



The scoop on the sauna/cold plunge combo

with Pam Mathis, Functional Dietitian/Nutritionist

I'm guessing that you know at least one person who praises the benefits of either the sauna 🧖 or a cold plunge bath 🧊...

And before you wonder, “WHY are people doing this?” I want to share a little info with you to help you understand them more.

Saunas are “a Finnish steam bath in which the steam is provided by water thrown on hot stones” or a dry heat bath.

Cold plunging, or cold water immersion, is a practice that involves immersing oneself in cold water temperatures, usually for some type of health benefit.

Studies have shown promising results on the benefit of using these 2 in conjunction.

However, more in-depth, high quality research is needed to find optimum strategies such as duration, frequency and the extent of benefits.

In general sweating in a sauna can give these benefits*:

- Improved cardiovascular health
- Reduced pain
- Decreased headaches and depression symptoms
- Improved lung and airway function
- Reduction in cholesterol



Adding in a cold plunge right after can*:

- Boost the immune system
- Detoxify the body
- Improve circulation
- Burn fat
- Relieve stress and improve mood
- Decrease muscle soreness & inflammation
- Rejuvenate the skin

*NOTE: If you have any underlying health conditions such as high blood pressure or if you are pregnant, it is always best to consult your healthcare provider before trying something new.

Have you tried these wellness practices - either alone or in conjunction with each other?

If so, reach out and let me know how they worked for you. I always love to hear!

Need some support with creating the right wellness practice for you?

I'm Pam Mathis, a Functional Dietitian/Nutritionist,
and it's my mission to help you take back your health.

I'm here to help you

- **feel better than you have in years** with renewed energy and vitality.
- **be more in control of your choices** and feel more balance in your life.
- **know what to eat and how to navigate vacations and events** without losing a healthy mindset.

**Connect with me for a consultation
at 941-907-3757 or pam@nutritioncoachpam.com.**

This information is being provided to you for educational and informational purposes only.
It is being provided to you to educate you about nutrition and as a self-help tool for your own use.
It is not medical advice. This information is to be used at your own risk based on your own judgment.
For my full Disclaimer, please go to www.nutritioncoachpam.com.