

Speaker 1 ([00:12](#)):

You are listening to the Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

Robyn Schiller ([00:45](#)):

Hello and welcome back to The Journey on podcast. This week you have Robyn, Warwick asked me to do a podcast, I think in light of my new obsession with ice Baths, and he said, why don't you do a podcast on all of the little rabbit holes that you've been down? So that is what we're going to do today. So just a reminder, I am not a doctor. I'm just sharing with you my journey through, I guess what I'll call menopausal anxiety. How's that? So let's go a little farther back than that though, and we'll start with kind of exercise and diet and some of the rabbit holes that I've been down there, some good, some not so good. I've always been quite obsessed with exercise, not in a healthy way either. I did a blog a few years ago, you can find on the Warwick Schiller website called Body Betrayal, and I've always thought about it that way.

([01:45](#)):

Until recently, I've done what I thought were the right things and my body didn't respond the way that I thought it should, mostly in the losing weight category. Now looking back, I know it was just trying to survive and actually it's pretty darn good at it, and I have a new appreciation for that more than I did a few years ago. So I've always been searching to look better and feel better. So it has led me down some rabbit holes. And one of the things that got me started on my relationship to Fat was a book called The Big Fat Lie. Warwick suggested that I read it and it did change my entire outlook on the way that I ate. I had done all the fad things and I was pretty much like the No Fat Warwick calls it, no fat, no taste, no nothing but low fat.

([02:44](#)):

No fat was the way to go. The problem with that is that everything is so processed and probably really not good for you. And so when I read this book, it really kind of got me thinking about fat in a different way, and that's the same time I also found Dave Asprey with Bulletproof. And so at the time, this is like 2015, he does this thing called Bulletproof Coffee where you put butter, grass fed butter into your coffee in the morning and you whip it up and then you add generally this is just really condensing it. You generally add a lot more good fats into your diet. I remember eating avocado with every meal, which was pretty good. I love avocado and it did great things. It changed me inside and outside back in 2015. And I have found and confirmed through testing with my naturopath that my body does do better with less carbs and more fat and protein.

([03:49](#)):

I know everybody is different, but while I don't drink the coffee anymore, I do tend to feel better if I'm not on carbs, especially gluten. I don't have a gluten allergy, but I just know that I feel better when I don't eat a lot of carbs. So my lifelong anxiety really got worse In around 2012, 2013, I was having panic attacks at work and I would end up in the ER thinking I was having a heart attack. I made them do all the cardio tests because it just felt like something was wrong. And if any of you have ever had a panic attack, you know what I'm talking about, you think you're dying. And it doesn't matter what the tests show at the time when you're in that spiral, it's tough. It's tough. And so I figured out that there was something wrong. It wasn't my heart.

[\(04:49\)](#):

The lady who worked at Gory Gates at the time asked me if I'd ever had my hormones checked, and then at the same time, somebody else I was working with brought it up again. And so I'm like, okay, two people have mentioned this, so maybe I should go get it checked. And so the Gilroy Gates lady referred me to a naturopath and I'll give her name out, but please let me, don't inundate her because I still want my appointments. But her name is Dr. Renee Young and her practice is in Los Gatos, California. So I've been seeing her since then, since 2000, almost, yeah, almost 10 years she's been helping me. We figured out that the anxiety was really triggered by hormones, and I was very pre-menopausal at that point, but she got me through menopause now, now, and probably the biggest thing that she did to address my menopausal weight was not too long ago.

[\(05:53\)](#):

It was actually since that Body Betrayal blog that I did in 2018. But she got me on a thyroid supplement called Armor Thyroid, and I lost 10 pounds just like that. So that was a big thing. She had been testing my thyroid and it had been looking fine, I guess, but I think it was three or four years ago, well, three years ago now, she must've seen something in my blood that made her prescribe that, and it's been really, really good. I take a very small amount, but I take it every morning. So she's also helped me through the menopause with supplements. I don't do any kind of hormone therapy, and I was against it. Now that I learned more about a lot of what they said about hormone therapy is wrong because all of their studies, what I'm finding out, all of their studies were really, really skewed.

[\(06:52\)](#):

So probably hormone therapy at this point, I think I'm okay. I feel good. I don't have any menopausal symptoms anymore, but if you're on the fence about it, really look at learning from, there's some good podcasts out there, but I think that a lot of the drama about it was due to some research that was flawed, so I wouldn't be against it now at this point anyway, she's also helped both Warwick and I ramp up our immune system through the last two years if it hasn't been shared. I've been pretty scared of covid and well, Warwick is just getting over it. I have escaped it thus far, knocking on wood, and she's really, so we do IV therapy every month. So we do one that's actually a bag that she calls the funky monkey. So it's got all kinds of good stuff in it, high doses, vitamin C and the B vitamins and glutathione, which is really good.

