



SAUNA & ICE BATHS - LONGEVITY

Norse Foundation

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SAUNA'S – HEALTH BENIFITS

Saunas have been shown to have the following benefits;

- Stimulate the immune system.
- Lower blood pressure.
- Sooth inflammation.
- Increased cardiovascular strength.
- Reduce chances stroke and heart attacks.

In one study of 2315 Finnish men showed a 50% reduction in risks of cardiovascular disease, if they used a sauna 7 days a week and 40% less likely to die from all causes of premature death.

Including 61% lowered risk of stroke.





ICE BATHS / SHOWERS – HEALTH BENEFITS

Turning your shower too cold for the last 30 seconds, helps reduce inflammation and it also promote brown fat (keeps us warm, increases metabolism and controls blood sugar). Both of which increase longevity.

Cold water has the following effects;

- Improves how the body responds to insulin and blood sugar levels.
- Evidence of increased levels of certain white blood cells and other infection fighting substances.
- Improved metabolic health.
- Improved mood.
- Increased mitochondrial biogenesis in skeletal muscle.
- Improved gut microbiome.
- Decreased inflammation.

MEDITATION – WIM HOFF

- Wim Hoff meditation and cold therapy methods have shown promise for treating all kinds of inflammation.
- Thus, helping people with all sorts of conditions;
- Multiple sclerosis
- Rheumatoid arthritis
- Osteo arthritis
- Cancer
- Auto immune disease.

