



GLOBAL WELLNESS  
SUMMIT 2017



# Water, Wellness, Wealth and the Inner Well of Being

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# Namaste



I honor the place in you where pure water resides, the place of love, truth and bliss. . . And I recognise when I'm in that place in me and you're in that place in you, we are one.



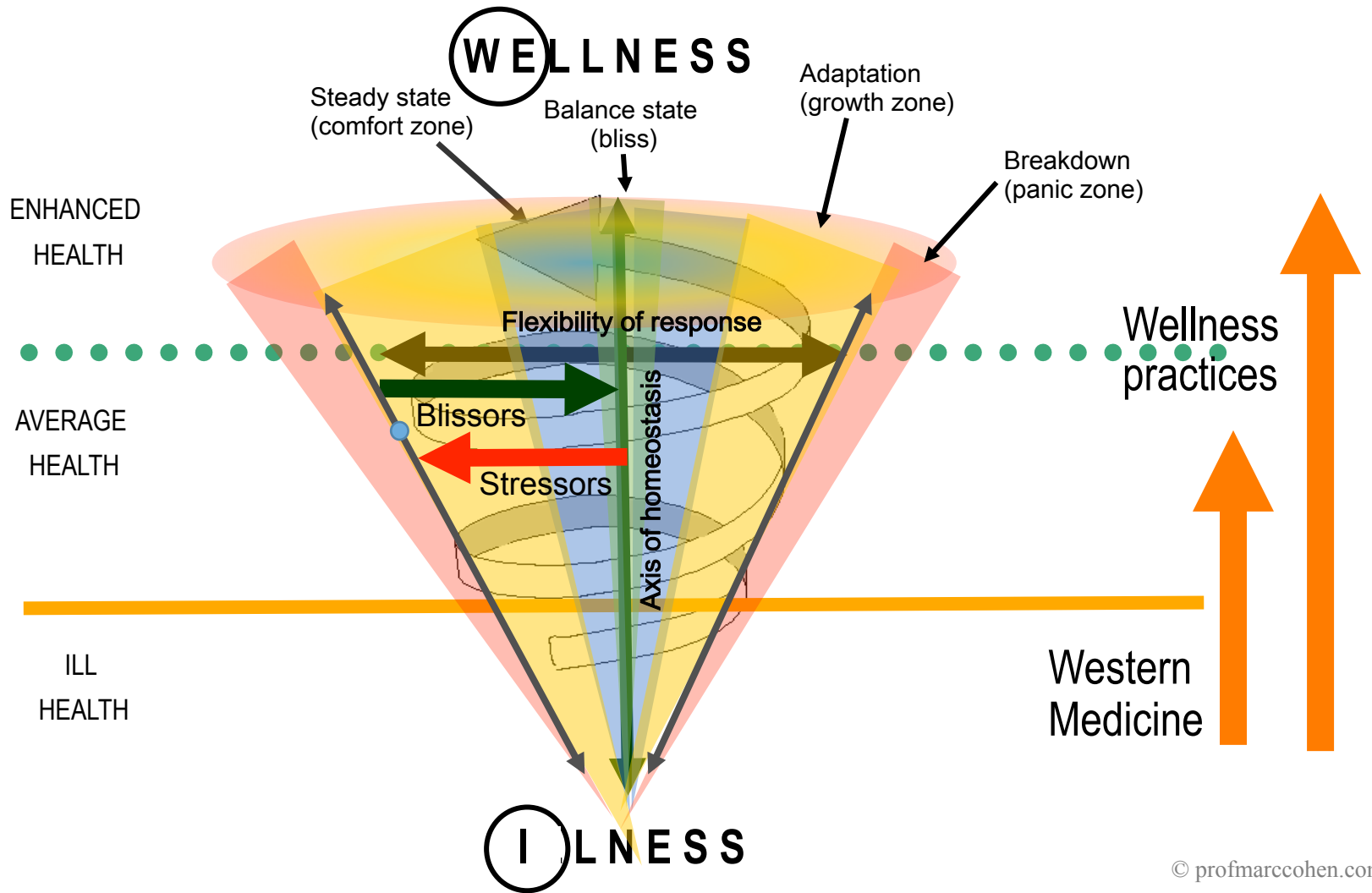
*“We are all water babies”*



*“Water should be everyone’s concern. Without water we all die. All life dies. Water is precious. We need to give thanks to water.”*