[\(08:06\)](#):

And I can actually tell when I'm needing it. So I guess I get to a point where I'm like, Ooh, my mental state may not be that great, so maybe it's time for an iv. We've also done some peptide treatment with Thymosin Alpha one. We give ourselves little shots in the belly. So as Warwick is recovering from Covid, I believe that these things really helped him get through with a minimum amount of symptoms. It's still early days, but I'm glad that we set ourselves up on with these things and it went the way that it went. And while I guess I'm on the naturopath, it's not really a rabbit hole, I think it's just an alternative way to why I like the naturopath is that she looks at my whole self. It's not just treating a symptom. She is about prevention, and I think that's incredibly important.

[\(09:03\)](#):

And so she's doing blood work every six months, which I don't love, but I'm getting better at. And I'm really interested to see how it's going to go after the ice baths. I have a hunch it's going to go a lot easier, but we'll get to that later. But the other two things that she did for us late in 2021 first was a test called the Gallery Test, and it's a blood test that checks for over 50 types of cancers. And for her, she really believes in it. It caught something in her father-in-law in the very early treatable stages. So she's going to incorporate that for us each year. It's not going to take away any of the other tests that we do

as women mammograms and our pap smears and things like that, and colonoscopy, which I have to have later this year, but she believes it's something that everybody should be having every year.

[\(10:00\)](#):

So we're going to keep doing that. And the second was in the blood work. Last late last year, she saw a couple of autoimmune markers in my testing, and she suggested that I do also, I had had food poisoning in summer last year. And so that's kind of why I did the test that I did. I hadn't felt right since then. And so she saw some stuff in there. And so she said she wanted me to do a two week liquid fast, and at first I thought, yeah, no, I don't think so. But then Warwick maybe too much information, but he got diverticulitis, and so she wanted him to do that too. And so she thought, how cute. Let's put you both on a liquid diet together. It'll be a bonding experience. We both went through, we finish, we didn't do two weeks, but we did 10 days. And I'll tell you by day four, I was a total believer. Day one was super hard. I was starving. And it's a liquid. It's called the Elemental Diet, and it's a liquid shake. So you can have, we had eight shakes a day and you can mix it with only water, and this is the only thing you're having besides water in your day. So shakes, and we took a huge leap of faith because we hadn't tasted it before, and it actually tasted pretty good. We got the dextrose free one, so sugar free.

[\(11:37\)](#):

So it was, again, day one really, really was hard. But after a while, there was this actually kind of a piece that came over me, and I think that this piece was the absence of that voice in my head, analyzing everything I put in my mouth, shaming and guiltig me for eating basically. I'm sure I'm not the only one with this voice, but it was so nice to not have to think about what I was going to eat or not eat. And also that was super peaceful. I was afraid of not having any energy, but because your body's not having to digest anything, the shake is pre-digested. You actually have plenty of energy and it has all the nutrients that you need in it. So it's not a water fast. It was a nutritional fast, but it is a shake. So after the 10 days, I ease back into eating and she asked me to do a low FODMAP diet.

[\(12:46\)](#):

So fodmap, it's has a big meaning, but it's basically all the fermented marker or fermented food. And I had been doing a lot of kombucha and I had been probably not been doing the best thing with the FODMAPs, but really interesting to follow that. I still follow that pretty closely. I have, if I look at it, my diet is, I don't do a whole wide range of foods, and I'm okay with that. It kind of does help me, and maybe this is my obsessive nature, but it kind of does help me control what I'm eating, and I don't mind that. But yeah, the 10 days was really, really good, and I believe it really gave me a complete mental and physical reset and testing after that proved that it did help move the needle on some of those autoimmune markers. I've done it a few days here and there since.

[\(13:42\)](#):

Again, the thing is the first day is really hard. So to do it anymore than if you can push past that first day, you can get into some really nice feelings and it gives your gut a rest, which is really, really good. There are some other ones out there. If you just Google Elemental, you can buy. Dr. Ruscio has really good information on that. So I know if you've got SIBO or anything like that going on, yeah, it's recommended. And I'll tell you, it was first day was really hard, and then it got a lot easier, and I really, really did feel the benefits of it. I had said I might do one every year, but I don't know. I mean, it was good, but I'm not sure. I want to do it again anytime super soon. Alright. As far as exercise, I've tried it all.

