How Cold Should a Cold Plunge Be for Women? Transcript

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Podcast Introduction and Guest Welcome

We're really big into contrast therapy. So one of our things that we've really put a staple in is the fact that, yes, you can separately do sauna. You can separate do a cold plunge.

But when you combine the facts, your basically 10X in the results that you're probably going after. We've wanted to be focused on making sure that our modern operators, as we call them, have the right tools in their tool belt to get the result that they're demanding out of life.

Do you find that The contrast therapy is really the, you said 10 X times the benefits? Well, it's actually even more than that, to be honest with you.

What if aging isn't about slowing down, but leveling up? I'm Dr. Izzy Jones. This is the Longevity Leaders podcast. Hi, I am Dr Ashley Beckman here with Lungevity Leader's podcast, and I have Josh with Chili Dip.

How are you doing today? Ah, doing great, doctor. how are? You? Good. So what inspired you to create your company? Well, we were running into a number of issues within our industry.

We're into the cold plunge and saunas. Yeah. And we recognize one that there's just so many different cold plunges out on the market. You really didn't know what you're going to get.

I never forget buying my first one.

Why Chili Dip Was Created

It was so exciting. Right. There was a big investment financially. When I received it, I was disappointed. Everything, we live in harsh elements up in Wyoming.

And so it was not insulated. It wasn't easy to get into. I couldn't drain it very well and we definitely couldn' keep it clean. Yeah. What I ran into is that my father was turning 72, had two replacements in his knees, bad shoulder, pretty diabetic.

As much as I knew that cold therapy was going to be such a good thing for him, he couldn even get in to it because of the fact that it wasn' easily accessible to him.

So we made it our mission to build a product that one was mobile, lockable for safety for working families. Something that they could easily get in and out of and something that was fully insulated and also for.

Nice. And how long have you had your company now? We have had our company. We've been building it out for the last three and a half years. Ah, nice. So do you also work with saunas as well?

We do, yeah. Okay. So we're really big into contrast therapy. Yeah. And so one of our things that we've really put a staple in is the fact that, yes, you can separately do sauna.

You can separate do cold plunge. But when you combine the effects, your basically 10X in the results that you're probably going after. We've wanted to be focused on making sure that our modern operators, as we call them, have the right tools in their tool belt to get the result that they're demanding out of life.

So tell me a little bit more about modern operators. Yeah. Well, what we recognize is you're best served to serve the person you were once five years ago.

And so as I looked at the evolution of not only myself, but a lot of the people that I was hanging out with, my friends, the People that inspired me is we really focused on like, well, What is it that their needs are?

Contrast Therapy and Modern Operators

And these are highly driven people. people that are always constantly pushing the envelope of how much they can perform, not only maybe just in business, but also just some life in general.

And we wanted to really focus on their needs. What we felt like is we were giving them a nail gun instead of a hammer. My dad was a builder for many, many years.

I never forget the day when they revolutionized their industry from a and actually had a power tool such as a nail gun and so kind of relate that to what we try to do with our contrast therapy is like we want to give you an upgrade so that you can experience so much more success in your life.

So I love saunas and I usually talk to women especially about being cautious with cold plunging, right? So do you want to touch on that a little bit from your perspective and what you see?

Absolutely. I think the biggest concern that I have when it comes to females and women in cold water is the temperature. The lower the temperatures, obviously the more stress it's going to put on the body, the higher the cortisol level, and then also the menstrual cycles can cause a really big havoc and a wreck on you.

depending on the age. I'm almost 50, my wife is late 40s, going through perimenopause, and that can really destroy the psyche of the woman, but also just the overall health, everything that you guys are dealing with.

And so when we looked at it, we did so much research. We've looked so intensively that what we found is that temperature is really the number one thing that you've got to be careful of.

OK. And, so, if we can keep that temperatures anywhere between a range of 55 to 60. We are actually having a positive impact. You're going to raise cortisol levels just a little bit, but the 12 hour cycle that happens afterward is so beneficial to women.

And then also just the frequency of the use too, making sure it's timing of a month. Yeah. Uh, and then, also, just like throughout the week, like, where are you at with your recovery?

How are feeling? Right. I think it is still very important, especially contrast, the contrast therapy, of course.

