

COLD PLUNGE THERAPY & ICE BATHS

15 INCREDIBLE BENEFITS



Cold Plunge Benefits Near Me

Emilia Vuorisalmi



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The Healing Power of Hormones Emilia Vuorisalmi, 2025-01-23 Where science meets spirituality the magic happens Essential for anyone wishing to inject the spark back into their life THOMAS ERIKSON author of *Surrounded by Idiots* An expert guide to harnessing your brain chemistry for a more joyful fulfilled life In *The Healing Power of Hormones* Dr Emilia Vuorisalmi shares her own journey from burnout love addiction and heartbreak back to full vitality With practical tools she empowers you to understand your hormones and begin a transformative inner journey towards lasting health and balance If you re feeling stuck dopamine is the molecule of drive It motivates us to seek out pleasurable experiences increases focus and attention and affects our overall well being Emilia provides clear science based tips to boost your dopamine levels and maintain a sustainable balance naturally Overwhelmed with stress Nurture your serotonin levels to restore happiness and calm Emilia helps you understand serotonin s role as the molecule of safety showing you how you can strengthen your serotonin system by facing your fears releasing limiting beliefs and setting healthy boundaries If you re feeling lonely oxytocin is the molecule of connection It is intimately tied to our physical and emotional bonds and following Emilia s guidance will help you create a sense of calm and trust Begin your inner healing journey now *The Healing Power of Hormones* will help you uncover your most authentic self and long lasting well being **Young Forever** Dr. Mark Hyman, 2023-02-21 Bestselling author Dr Mark Hyman presents the definitive guide for reversing disease easing pain and living younger longer Aging has long been considered a normal process We think disease frailty and gradual decline are inevitable parts of life But they re not Science today sees aging as a treatable disease By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the diseases of aging including heart disease cancer diabetes and dementia In *Young Forever* Dr Mark Hyman challenges us to reimagine our biology health and the process of aging To uncover the secrets to longevity he explores the biological hallmarks of aging their causes and their consequences then shows us how to overcome them with simple dietary lifestyle and emerging longevity strategies You ll learn how to optimize your body s key longevity switches reduce inflammation and support the health of your immune system exercise sleep and de stress for healthy aging and eat your way to a long life featuring Dr Hyman s Pegan Diet You ll also get exclusive insight from Dr Mark Hyman on which supplements are right for you where the research on aging is headed and so much more With dozens of science based strategies and tips *Young Forever* is a revolutionary practical guide to creating and sustaining health for life *California Cultivator* ,1920 *The Phrenological Journal and Life Illustrated* ,1867 **EastWest** ,1988 **Report** California State Board of Health,1880 **The Christian Union** ,1885 **Domestic Hygiene and Sanitary Information** George Wilson,1885 **The American Phrenological Journal and Life Illustrated** ,1867 *The Indicator* ,1898 **Zenith 12000** ,2004 **Electrical World** ,1906 **Therapeutics and Materia Medica** Charles Edward Armand Semple,1874 *Transactions* American Society of Heating, Refrigerating and Air-Conditioning

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