[\(14:40\)](#):

I was a cardio freak for most of my twenties and thirties against Warwick's advice that I add weights probably by the end of my thirties is when, and when I turned 40 was when I was starting to do intervals

and adding the weights in. And I think I was probably in the best shape ever. When I turned 40, of course, I was in the gym for over an hour a day plus doing horse chores at home. And we lived in Australia at that time, and I had switched from beer to wine, so my alcohol had changed.

[\(15:11\)](#):

So I did like the interval training and I would think I was running at that time too, so just on the treadmill. And I loved Pilates. I tried Pilates for a couple years until my vertigo flared up, and then I couldn't do it anymore, so I'm sure I could have, but laying flat for me and vertigo just don't go together, and a lot of what you do on the reformers laying flat. So I just gave it up. Then I got into CrossFit for a couple of years, and then until, that was until Covid, lockdowns hit. And then really since then, I've eased up on the obsessiveness of exercise. I used to be someone who needed to do something every day or I felt like I didn't do anything. I figure between, I've just shifted my mindset. I listened to a podcast on Huberman and I forget who it was.

[\(16:05\)](#):

It was about mindset. It was a lady, it was a really, really good podcast. And she was talking about a study that they did with these maids and how when they reframed what they asked them, do you'd get any exercise? And they all said no. And when they reframed what they did every day and said, you're actually doing a lot of exercise like you, you're cleaning rooms for two hours, you're doing a lot of physical work. And so when they tweaked their thinking about it, they really actually saw not only some of them lost weight and they didn't change anything else, it was just the tweak in their thinking, their actual physiological markers improved as well. So it's really interesting how just a shift in your mindset can do that. And it's actually kind of scary to me, but that's a whole other podcast. So I think we have Kendall who helps us here at our place, but there's a couple days a week that I take over the chores and cleaning horse poop for 10 horses.

[\(17:16\)](#):

It takes a good hour. And then we have a euro sizer where the horses like to do the least amount of work, so they get that groove that's worn in the groove. So I have been raking it every day, and that's a good 20 minutes of pretty intense, you're raking sand. So pretty intense exercise. So I've kind of thought about it in the way that the maids, I'm doing a lot of work and actually on my aura ring that I wear, it tracks exercise and sleep, mostly sleep, but exercise. And it'll pop up with a, Hey, you got a workout when I'm doing my horse chores. And so I have named it yard work. It's my yard work, but an hour and 10 minutes of yard work at a medium clip every day is a workout. And then I try to do something every couple days, whether it's pickleball or walking or paddle boarding or maybe a 10 high interval training.

[\(18:22\)](#):

This summer I've been swimming at the high school. They have lap swimming, and I swam a lot as a kid, and I forgotten how much I really loved it. So I've been doing that maybe a day a week. So I also do either Qigong or yoga every day. I know I'm lucky, I work from home and I can fit this all in, but I'll tell you about some of the other modalities and then I'll explain how I got into the Qigong and the yoga. So breath work is another thing that helped me with the anxiety, and I didn't call it breath work when I started. You've all heard that story about C B T, cognitive behavior therapy and how I started breathing and how it helped with a panic attack on a plane. That was pretty basic stuff, but it did work. And I actually just got certified earlier this year in breathwork modality from Yoga Body.

[\(19:19\)](#):

So I thought that would be a good, it would be something good that I could share with others. So there's a whole course on the subscription library on breathwork and different types of breaths that you can do.

And yeah, I enjoy it and I use it every day. I actually do have a couple other videos on the subscription. My favorite meditation slash breathwork is called the eco meditation. And I was just at a Greg Braden conference in Florida, and he did the HeartMath kind of meditation, and it's very similar to the eco meditation and very similar to the work that Carrie Lake does. And so I really, really enjoyed that, and I think that that's going to be something that I incorporate every day.

[\(20:21\)](#):

So in 2017, Warwick had started down some rabbit holes of his own, and then I think meditation was one of his first ones. And so in 2019 is when I started into the meditation and I started with something called Ziva Meditation. It just really resonated with me and got me into a regular practice. Now my meditation, I've gone through all kinds of different meditation things, and I use the Muse also. It's a headband. And then we've done a lot of Dr. Joe Dispenza's meditations. And while I might not sit down in meditation every day, there's usually some part of yoga or Qigong that I do that incorporates it. And that leads me to Qigong. Sorry if I'm not pronouncing it exactly right. But in 2019, I was part of a women's retreat with a couple of friends, and as a facilitator, I had just completed Brene Brown's Dare to Lead program.

