

Hot Springs Innovations and Trends



Prof Marc Cohen

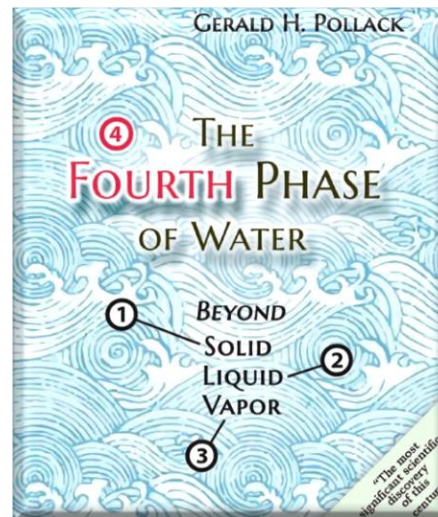
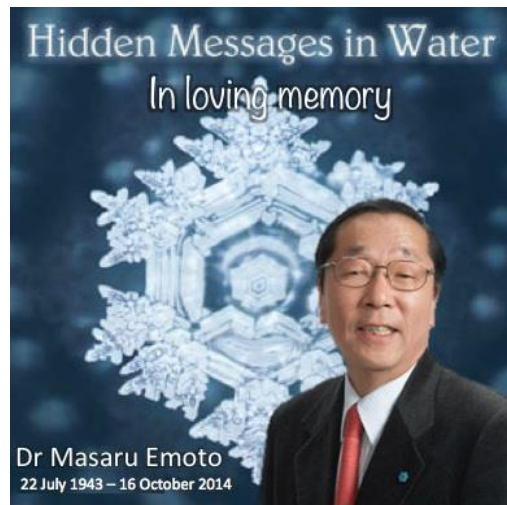
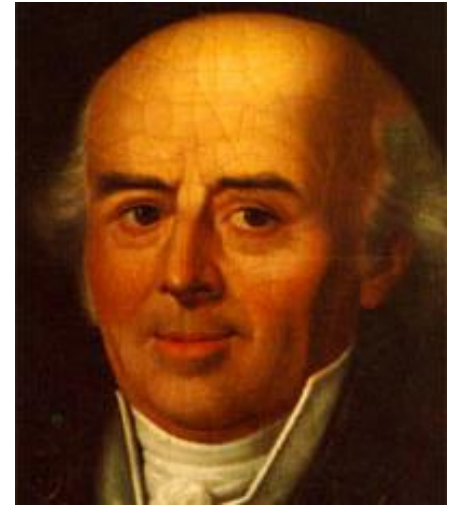
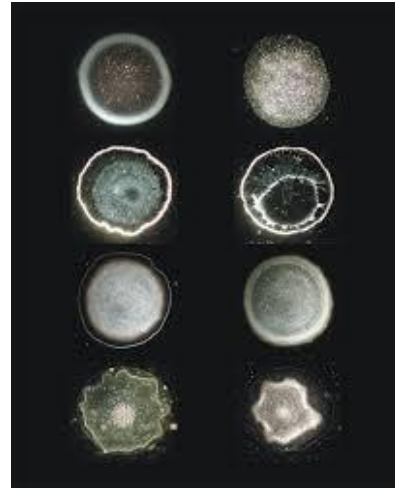
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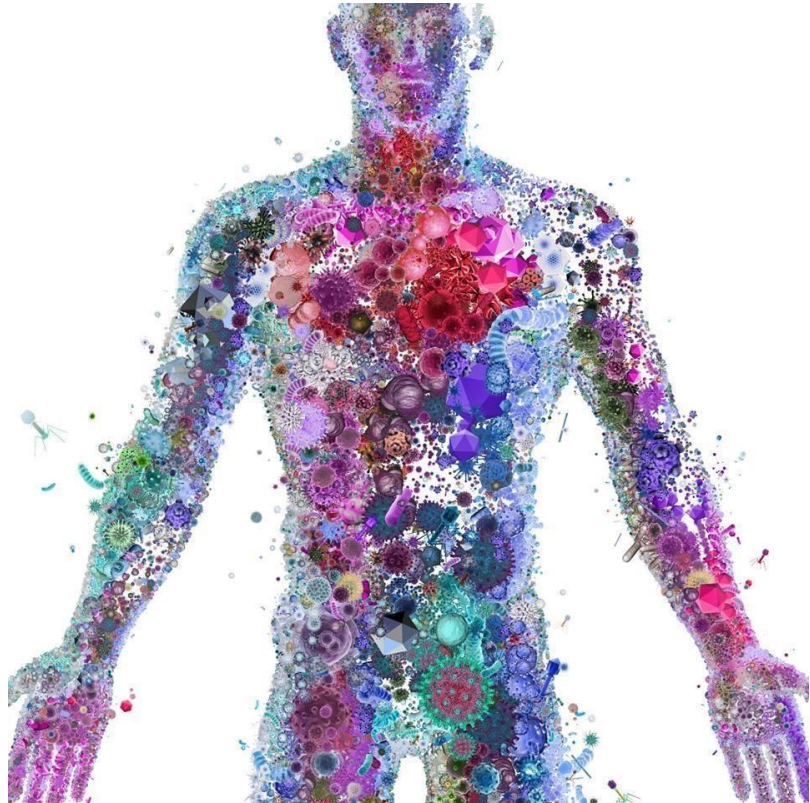


