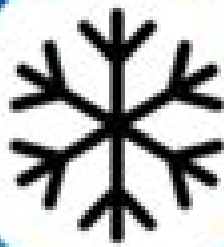


Hot and Cold Therapy inspired by the Nordic Cycle



1. HEAT

Sit in a hot tub,
sauna, or steam room
for 10-20 minutes



2. COLD

Immediately immerse
your body in cold
water for a minimum
of 10 seconds



3. REST

Rest for 10-15 until
your heart rate
settles, then repeat
the cycle

REPEAT

Global Viewpoint

Step By Step Hot Cold

**Mahmoud M El-halwagi, Dominic
Chwan Yee Foo, Raymond Girard R Tan**



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