

Cold baths



The health effects of cryotherapy (various types of cooling treatments such as cold baths, showers, foot baths, and being barefoot on cold surfaces - regularity is recommended to maintain the effect) are strengthening both mentally and physically. Below we list some of the effects:

- Increased stress tolerance (a fantastic vaccination against everyday stress ☑ ☑)
- Reduced anxiety and depression symptoms
- Less aches and pains
- Lower blood pressure
- Strengthened immune system/reduces the number of infections
- Significantly reduces negative conditions such as dysphoria, fatigue, tension, irritation, poor memory, bad mood etc. while the state of energy, activity and liveliness increases
- Reduced risk of diabetes and obesity (an increase in brown fat, which burns the white fat, among other things)
- Better breathing, sleep and sleep rhythm and increased attention span
- Happiness and euphoria are experienced when the neurotransmitters endorphin and dopamine are released, which gives us immediate kicks and feelings of flow
- The release of the neurotransmitters serotonin and oxytocin results in long-term kicks and feelings of trust, and we can rejoice together with others

Facts collected from *Kalla bad* (Akademibokhandelns favorite)

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