[\(21:23\)](#):

And then the year before that, I had done an equine assisted learning training. So they asked me to, I had some interesting information to share. So they asked me to be one of the three facilitators. This is where I met Yvette Espinosa Clark. She did Qigong sessions each morning. And by the end of the retreat, it was four days. I felt super, I mean, I know there were other reasons why I felt super, but I really think the Qigong really, really, really was impactful for me. And so I found a couple YouTube instructors that were her style Shelton, Qigong is the main one, but now Yvette actually has a virtual option that I join in. She does two sessions a week on Zoom, so whenever she has, I don't do it every week, but I join in here and there. And then I also enjoy Yohi on YouTube as well.

[\(22:21\)](#):

I think her name's Marissa, so it's yo Y O Q I y O Q I, and then Shelton, Qigong, and then Yvette Espinosa Clark is on Instagram. You can find her. And then speaking of yoga, well, Warwick had done some of yoga with Adrian's three days, 30 days of yoga, but I never had, I don't know that I'd done any yoga really. My sister-in-law was getting certified in Kundalini in 2020, and then Covid hit. So she had to practice sister-in-law, meaning my brother's wife. They live close, they live pretty close, but because of Covid Lockdowns, she had to practice. And so she set up Zoom calls every week with family, and we learned Kundalini again. I loved it so much. So I continued with Brett Larkin on YouTube, and then she has an online library similar to what we have. So between Kundalini and Qigong, I had a daily practice and those incorporate meditations.

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And then sometimes I do meditations outside of that. I did a deep dive into the nervous system when Covid hit too, and my good friend Jane Pike started talking about it more between her Suki Baxter, Irene Lyon, and a book by Stanley Rosenberg called the Accessing the Healing Power of the Vagus Nerve. I started utilizing these practices as well and then adding them onto the subscription for people. And now that I'm thinking about all this, I'm realizing that I have a pattern of becoming very interested in something and finding all out about all of it. And then even getting certified, I'm thinking about the equine assisted learning. So I got certified in Canada through Equine Connection, and then I did Beth and Stand's Natural Leadership course, and I've helped her with a few of her client sessions. So I'm kind of doubly certified in the e a l situation.

[\(24:33\)](#):

And then Bernas, she ended up having a facilitator training for Dare to Lead, and because of my years of experience in hr, I qualified to take that. So I did that and then the breath work and now the ice bath. So yeah, I'm finding a pattern here, but I guess well, at least from Yale and the Dare to Lead, what I found from those certifications and training is that I'm not sure I want to go back into corporate work. They've all been great learning experiences and have taught me more about myself for sure. And I do wish I had learned some of that while I was still in corporate, but I think I could have made much more of a positive difference in some of my roles if I had. But yeah, I don't think I want to go back to corporate, but that leads us to my current ice bath obsession.

[\(25:30\)](#):

So I had done some cryotherapy. Those are the freezing cold chambers where it blows 200 minus 200 degree Fahrenheit air at you for three minutes. And I liked it, but I didn't really feel the immediate results other than the mental part. I mean, I felt cold, but the mental part of not wanting to do it and getting it done, but still now when I compare it to the ice baths, it's really got nothing on ice baths. So that leads us to this ice bath obsession all of the time that of Covid Warwick had set up a freezer, which he converted into a cold plunge. I think he did a Wim Hof seminar in December of 2019, I think maybe in preparation to going to Mongolia. I might be wrong with that. But then he set up this freezer, which he converted into a cold plunge in the garage.

[\(26:23\)](#):

He sealed it and everything. I'll get to that. But he would go and he'd sit in there for two minutes and he had also turned down the water in his shower, and I just dismissed it outright. There was no way that I could do that, nor did I want to. I'm like, that's your thing. You go, good for you. I was happy, I'm proud of, but yeah, it wasn't for me, and I wish I could tell you why I started turning down the water in the shower I just did earlier this year. And then even more, I wish I could tell you why I decided one day back in May or June why I said I want to get in the freezer. And from that day, I'm telling you, and it was only in the sixties. It wasn't like it was cold, but it did something to me and I was hooked.

