

Forum:[Hack Forums](#)

Thread: [1,006 days ago today](#)

DashPHP - October 3, 2024, 2:40 am

I had the urge to really try out a cold shower and I fell in love with it.

Immediately wide awake, incredibly fresh, contributing to a very productive day.

Today marks 1,006 days of taking cold showers. Everyday.

These days I start with hot water but spend 10 minutes at the end for cold.

Can't emphasis this enough. Experience a cold shower!!!

Jinu - October 3, 2024, 2:43 am

The cold water in the morning makes me to procrastinate my bath. ?

DashPHP - October 3, 2024, 2:44 am

(Oct 3, 2024 02:43 AM)Jinu Wrote: [\[CITE\]](#) The cold water in the morning makes me to procrastinate my bath. ?

??? that made me giggle hahah

Jinu - October 3, 2024, 2:45 am

(Oct 3, 2024 02:44 AM)DashPHP Wrote: [\[CITE\]](#) ??? that made me giggle hahah

Yes. I usually take bath in hot shower.

DashPHP - October 3, 2024, 2:47 am

(Oct 3, 2024 02:45 AM)Jinu Wrote: [\[CITE\]](#) Yes. I usually take bath in hot shower.

Never been a bath guy here, showers all the way.

Deany - October 3, 2024, 2:48 am

When I got out of the hospital I immediately took a cold shower lol

DashPHP - October 3, 2024, 2:52 am

(Oct 3, 2024 02:48 AM)Deany Wrote: [\[CITE\]](#) When I got out of the hospital I immediately took a cold shower lol

How did it make you feel?

Deany - October 3, 2024, 2:53 am

(Oct 3, 2024 02:52 AM)DashPHP Wrote: [\[CITE\]](#) How did it make you feel?

Bro it brought me from 0 HP to 100 HP after

DashPHP - October 3, 2024, 2:54 am

(Oct 3, 2024 02:53 AM)Deany Wrote: [\[CITE\]](#) Bro it brought me from 0 HP to 100 HP after
HAHAHAHAHAH

THATS WHAT AM SAYIN BRO ???

Deany - October 3, 2024, 2:55 am

(Oct 3, 2024 02:54 AM)DashPHP Wrote: [\[CITE\]](#) HAHAAHAHAHAH

THATS WHAT AM SAYIN BRO ???

Idk something magical about cold showers

DashPHP - October 3, 2024, 2:56 am

(Oct 3, 2024 02:55 AM)Deany Wrote: [\[CITE\]](#) Idk something magical about cold showers
Couldn't agree more man. Truly a magical experience.

Snowwy - October 3, 2024, 4:26 am

How long do your cold showers last? Less than 5 mins?

DashPHP - October 3, 2024, 4:28 am

(Oct 3, 2024 04:26 AM)Snowwy Wrote: [\[CITE\]](#) How long do your cold showers last? Less than 5 mins?

Around 10 minutes.

I start with hot water for a few minutes, then switch to cold and rinse body... soap up... then I rinse again with the cold for about 10 minutes.

I get lost in thought in my cold showers that's how used to it I am hehe

Snowwy - October 3, 2024, 4:29 am

(Oct 3, 2024 04:28 AM)DashPHP Wrote: [\[CITE\]](#) Around 10 minutes.

I start with hot water for a few minutes, then switch to cold and rinse body... soap up... then I rinse again with the cold for about 10 minutes.

I get lost in thought in my cold showers that's how used to it I am hehe
Whenever I try and take a cold shower, I struggle to breath brother ??

DashPHP - October 3, 2024, 4:30 am

(Oct 3, 2024 04:29 AM)Snowwy Wrote: [\[CITE\]](#) Whenever I try and take a cold shower, I struggle to breath brother ??

Oh yeah, that's how it starts. Now I can take controlled breaths and it's sooo amazing.

Focus on deep controlled breaths. Start the water at the feet and work your way up. It's not supposed to be comfortable. GI !

Snowwy - October 3, 2024, 4:30 am

(Oct 3, 2024 04:30 AM)DashPHP Wrote: [\[CITE\]](#) Oh yeah, that's how it starts. Now I can take controlled breaths and it's sooo amazing.

Focus on deep controlled breaths. Start the water at the feet and work your way up. It's not supposed to be comfortable. GI !

It's coming up to summer here, so maybe I will give it a go ??

DashPHP - October 3, 2024, 4:32 am

(Oct 3, 2024 04:30 AM)Snowwy Wrote: [\[CITE\]](#) It's coming up to summer here, so maybe I will give it a go ??

Do it man! Easiest time of the year!!

Snowwy - October 3, 2024, 4:36 am

(Oct 3, 2024 04:34 AM)Stephen Wrote: [\[CITE\]](#) Someone that talks sense ??

Tried it no thank you dash.

Yeh - crazy people enjoy this - it's the only explanation ??

jcole - October 3, 2024, 4:37 am

I remember when you were HUGE on preaching the cold showers. Bad ass that you are still into that practice. I tried it for a bit, but I enjoy the hotter showers honestly. Helps me unclog my nostrils.

plops - October 3, 2024, 4:40 am

I wish I could take cold showers. It is hot 80% of the year here and the pipes are pretty close to the surface.

