

The Science Behind Ice Baths/ Cold Plunge Explained #womenshealth #icebath #expert

0 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=PPSQMWZSXIO](https://www.youtube.com/watch?v=PPSQMWZSXIO)
<https://www.youtube.com/watch?v=PPSQmWZSxio>

SUMMARY

Ice baths can be beneficial for women, but they should be approached with caution to avoid overstressing the body. A gradual introduction to cold exposure is recommended, with a total of around 11 minutes per week being optimal for benefits like improved dopamine levels and reduced inflammation.

- *Women may not need ice baths as cold as men, as they tend to shiver at higher temperatures.*
- *Sessions should be shorter than commonly practiced; many people overstay in ice baths.*
- *Gradual acclimatization is key; starting with a cold shower for 15 seconds can help build resilience.*
- *Cold exposure can enhance dopamine production, focus, and concentration.*
- *It may also reduce inflammation and promote the development of brown fat.*
- *Sauna use may offer stronger cardiovascular health benefits compared to ice baths.*

Ice bath for women. What are the kind of temperatures that work? Sauna, ice baths, high intensity interval training. All of these things are stresses that are good stresses on the body, but what we don't want to do is overstress the body that women started to shiver at higher temperatures. They mean that women don't need it as cold. I do think that many people are spending too long, right? They they're going in for longer than they need. In terms of the total across the week, we're looking around 11 minutes. And that can be split into if you're going to start to do something like an ice bath, you definitely and Laura really focused on this, you want to build up slowly and build that resiliency. So starting with a cold shower finish for about 15 seconds is the at the end and really get your system used to it. We know that cold exposure improves dopamine. It can help with focus and concentration. It can help lower inflammation. It can help with brown fat. All these things are really amazing. But I think that when we look at the research in terms of cardiovascular health benefits and things like that then sauna is probably stronger.