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Subject: Re: Cold Showers

Posted by [Becky](#) on Sun, 05 Oct 2025 19:11:56 GMT

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Cold showers have lots of benefits depending on the one you needed or aiming at that made one to be using cold showers. As for me, I like cold showers because I am always alert throughout the day and my skin also radiate beautifully if I'm consistent on taking cold showers.

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