

Take the Plunge:

Cold Pod Beginners Guide



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pod

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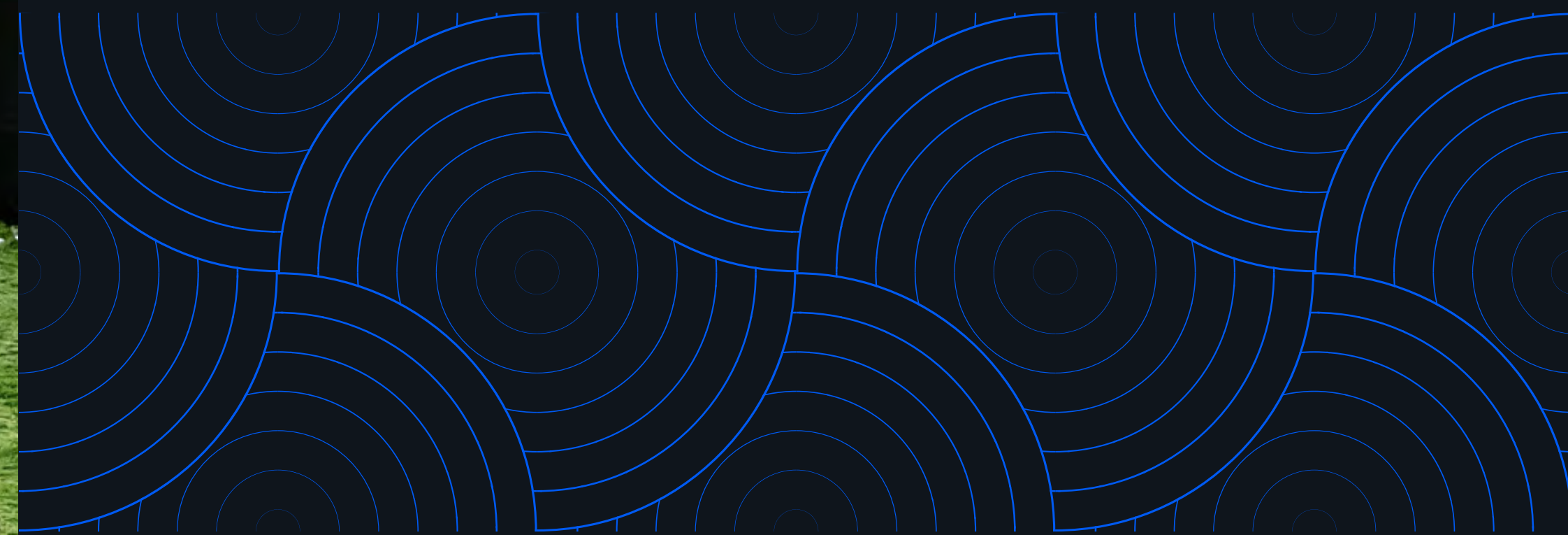
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Disclaimer

You should ALWAYS consult your doctor before using the ice bath if you have ANY health issues.

The Cold Pod should not be used if you are:

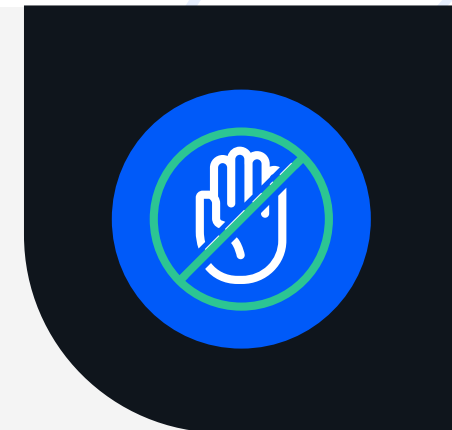
- Under 18 years old
- Pregnant
- Epileptic

Or if you have:

- A history of heart disease or high blood pressure
- Coronary heart disease (e.g., Angina Pectoris; Stable Angina)
- A history of serious health issues, like heart failure or stroke
- Raynaud's Syndrome (Type II)
- Kidney failure
- Epilepsy
- Cold urticaria
- Recently had surgery
- Suffered from migraines, we urge you to be cautious about taking ice baths
- Any other health concerns or conditions

You should conduct your own health checks and research, including seeking medical advice if you are at all unsure whether you should engage in cold water therapy.