Water has special properties, holds memory & interacts with consciousness



The Bathing Biome

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



- Pathogens and commensals
- 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

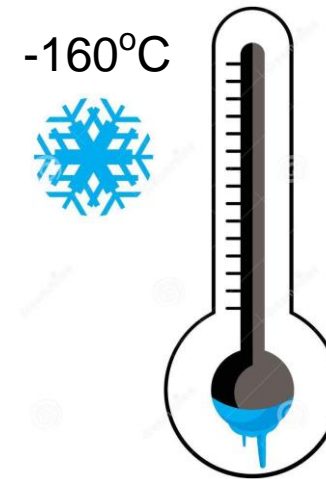
Cold exposure – cryotherapy

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



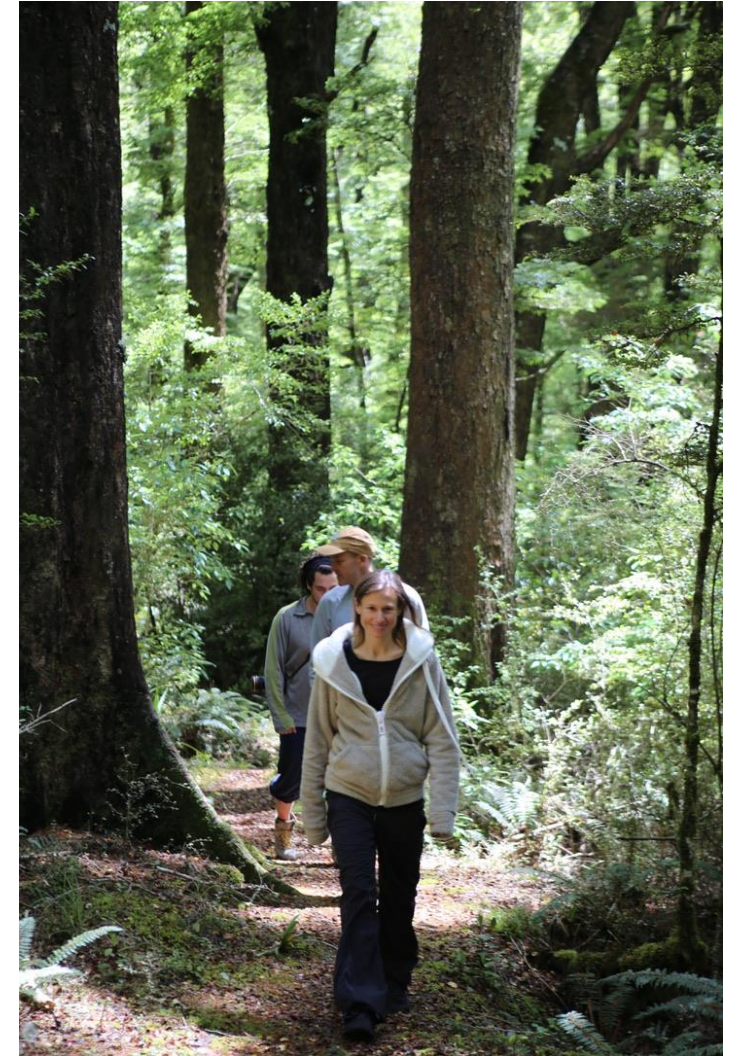
- RCT of cold showers in healthy adults (n=3018)
- Hot to cold shower for 30, 60 or 90s at 10-12°C
- 29% less sick days after one month
- Length of shower did not matter
- 2/3rd continued taking cold showers

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



extreme

bathing



adventure**u**ress

bathing



adventure

bathing

