

HEALTH BENEFITS OF BATHING

A new research on Daily bathe found it is not only cleanse the body from dirt, but also keeps away stress and have important role to increase the body immunity system. Research published in New England Journal of Medicine shows that diabetes sufferer who spent half of an hour soaking in warm water can reduce the blood sugar level around 13 percent. A study in Japan also shows 10 minutes of soaking in hot water can improve heart health, especially for man.

Here are several benefits of bathing to the person who practice its:

Removing toxins:

Daily Bathe in hot water around 32 to 35 degrees Celsius open pores that can help remove toxins. Bathe in hot water helps lowering the blood sugar level, heal muscle aches and helps take care of large intestine so it can function well. The suggested length is for 10 to 20 minutes.

Daily Cold bath is great to defuse tension or stress. It narrows blood vessel and increases sugar level in blood. The temperature suggested is around 12 to 18 degrees Celsius.

Skin infection:

Certain skin disease such as rashes or hives can be treated by adding baking soda (sodium bicarbonate) into the bath water. It acts as antiseptic. Fill in water into bath tab and add baking soda in and mix it well. Soak for

about 10 to 20 minutes.

Flu and headache:

Soaking feet in hot water helps in healing flu, headache and refresh back exhausted feet. Put enough hot water in a container until it sinks down the ankle then add into it a few drops of oil such as lavender, peppermint or lemon. After that, wash your feet with cold water. Do it for 10 to 20 minutes.

Insomnia:

Soaking feet in cold water is great for you who have insomnia problem or problem to sleep. Put your feet into the cold water until it feels cold. This technique is also said useful for sore feet.

Effects of Not Bathing:

Itching in the Body, Feel Tired, Depressed, Complete days goes sleepy, doesn't get Freshness in body, Body pain etc

Laziness keeps u away from bathing daily so be fresh and start a perfect day ahead...

