

Editorial

One Hot Shower A Day Keeps Doctor Away

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Citation: Yu RJ. One Hot Shower A Day Keeps Doctor Away. Jour Clin Med Res. 2023;4(2):1-3.

<http://dx.doi.org/10.46889/JCMR.2023.4207>

Received Date: 03-06-2023

Accepted Date: 19-06-2023

Published Date: 26-06-2023



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Editorial

As a research scientist for more than 50 years, I have recently discovered a medical benefit of taking a hot shower every day before bed time.

The hot shower temperature can be up to 65°C, depending on individual acceptability. The shower temperature should be high enough for the body, but not too high as to burn the skin. Ultimately, the length, as well as the temperature will vary according to the tolerance of each individual.

After showering, a skin oil or cream can be applied topically to prevent dry skin. A hot shower promotes increased blood circulation and aids in the body's elimination of toxic metabolites, including muscle metabolites such as lactic acid. Elimination of these metabolites help to lessen or reduce fatigue and anxiety.

Aging and gender related to blood pressure changes.

Keywords: Endocrine Disruptors; E-Wastes; Toxic Metals; Reproductive Hormones; Reproductive Outcome

Age	Women Blood Pressure	Men Blood Pressure
18-39 yrs	110/69 mmHg	119/70 mmHg
40-59 yrs	122/74 mmHg	124/77 mmHg
60+ yrs	139/69 mmHg	133/69 mmHg

Table 1: Normal blood pressure by age and gender based on google report.

A Google search reports 5 benefits of a hot shower.

1. Lowers blood sugar: The article describes that a hot shower helps lower blood sugar. However, I have found that result was inconsistent. For example, a human subject, male age 91, had been taken hot shower every night for the last 30 years, his glucose reading was always 130-131 and the reading never lowered despite restriction in sugar intake and hot shower every night
2. Offers relief of respiratory symptoms: The article also describes that standing in a hot shower with steam helps open airways, loosen phlegm in the respiratory system and clears out nasal passages. I have found this observation was correct
3. Can give you heathier skin: The article goes on to describe that hot shower can open up the pores of the skin and wash out some of the dirt and toxins from it. I have found that the observation is rather correct, especially, in the Summertime when a hot shower can also wash sweat out from the pores, which helps skin feel cleaner all over
4. It moisturizes the skin
5. The article indicates that standing under a hot shower for long can cause wrinkles to the skin, as well as moisturize the skin. However, contrary to the article's findings, I have found that a hot shower does not cause wrinkles and does not moisturize

the skin. Depending on the skin type, a hot shower can exacerbate dry skin conditions if one has a non-oily skin type. I recommend the use of skin cream or lotion containing Alpha-Hydroxy Acid to the skin after a hot shower

6. It can help you sleep
7. Lastly, the article describes that hot water increases the body temperature and relaxes the muscles in the body. I have found that a hot shower soothes us physically and mentally which helps us sleep better

One hot shower a day keep doctor away

Observation 1: Human subject, healthy female age 52, married with no children, has taken a hot shower every day for the past 40 years. Her most recent blood pressure taken read 96/60 mmHg which falls within the ideal range (Fig. 1). According to Harvard Health report a blood pressure reading between 90/60 mmHg and 120/80 mmHg is optimal. Her health has been in excellent condition without taking any medications.

When she was in her 20's, her average blood pressure was about 105/65mmHg, still under the ideal blood pressure range.



Figure 1: The blood pressure of human subject, female age 52.

Observation 2: Human subject, a healthy female, age 63, with current blood pressure 128/68 mmHg has taken warm/hot shower once every day for the past 50 years (Fig. 2).

She is married with two grown children. About 10 years ago her husband suffered a heart attack. During that time period she was taking care of two college aged children and her husband, but did not show any signs of anxiety or stress. After surgery, her husband's condition stabilized and he continues to live a normal life. At age 63, she has an excellent health without taking any medications.



Figure 2: The blood pressure of human subject, female age 63.

Observation 3: Human subject, male, age 91, with blood pressure 123/56 mmHg (Fig. 3). For the past 30 years he has taken a hot shower every night and maintained the same ideal blood pressure. About 40 years ago, when the subject was not taking hot showers every night, his blood pressure rose to 156/90 mmHg, the medical symptoms included light headedness and the inability to sit still. At that time, the subject took over-the-counter medications including Dramamine for nausea, due to vertigo, as well as for persistent anxiety. A few weeks after taking over-the-counter medications there was no sign of improvement. The subject asked his licensed acupuncturist friend, Dr Li, to perform the acupuncture as follows; two needles were inserted at GB 20 behind the neck and another needle was inserted at DU20 and the needles were left in place for 25 minutes. The same treatment was repeated once every week for 10 weeks. After 10 weeks of treatments, the signs of anxiety and stress were much improved. However, the blood pressure was still 145/65 mmHg. After continued practice of taking a hot shower every night, the blood pressure finally returned to 125/60 mmHg, which is within ideal range.

The subject is a research scientist who at 91, is still actively involved in heavy research trying to discover analgesic and anti-itch drugs [1,2].



Figure 3: The blood pressure of human subject, male age 91.

Conflict of Interest

The author has no conflict of interest to declare.

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