

Winter hot showers are great, but don't abuse them

Summer has arrived, many people have moved to cool water bath for cool. However, there are still many people who are still loyal to hot baths anyway. The following are the harmful effects of hot baths.

The North is beginning to catch the cold winds in the beginning of the season, when it is cold, people tend to switch to hot baths instead of cold water like summer days. Hot or cold water showers all have their own advantages. But if you choose one, you should choose cold water instead of hot water to protect your health, especially men.

Gentlemen who are born with great wealth for good health, flexibility and good immunity. So taking a cold shower in the winter or summer for them is very normal, nothing to worry about.

1. Bathe at the best time: Early morning or evening
2. 9 differentiate between bathing with hot water and cold water to health
3. Why do you always bathe every day and still hate?

If you're still hesitant about taking a hot bath, read the following information to find out why you should quit this habit.

1. Reduce fertility



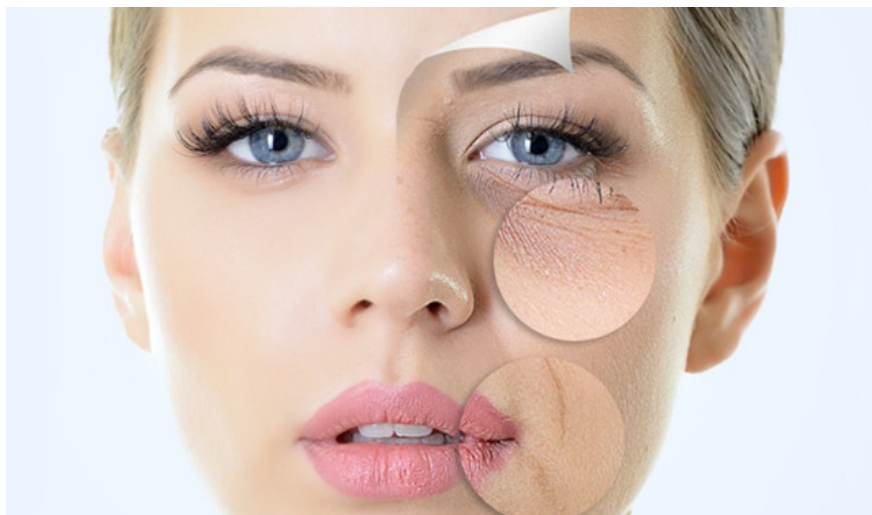
In men, in the winter, if you take a hot bath under the shower, it will significantly affect your reproductive health. Due to the hot water temperature, will greatly affect the quality as well as the number of sperm, hot water can kill sperm cells because they can not survive in high temperature environment. Therefore, it can be seen that men who bathe in cold showers will have stronger sperm than those who regularly take a hot bath.

2. Stop the heart



According to one study, the winter temperature is low, if bathing with cold water is extremely dangerous for the heart. It may increase your risk of cardiac arrest.

3. Dry skin



Washing your face with hot water will lose the natural moisture of the skin, removing the oil layer that makes your skin become dry, scaly, and uncomfortable, thereby causing skin damage and deterioration. So, in the winter you should wash your face with warm water, not too hot. After washing, rinse with cold water to hunt skin and use moisturizer for skin.

4. Reduces immunity



According to some studies, it has been shown that cold water helps the body increase its immunity. Meanwhile hot water has the opposite effect. Besides taking a hot bath after drinking alcohol is extremely dangerous, it will make the situation become more serious, causing nausea, even headache, dizziness, dizziness. Also in alcohol, beer has a number of substances that alter blood pressure and heart rate and when there is hot water, it will stimulate these substances to increase.

5. Heart beat faster



Hot water can cause sudden changes in blood pressure in the body. Excessive water temperature can cause vasodilation. So it requires your heart to work harder to pump blood. This can affect people with cardiovascular problems.

6. Dizziness



For some people, hot showers can also cause dizziness. This happens because of changes in blood pressure.

7. Nausea



Because of changes in the circulatory system, some people even get nauseous when soaking in a hot bath. So you should not take a shower after eating because it can cause you to vomit.

For all these reasons, you should only take a cool bath, or a little warm water to help it get cold, especially in winter. In the summer, you should form a cold bathing routine and take advantage of it by the negative aspects of the aforementioned hot bath.

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