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Subject: Cold Showers

Posted by [Duks](#) on Fri, 26 Oct 2018 16:44:00 GMT

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Cold showers make you breathe heavily, which may be beneficial in terms of stress relief and clearing your mind - a bit like exercising. What are some other benefits of taking cold showers?

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Subject: Re: Cold Showers

Posted by [Rusty](#) on Fri, 26 Oct 2018 19:55:30 GMT

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Birth control.

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Subject: Re: Cold Showers

Posted by [gofar99](#) on Sun, 28 Oct 2018 21:45:12 GMT

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:lol:

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Subject: Re: Cold Showers

Posted by [Justinn09](#) on Tue, 11 Oct 2022 13:01:40 GMT

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Cold showers make it possible not to get sick in winter

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Subject: Re: Cold Showers

Posted by [Polik\\_](#) on Wed, 02 Nov 2022 20:03:39 GMT

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Yes

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Subject: Re: Cold Showers

Posted by [Alexander](#) on Sat, 12 Nov 2022 23:59:32 GMT

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If you often take cold showers then it will be warmer in winter. The body toughens up

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Subject: Re: Cold Showers

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Posted by [Vincenzo](#) on Sun, 13 Nov 2022 10:49:57 GMT

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Subject: Re: Cold Showers

Posted by [Prince](#) on Tue, 30 Sep 2025 05:25:10 GMT

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There are lots of benefits that come with taking a cold shower. The first one is to help increase your energy levels and how alert you become.

Secondly, I feel focused and relaxed each time that I stick to bathing with cold water, and that has made me continue with it.

Lastly, I read that it helps to improve skin health once you keep bathing with it. I've seen my skin glow, but I never thought it was because of that.

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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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Subject: Re: Cold Showers

Posted by [Prince](#) on Sat, 11 Oct 2025 17:41:04 GMT

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Becky wrote on Sun, 05 October 2025 14:11 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.

That's very good! During the winter, it is not easy taking my bath with cold water though.

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Subject: Re: Cold Showers

Posted by [George](#) on Sat, 18 Oct 2025 13:27:15 GMT

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I like to take my bath with warm water instead. It is calm and relaxing for me. I have not seen a reason for me to be taking my bath with cold water when I know that my body is not comfortable

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with it at all.

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Subject: Re: Cold Showers

Posted by [Helen](#) on Sun, 19 Oct 2025 15:59:43 GMT

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I love to take a cold shower before sleeping in order to have a better sleep. And it can also enhance the moods, sending sound electrical impulses to the brain that helps the mood to be more lively.

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