Please note, we are not medically qualified, nor is any information contained on our website medical advice, nor should it be interpreted as so. So far as we are legally able to do so, we exclude liability from any harm that arises from the use of the Cold Pod.



The Science Behind Cold Dipping

Before you embark on your icy adventure from the comfort of your home, it's essential to grasp the fascinating science that underpins cold dipping. This practice, also known as cold exposure therapy, involves subjecting your body to cold temperatures intentionally. While it may sound intimidating, understanding the science behind it can help you appreciate the numerous benefits it offers.

Cold Thermogenesis Explained

At its core, cold thermogenesis is the body's natural response to cold temperatures. When exposed to the cold, your body initiates a series of adaptive mechanisms to maintain its core temperature and protect your vital organs.

Here's a brief overview of how cold thermogenesis works:

1. Vasoconstriction:

When you're exposed to cold temperatures, your blood vessels constrict (narrow) to reduce blood flow to the skin's surface. This helps retain heat in your core.

2. Shivering:

Your muscles may start to shiver, which generates heat through muscular contractions. This is your body's way of increasing internal warmth.

3. Brown Adipose Tissue (BAT) activation:

Cold exposure can activate brown adipose tissue, a type of fat that burns calories to generate heat. BAT plays a crucial role in thermoregulation.

4. Hormonal Responses:

Cold exposure can trigger the release of hormones like adrenaline and norepinephrine, which stimulate energy expenditure and increase alertness.

How Cold Exposure Affects the Body

Cold exposure can have a profound impact on various systems within your body:

1. Immune System:

Regular cold exposure may boost your immune system, making you more resilient to infections.

2. Metabolism:

The activation of brown adipose tissue and increased energy expenditure during cold exposure can support weight management and metabolic health.

3. Circulation:

Cold exposure can enhance circulation by training blood vessels to expand and contract more efficiently.

4. Mental Health:

Cold exposure has been linked to improved mood, reduced symptoms of depression and anxiety, and increased mental resilience.

The Benefits of Cold Water Immersion

Improved Recovery

Sports medicine has used cold water immersion therapy for years to help the recovery of athletes' muscles. It's why you often see photos of footballers or rugby players in ice baths post-match.

Don't worry, you don't need to be a burly athlete to reap the benefits though. Research has shown that while an ice bath increases blood flow to the skin, the flow to the muscles is reduced. The reduced muscle blood flow lowers the risk of exercise-induced muscle damage. *(Gregson et al. 2011)*

Pain Relief

Pain is a burden, but ice baths can help to lessen it. A study in individuals with gout arthritis found that cold water immersion decreased pain and improved quality of life *(Kurniasari et al. 2022)*. Dipping into your Cold Pod could help to lower inflammation and decrease pain.

Enhanced Energy

How do you currently wake yourself up? With a caffeine fix, a quick jog around the block, or a long shower? We all have a preference, but a short burst in icy cold water can be just as effective.

That's because it induces a process called cold thermogenesis, which means the nerve endings in your skin are stimulated, resulting in increased respiration and heart rates as well as oxygen levels. This leads to increased energy.

Weight Loss

According to the Wim Hof Method, cold water immersion can increase your metabolism by up to 16% *(Wim Hof Method, 2024)*.

The body's metabolic rate increases in response to being exposed to cold temperatures, and so it tries to produce heat to warm itself up. If practiced regularly, cold water immersion may aid weight loss.

Increased Immunity

Cold water therapy puts your body under stress, and although this may seem counterproductive, this stress is likely to be why immersion is so beneficial. There is some research emerging that suggests that cold water exposure can help to boost our immune cells *(Moovenan & Nivethitha. 2014)*.

