

Subject: Cold Water, Fish, Early Bedtime: Your New Health Formula

Preview: From cold plunges to early bedtime, these science-backed tips support your body and mind.

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## ***Body Wisdom***

### **New Study Dives Deep into Cold Water Therapy**

Cold-plunge adherents swear that submerging themselves in frigid water makes them healthier, happier, sleep better and feel more focused, among other purported benefits.

Researchers in Australia asked for proof. Analyzing data from multiple studies and almost 3,200 participants, they [found](#) cold water therapy (CWT) — at temps of 44-59 degrees F — offers a delayed but positive impact on stress level, and that it may trigger the body’s anti-inflammatory response.

They also found that for some people, CWT may support better sleep and improve quality of life.

They didn’t find evidence of increased immunity or measurable effect on mood. They also noted that potential systemic anti-inflammatory effects follow immediate temporary inflammation, which could be dangerous for some people.

While CWT has been widely [studied](#) for athletes — and is shown to reduce muscle soreness and inflammation, and speed physical recovery — the Australian researchers noted gaps in the research on CWT for the general population. Many studies are small and look only at single immersions and not long-term use of cold water therapy. Only one study included females.

Despite these limitations, the researchers conclude that there are “several potential benefits” that “show promises of specific outcomes” of cold water therapy, and call for more high-quality research.

The takeaway? Wade in. From cold-plunge tubs to forays into chilly lakes and seas, evidence is promising that cold water really may be beneficial.

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## *Eat Well*

### **Yes, Salmon is That Good for You**

An important new study found that omega-3 fatty acid moderately slows biological aging. It also offers protective health benefits when combined with vitamin D and exercise.

The [study](#), published in *Nature Aging*, investigated the effects of taking omega-3 alone or alongside vitamin D and exercise. Researchers found that each protocol offered significant benefits for healthy aging, but omega 3 specifically reduced aging by up to 4 months.

- The study followed 777 healthy adults aged 70 and older (mean age 75) over 3 years.
- Interventions included omega-3 (1 g/day of 330 mg EPA plus 660 DHA from marine algae), vitamin D (2,000 IU /day), and at-home strength training exercise (30 minutes / 3 x week), done individually and in combination.
- Omega-3 supplementation alone slowed aging by 2.9-3.8 months. And the three interventions together reduced cancer risk and frailty over the same amount of time.
- People with lower baseline blood levels of omega-3 benefited the most.

The researchers had [previously shown](#) that omega-3 reduced the rate of infections and falls, and that all three interventions combined significantly reduced risk of pre-frailty and invasive cancer. This recent study added to those findings.

“[This study] supports the idea that targeted nutritional strategies can have distinct epigenetic aging effects,” the study authors noted.

While the study measured omega-3 supplements, you can also boost your omega-3 levels [by eating](#) oily fish (salmon, mackerel, tuna, trout) and oysters.

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## ***Did You Know?***

### **Even Small Actions Deepen Connection**

You can significantly strengthen your relationship through small, daily actions, according to relationship experts. Speaking with [The Science of Love: The Science of Happiness](#) podcast, psychologists John and Julie Gottman outlined simple ways that couples can fortify their connection.

- Check in for 10 minutes, asking about the other person’s day
- Say *thank you* even for routine or small kindnesses

- Give a real compliment that calls out qualities in your partner you appreciate
- Touch more. Even small amounts of physical contact — hugs, holding hands, brief shoulder rubs, gentle squeezes as you pass by — build intimacy and closeness.
- Ask an open-ended question that gets at your partner's values or beliefs, like: "Is there something you've secretly always wanted to do?"
- Schedule regular date nights. Just the two of you, nothing fancy or expensive required. Just keep phones in pockets and alcohol to a minimum.

Relationships are essential for our health *and* longevity. Nurturing them is some of the most important work of our lives.

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## ***Stay Amazed***

### **Earlier to Bed is Best for Mental Health**

Night owls feel most alert and productive in the dark, quiet hours after the rest of us are long asleep. But researchers at Stanford University School of Medicine [found](#) that they are also putting their mental health at risk.

Tracking more than 73,000 middle-aged and older adults, the researchers discovered that people who regularly stayed up past 1am had higher rates of depression and anxiety. This holds true no matter the person's [chronotype](#), or their natural sleep-wake and activity schedule that's related to circadian rhythm.

- Morning chronotypes, who rose early and went to bed by 10pm, had the best mental health measures.
- Evening chronotypes, who go to bed late and sleep late, fared better following an earlier schedule, while morning types suffered more when following a later schedule.
- People who regularly stayed up late were 20-40% more likely to have a mental health disorder than evening chronotypes who followed an earlier or intermediate-type sleep schedule.

The takeaway? Regularly staying up into the wee hours of the morning isn't good for *anyone's* mental health.

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## Destination Inspiration



### [Arctic Bath](#)

This unique floating spa hotel in the Swedish Laplands sits atop the ice (or water, depending the season) of the Lule River, offering an unparalleled cold-bathing therapy experience. Visitors also enjoy dry and steam saunas, locally sourced meals, and year-round adventures like a Moose Safari or snowshoeing in

the winter, or hiking under the Midnight Sun and kayaking in the summer months.

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## Recipe of the week



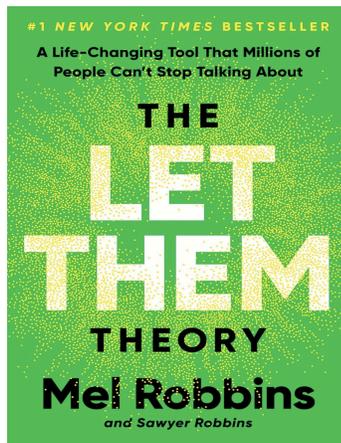
### **Salmon-Stuffed Avocado**

This easy, nutritious dish from Eating Well requires just a handful of ingredients — heart-healthy avocado, omega-3 rich canned salmon, protein-packed Greek yogurt, celery, Dijon mustard, lime, and dill or parsley. Enjoy for lunch or as a light dinner to help meet your omega-3 needs, and more.

Get the recipe [here](#).

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## Read This



[\*The Let Them Theory\*](#) by Mel Robbins

Best-selling author and podcaster Mel Robbins is a likeable, relatable guide for addressing personal roadblocks like motivation and self-acceptance. In her latest book, she tackles relationships, and specifically, our desire to control how other people think and act, even when under the guise of “helping.” Her advice, “Let them,” refers to dropping the reins of expectation to let people and events go as they will. The partner in this formula is “Let me,” which asks us to take responsibility for our own reactions, refocusing any situation on what we *can* control. A quick, affirming read full of helpful takeaways and relatable examples from Robbins own life.

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### Quote:

"The good life is a process, not a state of being. It is a direction not a destination."

— *Carl Rogers*