

Cold Exposure Tips

Start Small:

Begin with relatively mild cold exposure, like splashing your face with cold water or taking a cool shower. Starting with less intense cold exposure can help your body adapt to the cold over time.

Gradual Increase:

As your tolerance increases, gradually make your showers colder, or spend more time with your face in the cold water.

Ice Bath:

When you feel ready, you can start taking ice baths. For ice baths, aim for a water temperature around 3-15°C. Begin by immersing for just a few minutes, gradually increasing the time as your body adapts.

Breathing Technique:

Control your breathing as you expose yourself to the cold. Try to keep your breath steady and calm, avoiding gasping or hyperventilating. This can help you stay relaxed and focused, reducing the stress response to the cold.

Consistent Practice:

Consistency is key. Try to include cold exposure in your routine regularly, like daily or every other day. This can help your body adapt more effectively and can also make the experience less uncomfortable over time.

Post-Exposure Activity:

After your cold exposure, engage in light physical activity, like stretching or doing a few yoga poses. This can help your body warm up again and can also support the cardiovascular benefits of cold exposure.

Huberman Lab Fat Loss Activation through Cold Exposure Protocol

As discussed in Episode 21 of the Huberman Lab Podcast “Science-based Tools for Fat Loss”. This protocol aims to stimulate shivering, leading to the release of succinate from muscle tissues. This compound activates thermogenesis in brown fat, driving a significant boost in metabolism and fat loss.

Step 1:

Adjust the water temperature to a point that induces shivering after 1-3 minutes of immersion/exposure. This temperature will vary for everyone and can change depending on the time of day, so some experimentation may be necessary.

Step 2:

Immerse yourself up to your shoulders, keeping your head above water and hands and feet submerged. Allow the shivering to happen naturally - you can even encourage it by consciously starting to shiver. Maintain this state of shivering for a period of 60-120 seconds.

Step 3:

After shivering for 60-120 seconds in the water, step out and stand nearby the tub. Refrain from crossing your arms or drying off to allow the shivering to continue outside the water for another 60-120 seconds.

Step 4:

As your shivering begins to slow down or cease, return to the cold plunge and repeat Step 2.

Step 5:

After shivering in the water for 60-120 seconds, get out and stand next to the tub without crossing your arms or drying off. Continue to shiver outside the water for another 60-120 seconds. Once the shivering starts to diminish or stop, return to the cold plunge and go back to Step 2.

Step 6:

Perform 2-5 sets of this “cold plunge/shiver and exit/shiver” sequence. Each combination of a plunge and exit counts as one set.

Remember, this protocol is general and not personalised to any individual’s specific needs or situation. It’s essential to listen to your body and not push yourself too hard, too fast. If you feel unwell during any part of this process, stop and consult with a healthcare professional. Be aware of signs of hypothermia, such as uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If these symptoms occur, seek immediate medical help.

Hot & Cold Exposure Protocol

Step 1: Begin with the Sauna

Start your routine with a session in the sauna. Aim for a temperature of 82-93°C, and stay in the sauna for about 15-30 minutes. The intense heat can help increase blood flow and promote sweating, which can help to flush toxins out of your body.

Step 2: Hydrate

Ensure you're well hydrated before, during, and after the sauna. The intense heat can lead to significant sweating, which can dehydrate you if you're not careful.

Step 3: Cold Plunge

After your sauna session, immediately move to a Ice bath. Aim for a temperature of around 3-15°C (depending on your experience), and submerge yourself for 1-3 minutes.

Step 4: Repeat

If you can tolerate it, and you're feeling good, you can repeat the cycle. Go back to the sauna for another 15-30 minutes, and then return to the Ice Bath for another 1-3 minutes. You might repeat this cycle 2-3 times.

Step 5: Finish with Cold

Finish your cycle with a cold plunge. This can help cool your body down and consolidate the benefits of the hot-cold cycle.

Step 6: Rest and Hydrate

After your sauna and cold plunge sessions, take some time to rest and rehydrate. This can help your body to recover and can maximise the benefits of the routine.

Please remember to listen to your body throughout this routine. If you start to feel dizzy, nauseous, or otherwise unwell, stop the practice immediately and seek medical attention if necessary. The sauna and cold plunge routine can be intense, and it's important to respect your body's limits.

As always, be aware of your personal health circumstances and consult with a healthcare provider before beginning this or any wellness regimen. Certain conditions may make heat and cold exposure dangerous. Sauna and cold plunge routines are not suitable for everyone, and should not replace medical advice or treatment.



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