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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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