Women, Cold Plunging, and Recovery Nuance

But cold water can still be such a benefit. you just have to know the controls. Yeah. No, those are all really great points because often when I'm talking about it, we just sort of, you know, say no or yes, but there's so much nuance to it.

And again, a lot of the times, at least in my audience, it's this kind of we're late forties and it can be very shocking to the system. But people are often going somewhere where they're not able to regulate the temperature, right?

So they are getting into water that is way too cold. Yeah, and then they were told to do it daily. So that's when a lot of hormonal chaos occurs and a lotta stress.

And do you find that So the contrast therapy is really, you said 10X times the benefits? If you're a medical doctor, nurse practitioner, chiropractor, or other health expert that's stuck in a broken system, there's a better way.

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Learn to create high ticket programs, automated income, residual revenue, and attract clients ready to work with you. Book your million dollar strategy session today by clicking the link in the description.

Well, it's actually even more than that to be honest with you. So if you look at, so they did a recent study with women and with men and over a 10 day period when they would have them do a 20 minute sauna session and then do three to five minute cold session, they looked at like human growth hormone, right?

Human growth hormones had a 16 time over result of benefiting them from the day one to the 10th day. And so once again, there's just so many other things, obviously, not just in the human growth hormone, but the endorphins that are released when you do this, the mitochondria that's released as well, too.

The releasing of toxins, metal toxins within the body. And women have really benefited from it, as a man getting closer to 50. I'm trying to do everything I can to make sure that longevity is in my protocol, and then I am doing everything that I could to just naturally allow my body to be at its best and its most optimal.

It's kind of funny, so a bunch of my guy friends from high school reach out in our mid to late 40s and they're asking what they can do, because I haven't been doing a lot.

We're women, we've been health focused since our late teens. So it's very interesting to me because again, a lot of these things, we have so many practices in place for women.

And another big thing that talking about longevity for woman specifically is that it is quite different than what men would do, right?

Benefits of Sauna and Cold Therapy

But again, I really like that you're giving the nuances to the temperature, the duration, and even just the frequency because it all makes a huge difference and that can make something not as beneficial for one person over another.

Yeah, I was just reading an article actually, and it was all about women and recovery and what women should be doing. The heading of the article was brilliant.

It was like, women are not little men. Yeah. That was the title of one of my slides. Okay. There you go. Perfect. You might've written the articles then.

But it a brilliant way. I'm just saying we are different creatures, right? Yes. And the way that you gals know your body is different than the ways that men know their body.

Right. you know, one of the things that we're so focused on is just understanding the tools that you have and making sure that your dialing that in. You know we talk about saunas all the time, right?

And you'll find, and I'm sure in your experience, I don't know but like infrared is beneficial for both male and female. But females have a tendency to really appreciate infrared better than men.

Men really want the hot sun, the the Hot Stone, but to know the difference of that and not being able to try to treat the symptoms the same way for everybody.

I think it's just so powerful. So one thing that I wanted to know from your perspective, again, is the order, right? So you're talking about contrast therapy, and let's say someone's throwing and working out.

What order of operations do you suggest? Yeah. So a couple of things, let us break it down. One is if you are going to go work out that day, best to do cold plunge.

chili dip, as we like to say. First, then go workout. Obviously you're gonna stretch, make sure that you are warm, don't go straight into heavy lifting.

But you gonna do cold therapy first, go into your workout, and then you going to do actually hot sauna. That's gonna give you the best opportunity for the biggest growth and or even the burning of calories.

And so that's, if I was gonna work out in between it, that is exactly the protocol that I would do. If you simply just gonna contrast therapy with no workout It doesn't matter necessarily what you start with, but you want to finish with coal.

When you finish it with cold, you're going to release the succinate molecule, which is going allow you to burn even more body fat, kind of get to that almost like a shiver at the end.

And that's gonna allow literally to enjoy the rest of your day. The endorphins that are released, and even just the natural mitochondria release that you are going be experiencing from the coal, everybody might not like that, But if you gonna benefit the most, that is the best way to end it.

So I know people ask this, even though I think from your perspective, it's kind of a moot point, but why would somebody need to do a cold plunge versus taking a cool shower?

Great point. Well, one is oftentimes, depending on where you live in the country, the water that's coming out of your shower is probably not that cold.

