

Islander

I have NEVER understood the rationale of a morning shower. You don't get dirty while you sleep! Even when I'm not actively farming and gardening, why would I lay my dirty sweaty body on clean sheets? Nosir, when I shower it's always before bed, and I sleep better knowing I'm feeling clean!

Posted On 03/30/2017

gardenson

I tend to tense up in my shoulder muscles, and a warm shower directed on the back of my neck loosens that area up a lot! I always feel more relaxed. An herb I have started using is Astragalus Root and it has helped relax me and help me sleep better. I use a capsule form, but one can get it in a tea blend too.

Posted On 03/30/2017

holdfasthope

warm showers are great but Epsom salt baths along with dr mercola's himaylan salts is the IDEAL way to relax in the evening or to help wind down a stressful day. .even better if you can soak in this in complete darkness or with a faint himilayan salt lamp in the bathroom with you. maybe another reason we feel so great after a shower or bath is because the pipes leading into your tub/shower are "grounded". .that could be another benefit of showers for pain or stress relief

Posted On 03/30/2017

jsmccord7

I'm glad it says 'may help you sleep better'....if I were to shower before bed it would energize me and keep me awake..!

Posted On 03/30/2017

8taj30

Me too. The article did mention foot baths--they might help sleep without energizing. Maybe I'll try a hot foot bath with epsom salts tonight.

Posted On 03/30/2017

grulla

It's almost impossible for me to get a good night's sleep here, especially in the heat of the summer of the desert SW, whether it is dry or monsoon humid, not washing before bedtime. And not washing within less than 48 hours after a safe Vit D tanning session, as Dr.M suggests, can be a problem also, so the way I get around that when tanning sequentially (within 24 hours) day after day, is to completely wash my self IMMEDIATELY BEFORE the next (24 hour) tanning session so I don't stack all that body oil and avoid feeling like sticky flypaper, and not compromising the Vit D skin process, which further helps in getting a better night's sleep. Zzzzzzzzz :-)

Posted On 03/30/2017

Boomeree

Warm shower at night? You must be joking. At least half of the U.S. is still fluorated, and warm or hot water opens ones pores so they ingest some of it.

Posted On 08/09/2024

dal3942

Hi Boomeree , There are several shower water filters on the market that will remove fluoride, as well as chlorine and other gases and chemicals.

Posted On 08/09/2024