There is literally no cold water in my house unless it comes from the fridge lol

Mooooookie - October 3, 2024, 5:35 am

The only time I was really into taking cold showers, was when I lived in a state that provided warm/hot climate year round. Now that I'm living back where it's cold, all my showers are warm/hot water. Sometimes I will put the cold water on at the end of the shower just to cool my body down, as to not sweat when I get out.

DashPHP - October 3, 2024, 5:54 am

(Oct 3, 2024 05:35 AM)Mooooookie Wrote: [\[CITE\]](#) The only time I was really into taking cold showers, was when I lived in a state that provided warm/hot climate year round. Now that I'm living back where it's cold, all my showers are warm/hot water. Sometimes I will put the cold water on at the end of the shower just to cool my body down, as to not sweat when I get out.

Thats a good way to cool down after a nice hot shower haha.

Its most cold here all year round. But nothing crazy. 4-10 degrees on average.

B3A - October 8, 2024, 5:47 am

trying it from time to time but not a huge fan of making it a habbit

Jamika - October 8, 2024, 7:14 am

(Oct 3, 2024 02:40 AM)DashPHP Wrote: [\[CITE\]](#) I had the urge to really try out a cold shower and I fell in love with it.

Immediately wide awake, incredibly fresh, contributing to a very productive day.

Today marks 1,006 days of taking cold showers. Everyday.

These days I start with hot water but spend 10 minutes at the end for cold.

Can't emphasis this enough. Experience a cold shower!!!

Cant withstand cold shower in most days, only if the weather is hot af, but in normal cases never

DashPHP - October 8, 2024, 7:18 am

(Oct 8, 2024 07:14 AM)Jamika Wrote: [\[CITE\]](#) Cant withstand cold shower in most days, only if the weather is hot af, but in normal cases never

Enjoyed 10 minutes of cold shower.. Felt great!

Eran - October 8, 2024, 8:26 am

dash give it a break you been taking cold shower for 1000s of days now ur life still the same

Michael - October 8, 2024, 8:43 am

(Oct 8, 2024 08:26 AM)Eran Wrote: [\[CITE\]](#) dash give it a break you been taking cold shower for 1000s of days now ur life still the same
[Eran](#) is going to try out a ice bath soon.

DashPHP - October 8, 2024, 9:14 am

(Oct 8, 2024 08:11 AM)Snowwy Wrote: [\[CITE\]](#) I wouldn't call myself a high roller, but I do bet quite often, just not massive amounts.

(Oct 8, 2024 08:26 AM)Eran Wrote: [\[CITE\]](#) dash give it a break you been taking cold shower for 1000s of days now ur life still the same
Never everEVERRRR!

Coldies 4 loiiiff

DropshippingKingggggg - October 8, 2024, 12:41 pm

(Oct 3, 2024 02:40 AM)DashPHP Wrote: [\[CITE\]](#) I had the urge to really try out a cold shower and I fell in love with it.

Immediately wide awake, incredibly fresh, contributing to a very productive day.

Today marks 1,006 days of taking cold showers. Everyday.

These days I start with hot water but spend 10 minutes at the end for cold.

Can't emphasis this enough. Experience a cold shower!!!

I do this every morning to help wake myself up

DashPHP - October 8, 2024, 12:48 pm

(Oct 8, 2024 12:41 PM)DropshippingKingggggg Wrote: [\[CITE\]](#) I do this every morning to help wake myself up

And it really does wake you up man! I love it.

Mxstermind - October 8, 2024, 12:54 pm

Day 1 for me brothers

DashPHP - October 8, 2024, 12:57 pm

(Oct 8, 2024 12:54 PM)Mxstermind Wrote: [\[CITE\]](#) Day 1 for me brothers
Proud of you, no cap.

Keep up updated.

Chrome - October 8, 2024, 4:23 pm

you finish your shower cold for 10mins? How long do you spend in the shower my guy?

Cap - October 8, 2024, 5:13 pm

I'm telling you man, I just can't do it. But how cold are we talking?

DashPHP - October 8, 2024, 5:22 pm

(Oct 8, 2024 04:23 PM)Chromeproducts Wrote: [\[CITE\]](#) you finish your shower cold for 10mins? How long do you spend in the shower my guy?

Like 30 mins. I enjoy the hot water while I plan for the day, then once I'm bored with hot I switch to cold and stay cold for 10+ minutes.

(Oct 8, 2024 05:13 PM)Cap Wrote: [\[CITE\]](#) I'm telling you man, I just can't do it. But how cold are we talking?

I believe in you Cap! Start warm and progressively build tolerance. It's a game changer! I don't have a thermostat attached to the shower but I max out the cold tap and turn off the hot tap. Cold water gets colder during winter times.

Yin Yang - October 8, 2024, 5:23 pm

I also do the same too

Mr_Kh4os - October 8, 2024, 5:24 pm

(Oct 3, 2024 02:40 AM)DashPHP Wrote: [\[CITE\]](#) I had the urge to really try out a cold shower and I fell in love with it.

Immediately wide awake, incredibly fresh, contributing to a very productive day.

Today marks 1,006 days of taking cold showers. Everyday.

These days I start with hot water but spend 10 minutes at the end for cold.

Can't emphasis this enough. Experience a cold shower!!!

You're a madman lol I had to do it one time camping and never again.

DashPHP - October 8, 2024, 5:24 pm

(Oct 8, 2024 05:23 PM)Yin Yang Wrote: [\[CITE\]](#) I also do the same too
Nice!! The benefits are truly unmatched.