

pattrish

"Most" water supplies contain chlorine which is an antibacterial on its own. Washing hands in chlorinated water (regardless of temperature) should work just fine. And, I agree with another comment...kids play in dirt and do fine (with the rare exception). I can't use soap (major allergy) and use plain water. I seldom get sick.

Posted On 06/17/2017

katguy

I agree. I refuse to use the antibacterial soap they supply in most public places and my work place. That just destroys the skin.

Posted On 06/17/2017

seg

Your skin naturally produces one of most powerful antibiotics, it is called Dermcidin...Washing your skin with soap not only removes the Dermcidin, it strips the skin of all the natural oils - talk about being counterproductive..I just baked sockeye salmon in the oven, cooked shrimp and made a few coconut flour pancakes for the kiddos...I just used plain old water to wash everything, including the dishes...Only when i change the oil in my vehicle or so and I have to get rid of the heavy grease and oil I will use a wee bit of soap..WhenTerroir is right everything falls into place and you don't have to worry about germs and their "theories"...They are their for a specific purpose, same as us, don't try to KILL them, you can't kill them all, they will morph into another strain as we have been seeing and they will be more deadly...Learn to embrace them , work with them they will help to keep your body strong naturally ...and don't worry to much about anything, go out and live your life to the fullest...

It has been more than six years or so I stopped using any soap, shampoos, conditioners etc on my skin, i rely primarily on plain old water for washing and nature to do what she does best and that is produce those wonderful good natural oils that Big Pharma has been trying for eons to replicate...Listen, look, observe, use YOUR built in sensors, they would guide you better than anything, or anyone out there...My two kiddos are currently playing their Sax, ahhh that is really good music to my ears...A be-early Padres day to all 🙌

Posted On 06/17/2017

iamblessediam

Yo seg...Soaps, etc also destroy the skins microbiome - you know - all those "friendly bacteria" that reside on our skin surfaces and "communicate" with our internal microbiome and also play with and in Dermcidin - they be like mud wrestlers - oh boy and all that;-))))))))))! Happy "padre" day back at yah - happy ferments toooooooo! LBP!

Posted On 06/17/2017

seg

Yam yeah we have Flora's not just in the gut, we also have in our sinuses and a very large flora is on the skin..This is why products like soaps negatively impacts not just our bodies but the ENTIRE ecosystem as a whole - think of where all of the soapy water not just from showering, but also from laundry and cleaning etc..Another thing to note, the skin is our first line of defence that offers natural protection along with stomach acid and whatever passes through , the holy immune system takes care of it..To sum it up, when these conditions are right (Le Terroir) , good health is achieved, the sky's the limit.. Heading out shortly to the SIL for some celebratory daddio day refreshments ..CHEERS ! 🏃



Posted On 06/17/2017

Krofter

Here/s a short piece from my hygienic guru - www.youtube.com/watch .

Posted On 06/17/2017

iamblessediam

Yo Krofter...laughing Buddha time - my immune system thanks you;-)))))))))))))! George has it spot on - let the healthy immune system go BAM - and deposit the invading f-bombing offenders straight into the colon;-))))))! LBP!

Posted On 06/17/2017

RobertSniadach

I always get a kick out of articles like this one. Sure, the information is good and valuable... but then I remember seeing young toddlers crawling around and playing in the dirt, getting their fingers into God-knows-what, and then sticking those same fingers directly into their mouth. So much for worries about clean hands...

Posted On 06/17/2017

seg

Le Terroir Roberto, Le Terroir, when the conditions are right the body hums like that well oiled machine..but before that can happen, we'd have to do some digging to get outta the quagmire we're currently in, actually that might be the hardest part - the digging out...Once reality set's in one will observe rather quickly we don't have any deficiencies in soaps, drugs or any other similar concoctions... Here's to Le Terroir and everything else that pairs well ! 🍷 🍷

Posted On 06/17/2017

iamblessediam

This was me when I was knee high to a grasshopper - still is when I get the chance:
[\[www.youtube.com/watch\]](http://www.youtube.com/watch). LBP!

