

# Cold Water to Increase Excitability

Start with steady stream 85 degrees from shower. Go in for one minute. The next time two minutes. The next time 3 minutes. Now go down to 84 degrees and repeat. As long as it is uncomfortable there is no rush to decrease temperature. You should have extra energy afterwards. On the other hand, the more cold the water the better. Gradually decrease temperature to as cold as your shower gets. You can do this as many as 10 times a day but at least once per day.