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,
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

-160°C
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