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Hot and Cold Contrast Showers:

Practice: 30-60 second of hot (moderate hot, not scalding), 20-30 second of cold (as cold as tolerated, start with lukewarm and work up to full cold), allow water to wash over entire body, cycle 5-10 times, end on cold and towel off and keep warm.

Benefits: improved sleep depth and duration, increased waking energy, lowered inflammation, boosted immunity, increased mood, increase immunity, balanced immune system, increased detoxification, increased circulation, increased alertness.

Mechanisms: increases norepinephrine, circulation, mitochondrial biogenesis, endogenous anti-oxidant production, increased cytotoxic T cell production.

Frequency, time and duration: at the end or during normal shower times, try to perform daily, before bed or in the morning, depending on hygiene routine.