If you lived south, like even here in Florida, as we were filling up our chili dips, The water coming in out the hose was 80 degrees. So that not really cold, right?

And so depending on it, so that's a variable that you can't control when it comes to your shower. Plus when its cold, you just don't know how cold that truly is.

Cold Plunge Setup and Best Practices

The other thing is that if your experience with cold water is the shower, your experiencing the worst type of cold. And the reason why is because you're literally getting one section of your body cold and you are rotating so you feeling all of that discomfort again and then you rotating again.

when you go complete cold submersion, which is basically to the base of your neck, and the reason why you're gonna go to base to your necks is you have a really good deposit of brown fat at the very back of the face of you neck.

That's gonna allow all that mitochondria to be released throughout your body. Now you'll have different pockets of ground fat throughout the body, of course, but that's one of areas that you really wanna do that because that also where the heart is pumping blood and oxygen to you brain, so it's going to go through that brown-fat barrier right there.

But also too is that because when you fully submerge yourself, it really only takes about 45 to 60 seconds at the most for your entire body to get numb and you get into that euphoric state of mind.

So when your in a shower, you never get there. It's just miserable the entire time. Yeah, because you know people are always trying to do things at home, right?

And well why would I need this when I could just… Try something at home. The one thing also to be thinking about when it comes to if you are going to do cold therapy, there's such a difference between laying down and a vertical application.

Oh, okay. Most people do not like the laying because you kind of you feel helpless. It is actually a fight or flight naturally. When you're on a vertical seated position, you actually are able to breathe better.

You have a lot more control over your body and even your mind, which obviously so much of that is a battle. Cold is

the enemy to a of people. And so if you are going to give yourself the best opportunity to be able have this into part of your regimen, You want a verticle application and you want to control temperatures.

That's going help you tremendously. Yeah, that makes a huge shift. I think that is a part, because when you get into one where you're seated in a different way, it seems a little bit more stressful.

100%. Yeah. And I can't say I love the cold, but I'm a massive sauna lover. Yes. Love the sauna. Do you want to talk a bit about sauna temperatures too?

Yeah, you bet. Well, if you're in infrared, really you do not want to be over the 140s. I mean, definitely do now get into 150s is actually can be very detrimental to you.

We know this. The hot saunas, of course, anywhere between 180 to 200. Once you get over 200, do you start to really expose yourself into some really uncomfortable and actually very life threatening temperatures?

Yeah. But if your into those two ranges right there, those are really good solid ranges that you are going to experience tremendous results from.

Sauna Temperature Ranges and Home Wellness Setup

Do you have a favorite? Well, we have infrared right now, and I do love that. The problem that I run into with infrared is that once I'd do the contrast, 140 to 145 degrees just isn't hot enough for me to detox and sweat enough, because that's more of an internal fix.

So I'm really excited. We're redoing our backyard. Well, we have four children and we finally are getting rid of the playset. Yeah. And so we're making a health haven in the back.

So we'll have hot tub. Will have our hot stone sauna and then we will have a chili dip right next to it. Oh, nice. Hot stone is definitely the way that I want it to go.

Is there anything that you want to share before we go? I would say that the number one thing that people need to realize is that it's not the fact that there are not opportunities out there for you to get your control of your health back.

It's literally about just the knowledge and the understanding of like, what is the most important thing for Events like this here with disrupt is absolutely amazing.

So depending on what you're looking for, and I would just tell people that right now, no matter what, you are going through, No matter your age, the way that science is, The way the healthcare industry is being disrupted by all of these natural ways to heal yourself, there is a solution out there for you.

Yes, I hope it's critical for healing. 100%. Where can everybody find you? Yeah, so you can find us at chilidip.com.

Closing Thoughts and Where to Find Chili Dip

You can follow us on IG at Chili Dip Ice Spas. And then my personal IG is Joshua D. Kalinowski. Nice. Well, thank you so much. And again, it's always great to learn the nuances because a lot of times people are told just almost like a sauna prescription or a cold plunge prescription.

It's usually quite aggressive. Yeah. Again, very critical to tailor to the individual and start slowly and see how your body responds. 100%. Couldn't agree with him more.

Thank you. So much for coming on with us. Thanks, Bethany. Thanks for listening to the Longevity Leaders podcast. A Lungevity leaders community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that

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Until next time, stay strong and live long.