Super Sleep

It may seem counterproductive, but a cold plunge before bed may be the answer for a great night's sleep. A recent study found that athletes who immersed themselves in cold water for 10 minutes after evening exercise, experienced deeper sleep during the first three hours and woke up less during the night. *(Chavineau et al. 2021)*

Stress Busting

Stress is something many of us battle daily, but there is some emerging research that suggests cold water therapy could help to reduce the symptoms of anxiety and depression *(Moovenan & Nivethitha. 2014)*.

While cold showers have also been shown to be beneficial for improving the symptoms of depression.



How To Prepare Your Body for Using The Cold Pod

Improved Recovery

The following information is advisory only. Cold water immersion is a unique and invigorating experience but also a challenging one. Before you plunge right in, you'll need to prepare your body, both mentally and physically.

We recommend taking short, cold showers to help get your body used to the shock of being immersed in cold water. It is not recommended that you 'dive' straight in with the cold temperature.

It is well-reported that there are numerous health benefits of water therapy. A study conducted at the Virginia Commonwealth University School of Medicine found that taking a cold shower (20°C) for 2 to 3 minutes preceded by a 5-minute cooling down period was sufficient enough to relieve some of the symptoms of depression (*Shevchuk, 2008*).

The cooling down period could mean getting in a slightly cooler shower than you are used to, and gradually decreasing the temperature over 5 minutes until you reach 20°C.

You may find you need to do this for several weeks before using your Cold Pod for the first time to ensure you are mentally and physically ready. While you eagerly anticipate your Cold Pod's arrival, we recommend taking some cold showers to help acclimatise your body.



Deep Breathing Exercises

Breathing techniques can help your body prepare and cope with the temperature change it is exposed to, and breathing is also great for meditation.

Here is a simple technique you can use before you enter the Cold Pod. You can do this in a comfortable position in an area away from furniture or sharp objects:

- 1.** Breathe in through your nose and out through your mouth.
- 2.** Take 30 breaths and try not to pause on the inhale or exhale.
- 3.** At the end of the 30 breaths, exhale and hold until your body naturally needs to inhale, then inhale deeply and hold until you naturally need to exhale.
- 4.** Try to repeat this 3 times slightly increasing the intensity of your breaths as you progress.
- 5.** When you enter the Cold Pod, you can use these breathing principles to help you adjust to the temperature and immerse yourself in the experience.



Using The Cold Pod for The First Time

As a first-time Cold Podder, you shouldn't just fill up the Pod with cold water and ice and jump in.

Here are a few things we recommend you consider first:

- Make sure you have a changing robe/towel handy for when you have finished your dip.
- Start your cold-water journey with warmer temperatures. It's okay to just fill your Cold Pod with tap water for now, without ice or other extra cold measures, until your body has acclimatised.
- Listen to your body. Cold water therapy is about achieving the correct balance between optimum temperature and duration.

A study published in 2016 found that a water temperature between 11 and 15°C, and an immersion time of between 11 and 15 minutes, was optimal (*Machado et al. 2016*).

Some experts suggest that you should start your Cold Pod journey at around 15°C, lowering the temperature and increasing the duration for each session. Over time, this will help your body acclimatise to the cold temperatures. You should only stay immersed for as long as it feels relatively comfortable, this is likely to increase the more you use the Cold Pod.



Setting Up Your At-Home Cold Dipping Experience

Creating an at-home ice bath experience requires some preparation, but with the right setup, you can enjoy all the benefits of cold therapy without leaving your living room. Here, we'll walk you through the essential steps to ensure your cold dipping adventure is safe, comfortable, and effective.

Equipment and Materials Needed

Before you can take the plunge, gather the necessary equipment and materials:

1. Ice bath or cold tub:

This is the centrepiece of your cold dipping experience. You can use an inflatable ice bath, a large plastic tub, or even your bathtub. We recommend our Cold Pods.

2. Thermometer:

To monitor the water temperature and ensure it stays within a safe range.

