Introduction to Cold Exposure

Hey guys. So cold exposure is something that I talk about from time to time. It's something we can all benefit from and it's pretty much free. Especially if you live in Maine.

But if not, there's plenty of ways to do it wherever you may be. There's lots of different health benefits. Some of them are things like increased dopamine production.

Health Benefits of Cold Exposure

What's dopamine? It is your ability to act, your focus, and your reward cycle. So you also get a better tolerance for stress, okay, and then you're more resilient to challenges and things that come your way.

How many of us would like to handle things a little bit better, right? You're gonna get things like better circulation, it's gonna give you healthier skin, It's going to reduce inflammation, Okay?

It also increases things, like your metabolism, your ability to be alert, Your confidence. So there's lots of ways to do this. There's ice baths, there are jumping out in the snow if you're in a climate where you get lots snow.

Ways to Practice Cold Exposure

It could even be as simple as just putting a cold pack on your chest, okay? You can wrap an ice pack in towel and place it right on you chest for 15 minutes.

That's great to at night, it helps to lower your stress and your body temperature and it also increases your heart rate variability. So if you wear something like an aura ring, you're definitely going to see some benefits there.

Some other ways to do it, some people do cold showers. Wim Hof has an app and there's cold shower challenges on there and tons of information on their.

So there are lots of ways you can do this. I have a far infrared sauna. You could do the sauna for 10 to 20 minutes and then you can do an ice bath for like 30 seconds or so.

So Wim Hof breath work, you could find it on YouTube. You can find in on his app. That's a great method to start with.

Breathwork and Safe Practice

And it helps to teach you how to breathe through those moments so that you're doing it safely and you are doing that in a way that your body can fully benefit from it.

Um, so cold exposure, It's a challenge for me because I have, you know, a lot of mental belief systems around being cold that I had to work through, but when I do it, it is definitely a huge benefit and it's on my list to do more of as one of my goals for this upcoming month.

Personal Experience and Call to Action

So please write in the comments if you've tried it. I'd love to hear what your experience has been. If you want to try it and start incorporating it more, let me know.