

Take a small step out of our comfort zone

Cold exposure (and body temperature control in general) can take many forms. Ultimately we want to be comfortable with the fluctuations in environmental temperature. To achieve that there are 3 things we need to avoid:

1. Overdressing. The easiest way to achieve that is by start taking extra layers of clothes with us without wearing them.
2. Overheating our homes. Ultimately we want to be comfortable at temp around 18C during the winter.
3. Having only prolonged hot showers.

How to progressively get comfortable with cold?

a. A notch down at the end

The best way for someone to ease their way into it is : lower the temperature of the water and at the last 30 seconds of their shower. It doesn't even have to be cold, just cooler than before. After a couple of times, start increasing the duration from 30 sec to 2 mins.

b. The Scandinavian way

Next step would be for you to switch from your regular shower to a cooler one and then back to the original temperature. Start with 30 sec intervals and gradually increase to 1 or 2 min long intervals. The first switches are the hardest ones. A study conducted among 3,018 subjects (that followed this technique for 1 month) found that it cause the reduction of sick days by 29% [[Ref](#)].

c. Take the plunge

Try a cold shower. Start by covering your arms and legs with water. Then the front of your body, then your back. If you are brave let the water come down on your head.

Keep in mind that there is no right and wrong way to have a cold shower. Give it a go and trust your instinct. The key to your cold exposure is your breath. By now I have guided a couple of hundred people (with zero previous experience in cold showers) through an ice bath and they all managed fine. All I had to do is guide their breath*.

* please keep in mind that this was not the Wim Hof Breathing which should be practiced at least 30 min prior to submersion in water.

Become friends with cold



"I hope you try cold exposure as I consider it to be a game changer for the human physiology. After a while I promise it will turn into an enjoyable practice that will allow you to spend more time in nature."

