

Forum:[Hack Forums](#)

Thread: [How do some people have cold showers without catching a cold?](#)

James Burnham - February 21, 2020, 5:26 pm

Do they have a stronger immune system? How does that happen?

Charger - February 21, 2020, 5:31 pm

Cold water does not make you catch a cold.

Cold weather only causes you to catch a cold because you're inside more therefore allowing germs to spread easier. It has nothing to do with temperature (livable conditions and not fucking boiling point or insane negatives)

Snowwy - February 21, 2020, 5:34 pm

I love having a cold shower on a hot summers day. Best thing.

James Burnham - February 21, 2020, 5:37 pm

(Feb 21, 2020 06:31 PM)Charger Wrote: [\[CITE\]](#) Cold water does not make you catch a cold.

Cold weather only causes you to catch a cold because you're inside more therefore allowing germs to spread easier. It has nothing to do with temperature (livable conditions and not fugging boiling point or insane negatives)

So, having cold water on your skin is safe but breathing cold air is what fuck you up?

Charger - February 21, 2020, 5:41 pm

(Feb 21, 2020 06:37 PM)Burnham Wrote: [\[CITE\]](#) So, having cold water on your skin is safe but breathing cold air is what fugg you up?

No, neither of those cause a cold

?ystem - February 21, 2020, 5:50 pm

Well you don't necessarily catch the "cold" disease from being exposed to cold temperatures in things such as showers, I don't know who implanted that nugget of false information in your head. You catch viral and various other diseases due to your immune system being compromised and exposed to something it hasn't developed an immunity towards, or something along those lines. I'm not a physician but know definitively cold showers don't make you sick.

Snowwy - February 21, 2020, 6:30 pm

Also, yeh, I don't think you can get a cold without being cold, having cold showers etc.

Frenchie - February 21, 2020, 6:31 pm

I don't know how people can actually shower cold, it's definitely not for me.

Skyline - February 21, 2020, 6:39 pm

Fast change in body temperature can do this.

Truth - February 21, 2020, 6:40 pm

I only take cold showers. It's better for your skin & body. Plus, when you're done, you actually feel warmer/better.

If you take a hot/warm shower and step out, you are going to be cold

Granted it probably depends on where you live, like I live in a hot climate, if I lived in New York or Alaska in the winter I probably would take warmer showers lol

Snowwy - February 21, 2020, 7:25 pm

(Feb 21, 2020 07:40 PM)Truth Wrote: [\[CITE\]](#) I only take cold showers. It's better for your skin & body. Plus, when you're done, you actually feel warmer/better.

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Even on those cold days?

Grim - February 21, 2020, 7:32 pm

I feel as though a google could have answered your question quite nicely.

oRequiem - February 21, 2020, 7:33 pm

I don't know how people take cold showers period.
All I do is take hot showers.

Whenever the hot water goes away, I turn that off instantly.
(Goes away because I'm impatient to wait for the hot water to come back after someone just took a shower).

Sly Cooper - February 21, 2020, 7:34 pm

It's a belief that is passed down a lot but the cold doesn't make you sick. Why would it? Cold water is apparently great for circulation and stuff.

Snowwy - February 21, 2020, 7:35 pm

(Feb 21, 2020 08:34 PM)Sly Cooper Wrote: [\[CITE\]](#) It's a belief that is passed down a lot but the cold doesn't make you sick. Why would it? Cold water is apparently great for circulation and stuff.
Why do you think it was passed down? Makes me wonder..

Yin Yang - February 21, 2020, 7:36 pm

I mean if it's ice cold and some shit, that's not good for a long time. If you do take a cold shower, cycle it with warm water to help with muscle relaxations.

Sly Cooper - February 21, 2020, 7:38 pm

(Feb 21, 2020 08:35 PM)Snowwy Wrote: [\[CITE\]](#) Why do you think it was passed down? Makes me wonder..

It's probably because of correlation. People tend to get sicker in the winter for other reasons. I believe prolonged exposure to too much cold can lower the immune system so there is probably something with that too. People go out for too long in the cold and not in warm gear and get colds faster so it looks like the cold will get you sick. Cold showers should be fine.

Charger - February 21, 2020, 7:38 pm

(Feb 21, 2020 08:33 PM)oRequiem Wrote: [\[CITE\]](#) I don't know how people take cold showers period.
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shower).

[Video: https://youtu.be/3qoV_Ee9pOM]

There's your hot shower

Snowwy - February 21, 2020, 7:42 pm

(Feb 21, 2020 08:38 PM)Sly Cooper Wrote: [\[CITE\]](#) It's probably because of correlation. People tend to get sicker in the winter for other reasons. I believe prolonged exposure to too much cold can lower the immune system so there is probably something with that too. People go out for too long in the cold and not in warm gear and get colds faster so it looks like the cold will get you sick. Cold showers should be fine.

Yeh that's a good way of putting it actually. Never thought of that really.

Truth - February 21, 2020, 7:46 pm

(Feb 21, 2020 08:25 PM)Snowwy Wrote: [\[CITE\]](#) Even on those cold days? it rarely ever dips below 60 degrees but if it does, I would even be more incline to take a cold shower to test myself.

Would like to try a cold shower someplace where it snows tho, that is the best test.

Btw, I do the WHM <https://hackforums.net/showthread.php?tid=6029816>

Loukas - February 21, 2020, 7:54 pm

I occasionally take cold showers, it helps me wake up naturally and relieves stress first thing in the morning. I had to gradually get used to it though because it will take your breath away if you go freezing cold water immediately.