[\(27:11\)](#):

And now it's been three months, and for the most part, I've plunged or cold showers nearly every day. I started listening to podcasts about it and getting the scientific part figured out. Why did I feel so good? And so here's what I'll share with you, and we're talking about deliberate cold exposure. This is the practice of submerging the body in freezing cold water to create a metabolic change at a cellular level. I've just finished taking a facilitator course through Morasco Forge, and then I plan to do another one because that's me, get certified with Sherpa breath and ice, either later this year or next. But some of the highlights of deliberate cold exposure, it's shown to improve metabolism, immune response, mood, circulation, focus, clarity and energy. It's helped many people cure autoimmune disorders, cancer, diabetes, depression, anxiety, detoxification, and helps with substance abuse and trauma recovery. And it's also proven effective for insomnia. Lymphatic drainage clears blood glucose and stimulates ketone production in the liver, some of the benefits, weight loss, increased energy, immune strength, stress inoculation, emotional resilience, addiction recovery, muscle recovery, trauma and P T S D, it helps with hormone regulation. It's just awesome. What can I say?

[\(28:44\)](#):

Lemme get some of these other questions out of the way. When should you do it? Pretty much anytime you have a fever and unless you have some health indications like pregnancy, Morasco says they've had a few mom to be plungers who said that it's good for them, but it is a shock to the system. So you would recommend going to the doctor before, and I would say that to anybody. If you think that you have something medically, then you probably should get a doctor's clearance. And I'll tell you that doctors

don't know a lot about this, so good luck. But cardiovascular patients, some heart conditions are not approved. If you have a heart condition, get that approved, and then if you have any kind of fainting, especially as a result from extreme temperature fluctuations, you should probably get your doctor to approve it as well.

[\(29:42\)](#):

But you can do it before or after exercise. You can do it once or twice a day. You can do it in the morning, you can do it in the middle of the day. You can do it before bed. They recommend doing it at least 90 minutes before bed. And some of the first things that will happen when you do it, you might get a headache. You might get hand and foot numbness or tingling. Your extremities are getting colder, but it's the deliberateness. Some people have said, oh, what about heart attacks or whatever. Well, it's different than being pushed in or jumping in a cold frozen lake, right? This is deliberate. We are mentally preparing ourselves to go into the water.

[\(30:35\)](#):

Okay, let me back up. Medical condition, of course, seek professional advice. There is something called after drop, which I think I experienced last week when I was in Florida. I filled the bathtub up with ice because they had the ice machine. So I'm like, well, I'm going to go fill up the ice machine or the ice bath with ice. And so I got in and that night I had the shivers, and I think it's because there was such an extreme. So Florida is really hot and humid, and I had been outside. I had been outside and inside and outside and inside and outside and inside. So I was out in the hot then in the air conditioning out in the hot air conditioning, and then I did the ice bath. And so that night I was a little bit shivery and my oral ring said that actually my temperature was actually a little higher than usual, which I think after drop is that your body temperature continues to drop.

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So I'm not sure what that was, but it is important to warm up afterwards as naturally as possible. So standing in the sun or drinking something warm or you can dry off right after I do a power pose in the sun. I don't know how I'm going to go in the winter, but the power pose in the sun is usually enough for me. You can do the Wim Hof, the horse stance and the lunges if you want to do that, but that's important to do. So let me tell you how I started. So I started while the temperature was in the sixties, that's Fahrenheit for two minutes, and then down to the fifties, probably over the course of a week. Then I did 48 for a couple of weeks until I really heard the benefits were really only if you were below 45 degrees. So down it went.

[\(32:25\)](#):

I was like, Warwick, it's got to be 45. So Andrew Huberman from the Huberman lab says 11 minutes per week, not all at once at a temperature that is uncomfortable but safe. He didn't give that 45 degree number. I heard that somewhere else. And actually, if I go with Morasco, they want it down to freezing. They want you down at 32, 33, which I'm really not interested in that. I've just, well, I'll get to that too. But I've just ordered a real cold plunge and it only goes down to 39 and I'm okay with that. I think 39 is my sweet spot, maybe 37, but I think 39 feels good for me anyway, so he gave the 11 minutes per week. So that's what I shoot for, but because I feel so good after, it's really hard not to do it daily. How you can get started, you can get a bowl with ice water.