Posted On 06/17/2017

kittykity

I always use cold water and have no issues with it. I am appalled at the amount of water wasted waiting for the faucet to return warm water. My bathroom and kitchen are at the farthest end from the water heater. There is no way I am going to waste that much water. Yes, our water is icy in the winter. So what? Sheesh, what whining.

Posted On 06/17/2017

iamblessediam

Oh my folks...what's with all the dislikes - a dislike "without" explanation is like whining - you'd be better off being a "winer" - like the "segacious one" I suggest a good dry red - add some cheese and olive oil to your "winer" list and then you'd be a winner;-)))))))))! By the way, the segacious one means - having or showing keen mental discernment and good judgment; shrewd - right seg;-)))))))))! I took one of your dislikes away kittykitty - love, blessings and peace everyone!

Posted On 06/17/2017

seg

Here kitty kitty, it really is madness to see a post like this with negatives, but I am not surprised, I think it really is a mad, mad world...Yam yeah i believe a lot of these neggers need to drink some chilled structured water and wash it down with a good glass or two of wine...This just help to start me up.. 🍷

<https://youtu.be/7Bz7O4Z-cX4>

Posted On 06/17/2017

iamblessediam

Yo seg...me thinks this my "fav" iteration of that song - it features the real Billy the Kid and Jammin Jimmy F - ENJOY: [www.youtube.com/watch] - Those two together are a hoot: [www.youtube.com/watch] and [www.youtube.com/watch]. LBP!

Posted On 06/17/2017

Krofter

Like may of you, I've been doing a lot of work in the gardens the past few months. Yesterday was a good example: I spent most of the day transplanting and mulching. The mulch was the gleanings from the pens of my goats and alpacas, about 1/2 manure and 1/2 old hay. By the time I came in to eat lunch around 2 my hands were black with dirt and manure. I used only cold water (it was 102 here yesterday, who wants to use hot water on a day like that?) to wash them - no soap - but it did take me several minutes to get most of the black rubbed off. I then proceeded to make my afternoon smoothie. I do something along these lines nearly every day - I'm still breathing. About once a week or so I'll wash my hands with soap. Although I shower daily at this time of year, I haven't used soap in the shower for several months. However, I do have to shampoo my dreads about once a week.

Posted On 06/17/2017

seg

Once in a while you can wash yer dreads with coconut water..I use plain warm water and most days finish of with cold water.. this puts hair on yer chest, lead in yer pencil and pep in yer step... 👍

Posted On 06/17/2017

Krofter

With temps outside well over 100, taking a cold shower is something to look forward to. That first rush is something, aint it? Pep and lead, yes, but the hair on my chest is still turning gray.

Posted On 06/17/2017

Rdenyc

Cold water on tap for hand washing may simply discourage washing. First and foremost it is unpleasant if one is living in a climate that is often cold and ones hands are often chilled and the indoor temperature is not warm enough to warm hands chilled by cold water. Secondly, although those germs wash away in cold water soap does not. Washing in cold water requires spending more time rinsing despite it being more unpleasant. And thirdly if the washer wishes to remove any greasy residue washing in cold water makes it far more difficult. Any wonder why warm water is preferred? Everything that can be scientifically 'just as good' does not work since the daily lives of people are not part of a controlled scientific study. The question for how long people wash, whether they wash with sufficient soap, and whether they rinse are secrets held in the less controllable bundle called desire. Do they want to put their greasy hands in cold water and keep them there trying to remove the soap? Hmm .

Posted On 06/17/2017

ChristieMarie

Exactly what I was thinking. Cold water feels horrible to wash your hands or brush your teeth with. I don't wash as thoroughly when the water is running cold because I just want the experience to be over with.

Posted On 06/17/2017

adeanaz

Cold tap water isn't always that cold! I live in southern Arizona and much of the year our cold is room temperature or warmer. During the summer you could cook spinach with the water that comes out of the "cold" tap. :)

Posted On 06/17/2017

BillieBob

Rdenyc, I agree about the cold water. If it's cold enough to be uncomfortable I know my washing time goes way down. On the other hand, if I have grease on my hands, such as if I've been working on my car, I will wipe the grease off as well as I can with a paper towel, then I will coat my hands with liquid hand soap or even dishwashing detergent, full strength, and rub it in well and then start with the water. I find that technique removes the grease regardless of the temperature of the water.

