3rd continued taking cold showers
Saunas – a seated workout

- cardiovascular workout
- improves vascular function
- flushes out waste products
- cleans your skin from the inside
- reduces risk of disease / death
Nature is medicine