[\(33:23\)](#):

You can stick your face in it, you can stick your hands in it, you can stick your feet in it. Make sure you do it in that order. You don't want to stick your face in feet water. So face, hands, feet, you could get a horse trough or a kitty pool or a bathtub and fill with ice and water. You could turn down your shower,

start with the shower and turning it down at the end and have your normal shower. And then just turn it down a little bit and then the next day, turn it down a little bit more and a little bit more and a little bit more. I actually find the showers harder than the ice bath actually, but now I can go, we have two shower heads in our shower, so I can turn both on pretty much cold and be fine for a couple minutes now.

[\(34:10\)](#):

So remember, I'm somebody who didn't like the cold. I didn't think I could ever do it, and now I'm taking ice bath at 39 degrees and I love it so longer is not better. Remember, you can get all those benefits for 11 minutes per week. So the setup that we have is a chest freezer. It's been sealed. There's a whole Facebook group online called Chest Freezer Cold Plunge, and they have all the specs on how to seal the freezer and blah, blah, blah. So I use a marine land filter and an aquarium pump, and then I use spa shock for sanitation. The water that I fill it up with is filtered with a filter that goes on the hose. So we wash our feet before getting in, and then we have a little oil collector and a vacuum. So that's kind of our setup right now, obviously, well, we plug it in until it's the temperature that we want it to be.

[\(35:11\)](#):

You can add ice if you want to. And then for those of you who are concerned, for my safety, I say thank you. I am too. I have a note on the lid to unplug everything. The lid does not lock without a key, and I always have someone there with me, unless I'm doing it at a higher temperature, which is now about 40. So it was 48. I'm like, I could get in by myself at 48 and now it's down to 40. So I'm like, okay, well 40 Kendall's been doing it too. So she's here in the afternoons and I usually wait for her, but recently I have been doing it by myself, but I do make sure, I dunno that the dogs are around, alright. But I just did order a real one from a place called REU Therapy, R E N U Therapy. I checked it out and I tested a few others and I believe this is the one that will be most like the freezer, which I like, and it's got a whole sanitation and a chiller, which is going to be super cool.

[\(36:13\)](#):

I keep doing it the feel-good chemicals. It's that sense of accomplish, it's the norepinephrine and adrenaline and dopamine, the sense of accomplishment. It's helped me in other aspects of my life. I feel more like I can do hard things. I can do things that I didn't think I could. It's almost like a good for you drug. I sleep better, my heart rate's slower. I've had a couple medical things that I've had to do including getting my monthly IV and I, I've had a couple of those now and I wasn't anxious at all and I feel more like I got this and I can't remember anything making me feel this good in a long time. I'll share a story about my recent trip to Florida for the Greg Braden conference, which was called Pure Human Breakthrough. I really, I can recommend it. It's also pretty aligned with his book, pure Human or they've just renamed it to the Science of Self-Empowerment or something like that.

[\(37:15\)](#):

But really good book, very interesting book. There's no good way to get to Jacksonville, Florida from the west coast. So I was having to make two stops with one plane change on Southwest Airlines. So when we landed, and you guys know I'm not a good flyer, right? Remember the story. My history is I'm not a great flyer. I get anxious. I don't like the bumps. I feel everything on the plane. I think that has to do with my vertigo and my vestibular system. But if we turn, I know we're turning and I have to be able to look out the window to get my horizon back. And unless we're on a big plane at night, because those big planes, you don't feel it so much. Mostly the planes to Australia, I do really well on, but the Southwest airplanes are small, so in comparison. So anyway, we landed in Las Vegas and changed planes and we took off and about 10 minutes later the pilot came on and he said, we are going to need to turn back and go back to the airport.

[\(38:19\)](#):

And he didn't give us any more information. And so we turn and we're heading back and he's like, so we're going to go back to the airport. The plane is fine, but we need to go back to the airport. And so we are met on the runway by the firetruck. So the plane was not fine, but now normally this would've had me freaking out. I was just, my heart rate was probably a little bit higher, but I was noticeably more calm than I expected. I thought to myself, what's going on here? Why aren't you freaking out? I'm glad I'm not freaking out, but what's happening here? Whose body am I in? So I don't know. We got back to the airport and changed planes and they took it out of commission and we heard later that it was an engine light that had come on.

[\(39:20\)](#):

I didn't see the firetrucks, but people told me about it. Anyway, so we had a delay at the airport. I knew I was fine because the next plane I was getting on, while it had one more stop, I didn't have to get off that plane, I just stayed on that plane. So it didn't matter how late we were, my plane was ultimately going to my destination. But in the past, even just these disruptions in what my expectations were of my day would've thrown me off. It would've spun me out. I would've been very anxious. I would've needed to be doing my breath work I would've needed. Now I did do a little bit of breath work. I did a little bit of shaking in the airport. I did shake out a few things, but man, I just remember thinking, this is so weird. It's got to be the ice baths.