Posted On 06/17/2017

gtriber

to me, there is a natural patina on hair-skin-nails that helps the surface to lay down tight. smooth. moist. i try not to violate that natural protection! i rarely use 'soap': keep 3 spray bottles (apple cider vinegar, hydrogen peroxide & baking soda) in the bath and kitchen for multi-purpose cleansing. hands-fruits-veggies-countertops-even brushing teeth, sometimes run a nail brush around. sometimes spritz acv on scalp after shower or pour a couple glugs from acv jug into rinse cycle.. yes, grease is the exception:, in which case, i wash with NO-sulphates-NO heavy perfumes type soap/shampoo (LOT of label-reading!), always in luke warm water.

Posted On 06/17/2017

docww

By the way, wearing gloves does not guarantee protection from pathogens. Hands should be thoroughly washed when changing gloves.

Posted On 06/17/2017

educatedmind

Well, cold water has stood the test of time for decades, and yet the hot water myth persists. One of the first things I learned in Nursing was it is the technique, water and soap , not heat. I don't know why the idea persisted given, just thinking about it should expose the flaw. In surgery for instance, they did not use the hottest water they could stand. they used the combination of soap, water and friction to clean hands before proceeding. Then of course the chemical companies decided to market an alcohol based chemical product. Not surprisingly post procedure infections soared.

Posted On 06/17/2017

ronald1947

When pets are around, you can't wash after every time you touch them. They also spread germs on your clothes and furniture. Washing hands before anything to do with food is about as good as you can do.

Posted On 06/17/2017

miami_ice_princess

Love this article! Along the same lines, I usually rinse my hand-washed dishes in cold/cool water (not hot) and my sister had a fit! I told her that she's not disinfecting them by rinsing in hot water, so why use up the hot water. She thinks I'm crazy...I think I'm thrifty. Besides, the reason that you even rinse your dishes is to remove the soap suds so you don't get diarrhea.

Posted On 06/17/2017

BillieBob

And as a bonus, most of the germs are washed away also. In my opinion. I let my immune system take care of the rest. :)

Posted On 06/17/2017

Epona777

I don't mind using whatever temp the water is when it comes out. It can be bracing to splash cold water on my face to wash, but it is bearable. I also use cold water for laundry too. Having an electric hot water heater, I try not to use it too much with the cost of electricity. :)

Posted On 06/17/2017

drjasonb

This article should be widely circulated as I see most people in public restrooms barely washing their hands after going #1 or #2 and then grabbing those disease-ridden door handles and going back to eating. For those of you who only wash with water, would you want your surgeon or dentist only washing with water before working on you? Or even putting fingers in your mouth after going #2 and only "washing" with cold water? I doubt it.

Posted On 06/17/2017

Momtad

The problem with washing in cold water is it's cold - in other words not as comfortable as warm water.

Posted On 05/21/2024

Almond

I think there is an individual uniqueness in this. Hot water always helps me relieve any sore muscles. My husband insists on prolonged bathing in cold water. It may also have something to do with the way a person is raised and ethnicity. I recall swim lessons, as a child, at 7 a.m.. The instructor would stick the thermometer in the water and if it was below 60 degrees, we were sent home. Once we were in the water, we adjusted to it, but those first few minutes after the plunge were terrible. Students in rural areas who did not have access to school swimming pools would often do their practice for competition in cold rivers.

Posted On 05/22/2024

Almond

Soap is very helpful for sanitation. -But, understand that all cleansing is merely a process of dilution or reduction of what is harmful to health. Also, understand the difference between "soaps" and "detergents". Many products that people consider to be soaps are actually detergents. These are not good to be applied to the human body. Cleansers such as baking soda are simply minerals. Cider vinegar can also be useful.

Posted On 05/22/2024

juststeve

So many products promoted as germ busters when the dominant situation about bacteria is a breach in our barriers meant to keep them out of our insides. Extremely important in operations, or open wounds. Even those are what antibiotics in general are for. Good old soap and water is good enough yet for as long as it has been exposed the antibacterial soaps actually set people up for negative health result, well indoctrinated into being OCDP Germaphobes keep the sales riding high. In a healthy world we are surrounded by a host of varieties of bacteria.

Posted On 05/21/2024
