

Natural Cardio Health

Lower Blood Pressure

The body's first reaction to being immersed in hot water is to try and stabilize the body's temperature by pumping the heart faster to bring additional blood to the surface where it would normally disperse heat into the surroundings. This increased blood flow means an increased supply of oxygen, antibodies and white blood cells; all important to promoting **revitalization of the cells**. This initial reaction causes an increase in blood pressure, but because the warmth quickly causes the blood vessels to dilate and expand, the resistance on the heart is lessened. This means a soak in hot water will actually lower blood pressure!

The blood warmed in the vessels at the skin's surface is pumped from there back into the body where it begins to heat the deeper parts of the body including the body's organs and deep muscle tissue where the same healthy vessel dilation occurs leaving the muscles and tissue more relaxed. The more time spent immersed in hot water, the more times the warm, healing blood can cycle through the body. Studies have shown that in a spa maintained at 104 degrees the core body temperature can rise to 102 degrees Fahrenheit in less than 20 minutes. This means a **healthy increase of heart rate with a decrease in blood pressure** that reduces strain on other vital organs. It's no wonder at the reputable Mayo Clinic, hydrotherapy is used to improve cardio-health. Be sure to include your doctor in the decision to undergo any hot water treatments.

A soak a day keeps the pounds away?!

It may be hard to believe, but regular use of a hot tub has been proven in a study by New England Journal of Medicine to lead to weight loss. The increased heart rate induced by the hot water mimics the same physiological effects of exercise, yet unlike normal exercise where blood pressure rises, the dilation of the body's blood vessels in reaction to the heat actually **decreases blood pressure**. More circulation to organs means better digestion. This study researched the effect of daily hot water therapy in a hot tub, 30 minutes a day, six days a week for a three week period. The patients recorded an average weight loss of just under 4 pounds for the three week period. That's over a pound a week.

More healthy than exercise or not, it is arguably a more relaxing way to increase your heart rate to promote healthy heart function which can often lead to weight loss. **A soak a day might indeed keep the pounds away**. Be sure to include your doctor in the decision to undergo any hot water treatments.