[\(40:16\)](#):

Yeah, it was really, really actually very cool. So I think it is helping with my resilience and now with Warwick coming home and having Covid and there's going to be some more opportunity to figure this out. See how I go with that? With his reintegration here? He's going to spend a few days in the trailer, that's for sure. But back to the ice bath thing. So things to remember, it's deliberate. You are choosing to do it. We get in calmly and we breathe. Getting control over the nervous system is one of the greatest benefits. If you can breathe through something that is uncomfortable and that you think you can't do and you do it every day, you're building resilience. I'm super bummed that I didn't do this through the two years of being at home with Covid. I think my experience would've been much more enjoyable had I, my process for getting in at the beginning.

[\(41:16\)](#):

I would listen to music and have my stopwatch going, and then work would be there to remind me to focus on my breath. And as it got colder, pretty much ever since I hit that 45 or under, I used the Morasco forges guided meditations on YouTube, and they're the ones that I just through the facilitator training with Adrian Jessic, she has several YouTube videos and she has 'em for like 2, 3, 4, and five minutes maybe more. But I've never looked at anything past four minutes. The longest I've gone was I think maybe I have done four minutes one time. So you get centered and into your body and your breath before you get in, and then she guides you in and talks you through it as you're in the ice bath and work is typically there. Well, he has been traveling now, so not really, but I've also done this at three different places besides my garage.

[\(42:10\)](#):

I wanted to try a few different places and test out some of the different bath types. The first place we went to was a place called Refuge in Carmel, which is not too far from us. I picked work up from the airport in Monterey after the LA Clinic, and they have contrast therapy, which is where you can go into hot tubs or saunas or steam rooms first, and then you can get into a cold pool after. So we did 15 minutes in the sauna and then three minutes in the cold pool, which was at 42 degrees, and then we did 10 minutes of sauna and two minutes of cold again. So that was really cool. I hadn't done contrast

before. And when you do contrast, Adrian says that you should don't just jump right in the cold after the hot. You should let your body come back to spend five minutes outside of it before you get into the cold. And she suggests you always end on cold. So that's just their suggestion. I think Huberman also says you should end on cold.

[\(43:15\)](#):

Then I did another contrast therapy at a spa in Capitola. I wanted to try out their plunge. The one at Carmel, they were like pools. So you can't, unless you have somebody making you a pool, you're not going to be able to duplicate what they have. But this spa in Capitola had one called the Plunge, I think, and it's like a bathtub I didn't like. It was too much like being in a bath. I had to shove my body down to get in. It didn't cover up my boobs, sorry, but I just didn't like it was cold. It actually was in the forties, but it circulates the water. So that's colder when you're in the water. So when you're in the water and the water is still, your body actually builds up a thermal layer right around it. So it actually warms up the water around you.

[\(44:05\)](#):

So if you move around, it's actually a lot colder. So if the water is circulating, it's actually a lot colder. Then the Morasco Forge, there was one of those units in Berkeley at a spa called Worthy. It's a really cool spot. She's got saunas and compression and red light and then the cold plunge, and they guide you through however many minutes basically you want. The first time I went was after I dropped off Warwick. No, I don't remember how I got up there. Anyway, I went up there and I did 36 at that point. That was the cul. I'd been 36 for three and a half minutes, and then Warwick and I went up there again after I picked him up from the airport, and it was again, I think it was 37 that day, and I did three minutes, and then Warwick did five minutes.

[\(45:07\)](#):

He thought that he was really excited that he went that long. Again, longer is not better. It's just if you need to challenge yourself, maybe going a little longer is okay. On this Facebook group, there's people I've done 20 minutes and it's like, why? You can get the benefits from two minutes, 11 minutes a week. That's all you need. So anyway, so the Morasco facilitator training, which now I am a certified deliberate cold exposure coach, just add that to all my certifications. I'll probably do some reflection on that and see why I do that. But anyway, I am certified, which means I can lead others through it and I may get to do that. What we're planning to do at the podcast summit is to find a location where we can do a field trip and I can lead a group through, which I'm really excited to do.