3. Timer:

For precise timing of your cold dip sessions..

4. Warm clothing:

Have a cosy bathrobe, slippers, and warm towels nearby for post-dip comfort.



Creating a Safe and Comfortable Environment

A well-prepared environment is key to a successful cold dipping session:



1. Choose the right location:

Select a quiet and private space where you won't be disturbed during your cold dip.

2. Prepare your tub:

Fill your ice bath or tub with cold water. You can add ice cubes to lower the temperature if necessary.

3. Temperature control:

Use your thermometer to monitor the water temperature. The ideal range for cold dipping is typically between 10°C to 15°C (50°F to 59°F).

4. Ventilation:

Ensure the room is well-ventilated but not excessively cold, as this can help regulate the overall temperature.

5. Safety first:

Have a friend or family member nearby, especially if you're new to ice baths, to provide assistance if needed.



The Step-by-Step Process

Now that you've set up your at-home cold plunging space, it's time to dive into the step-by-step process of enjoying a refreshing and invigorating cold dip. Follow these guidelines to ensure a safe and effective experience:

Step 1: Preparing the Cold Bath

Fill your chosen tub or ice bath with cold water. We recommend our Cold Pod ice bath. You can add ice cubes or ice packs to lower the water temperature but do so gradually to prevent extreme cold shock. Use your thermometer to monitor the water temperature. The ideal range for a cold dip typically falls between 10°C to 15°C (50°F to 59°F). Adjust the water as needed to stay within this range.

Step 2: Entering the Cold Bath

Wear minimal clothing or a swimsuit to maximise skin exposure. Take a few moments to mentally prepare yourself. Focus on your breathing to stay calm. Step into the cold water gradually.

Start by immersing your feet and lower legs, then slowly progress to submerge your entire body. This gradual entry helps your body adjust to the temperature.

Step 3: Managing the Experience

Once in the cold bath, maintain steady breathing. Deep breaths in and out can help you stay calm and relaxed. It's normal to experience an initial shock as your body adjusts to the cold. Try to stay in the water for at least 2-5 minutes during your first few sessions, gradually increasing the time as you become more accustomed to the cold. Focus on your sensations. Pay attention to the tingling, the coldness, and the exhilaration that accompanies the experience. Many people find this introspective aspect of cold dipping to be a mindful and meditative practice.

Step 4: Exiting the Cold Bath

When you're ready to finish your cold dip, exit the water slowly and mindfully. Dry yourself off promptly with a warm towel or robe. The rapid evaporation of water from your skin can make you feel colder once you're out of the bath, so it's essential to stay warm. Some people choose to take a warm shower immediately after a cold dip to help raise their body temperature.

Step 5: Post-Dipping Care and Recovery

After your cold dip, it's crucial to take care of your body. Enjoy a warm beverage like herbal tea or hot water with lemon to help raise your core temperature. Stay warm and avoid exposure to cold drafts or windy conditions. If you experience any discomfort, tingling, or numbness that doesn't subside after warming up, consult a healthcare professional. Remember that consistency is key to reaping the full benefits of cold dipping. As your body adapts, you can gradually increase the duration of your cold dips and experiment with different techniques, such as contrast therapy, to enhance your wellness journey.

How to Warm Up When You Get Out

When you're done, get out of the Cold Pod slowly and get into the horse stance.

The horse stance is a common martial arts posture that's also used during exercise. To get into the horse stance:

- 1.** Stand up straight with your feet spread about one and a half times your shoulder width apart.
- 2.** Keep your feet facing forward, and your spine straight with an upright and aligned posture.
- 3.** Bend your knees into a squat position and lower your body as if you were riding a horse, keeping your knees in line with your toes. Place your hands on your hips and hold.

Combining the horse stance with the deep breathing exercises we described earlier, is a great way to naturally warm up after being immersed in the Cold Pod.



Summary

The optimal time to spend in an ice bath, will differ from person to person, and it depends on an individual's own levels of tolerance. We recommend you should listen to your own body and proceed with caution at least in the early stages.

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