[\(46:12\)](#):

I do think if I can introduce people to this and if one person out of the group, if it makes them feel like I feel, then it'll be worth it. Yeah, it's just awesome. But I had to, for this process, it's an online course, and then I had to send a video of me doing an ice bath. She wants to make sure you know what it's like when your body goes into fight or flight and you breathe yourself out of it. And the first day I did it, it was like 40 and she's like, Nope, it needs to be colder. And so at that point in time, I had only done, I mean, 40 was the coldest. So the next day I said to work, all right, let's turn it on. So we turned it on overnight and it got down to 37, and that was the coldest. I had done it at that point in time.

[\(47:03\)](#):

And then I went through the course and then you have to do a video of you coaching somebody through an ice bath for the first time. And so Tyler happened to be here and he let me lead him through one that was at about 39 degrees. And right before, he's like, I don't know mom, I don't know that I can do this. I don't know. Which was perfect because that's what we all think. I don't know if we can do, I don't know

if I can do this. He did awesome. He was great. He went right through it fine. So the lowest that I've gotten now is 34, and it was pretty cold. It was an accident. I left it on a little too long and Kendall was here and I was having her watch and I go, I don't know Kendall. This is going to be be freaking cold.

[\(47:49\)](#):

And so I got in and it was actually probably the strongest fight or flight response that I had. I mean, I made it through, but I did feel a little bit anxious afterwards. I really didn't like that feeling. So I think, like I said, my sweet spot is 37 to 39, I think is where I am really comfortable and finding a lot of benefit from it. So yeah, I'm looking forward to continuing my journey down this rabbit hole and sharing it with others especially. So some of the resources that you can check out for the deliberate cold exposure, I would say Wim Hof, although I don't do his breathing, his breathing makes me dizzy, so I don't do it. But Andrew Huberman Huberman from the Huberman Labs podcast. He's got a really good podcast on Deliberate Cold Exposure and the Well Power podcast. This is the gal who does the Sherpa cold and breath training.

[\(48:54\)](#):

Kirsten, I might be butchering her name, sorry, Kirsten, but I have a booked with her after the summit actually. We're going to her place. My friends don't know it yet, but we are going to her place and she's going to do a group session with us. I guess now they'll know if they listen to this, but a breath work and cold exposure group setting. But her podcast is really good. And she actually interviews Adrian Jessic and her partner from Morasco Forge on a couple. She's got four different podcasts on cold, deliberate cold, which is really good. And then the Morasco Method has a podcast as well. But if you go onto YouTube or actually TikTok, TikTok has a ton of ice bath stuff. I just went down that the other day. I'm like, whoa, there's a lot of people doing. So you can see a lot of different ideas on ice baths, in plastic buckets and things like that. Anyway, if there's a will, there's a way you can find a way to make it work.

[\(50:03\)](#):

So anyway, I guess that sums up all the rabbit holes that I could think of at this point. I mean, there's plenty more. If you liked my sharing, there's other things that I can chat about books, and I've worked with some pretty incredible people like Carrie Lake and Barbara Schulte and the different kinds of therapy I've done. I can share a lot more, and I'm happy to do that. If the feedback is you want to hear more, let me know. And the best way that you can support our podcast is by sharing it and by actually subscribing to the video library. That's the best way to support us. We do have a Patreon account now, so that is also a way that you can support the journey on podcast. I had somebody the other day, actually, one of my friends, she said something about the podcast and I said, yeah, well, because doing it for free.

[\(51:05\)](#):

And she's like, what? You don't get paid to do the podcast? I'm like, no, we don't get paid to do the podcast. It's a labor of love. Until recently when we started the Patreon, there was, we don't take sponsors, so we're not getting paid by sponsors, which we could do, but we decided that is not what we wanted to do. And it is a labor of love. Work loves doing it. He spends a shit ton time of time doing it too. Just so you know, and shit Ton is a technical term, but it is unpaid. So the best way to keep it on for us is for you to listen, share, support through Patreon or the video library. And that'll keep, not that money's motivating, but it is nice to be appreciated that way for what you're doing. And we love reviews. And yeah, please continue to listen to the journey on podcasts.

[\(52:01\)](#):

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I know we've got some amazing guests lined up, and he just texted me with another couple that he's like, can you believe this? We're going to have this person, and I'm not going to share who it is yet. But yeah, a couple really, really cool guests coming up. So thanks for listening and indulging me. And I hope you found some usefulness out of this, and I hope I inspired you to turn down your shower or stick your face in a ice cold bowl of water, and you'll see that it's really good for the vagus nerve and it's really good for the dopamine, and you will feel amazing afterwards. I guarantee it. See you guys next time.

Speaker 1 ([52:43](#)):

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