Grandma Agnes Baker Pilgrim

Chairperson of the International Council  
of Thirteen Indigenous Grandmothers

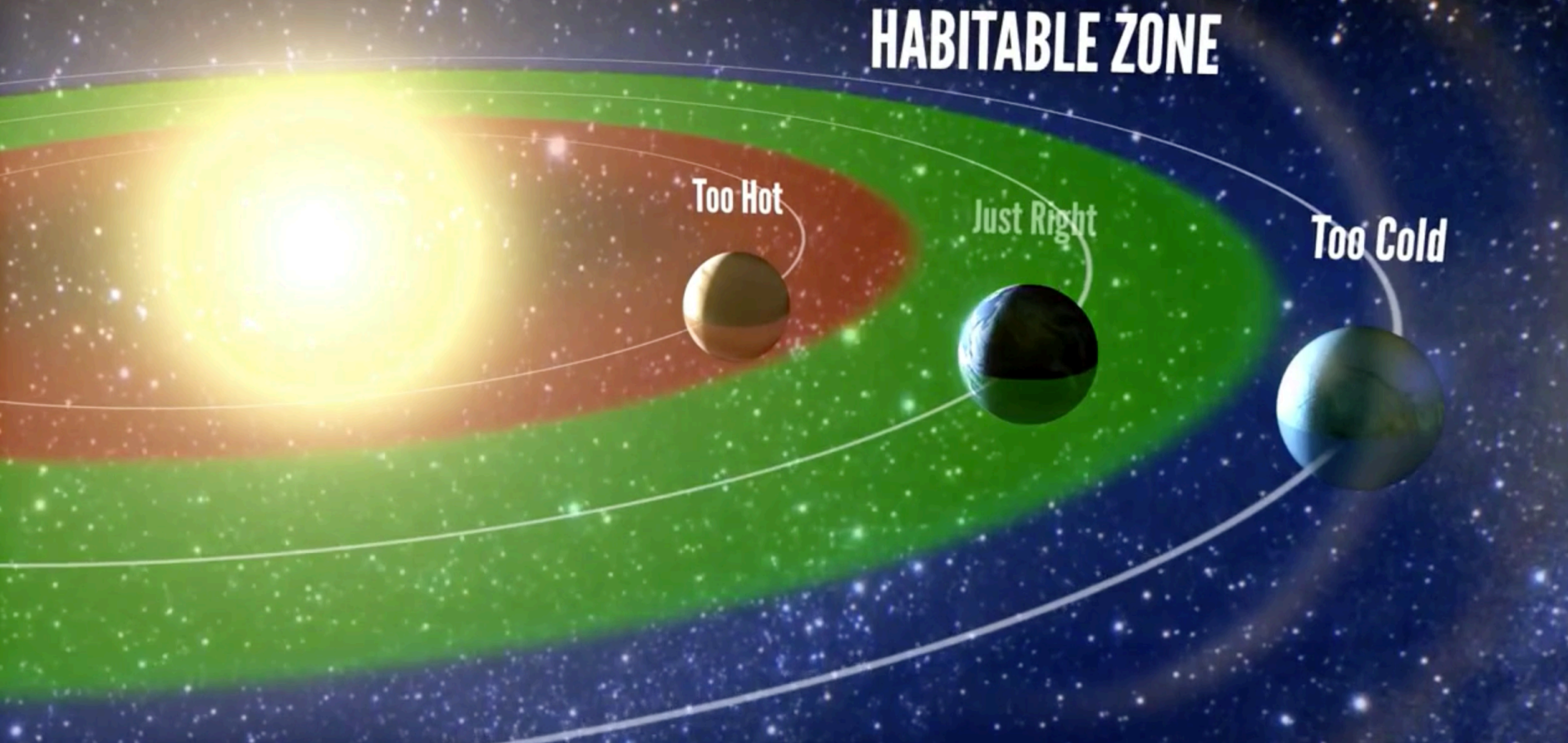




We are water - water makes up 99% of our molecules



# The Goldilocks Zone



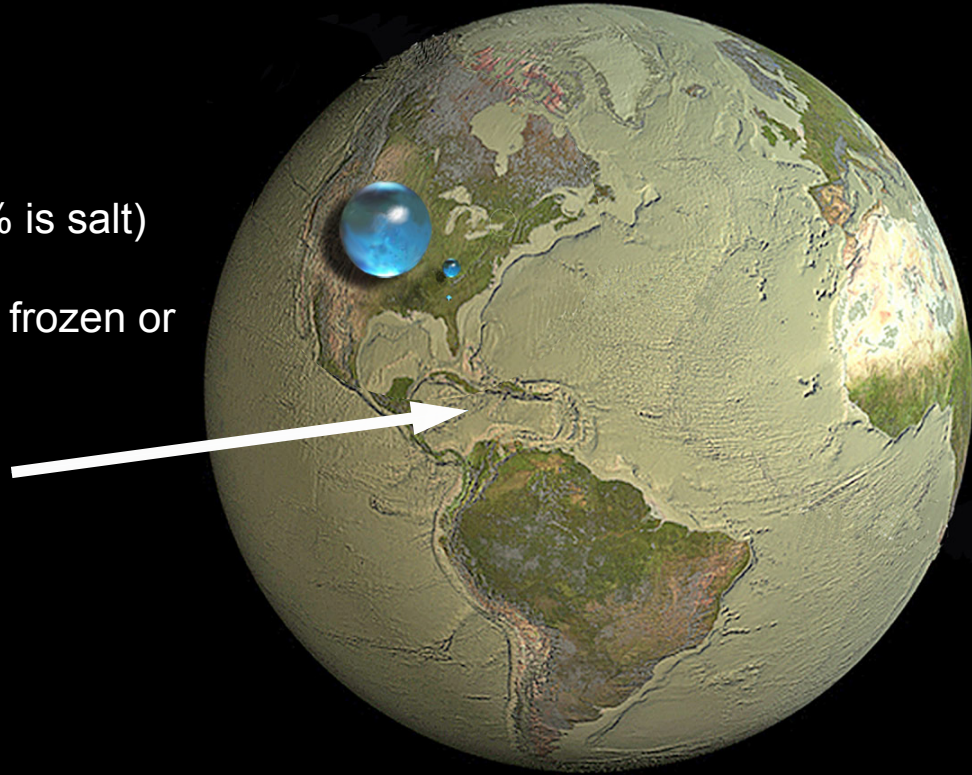


# All life bathes in a drop of liquid water

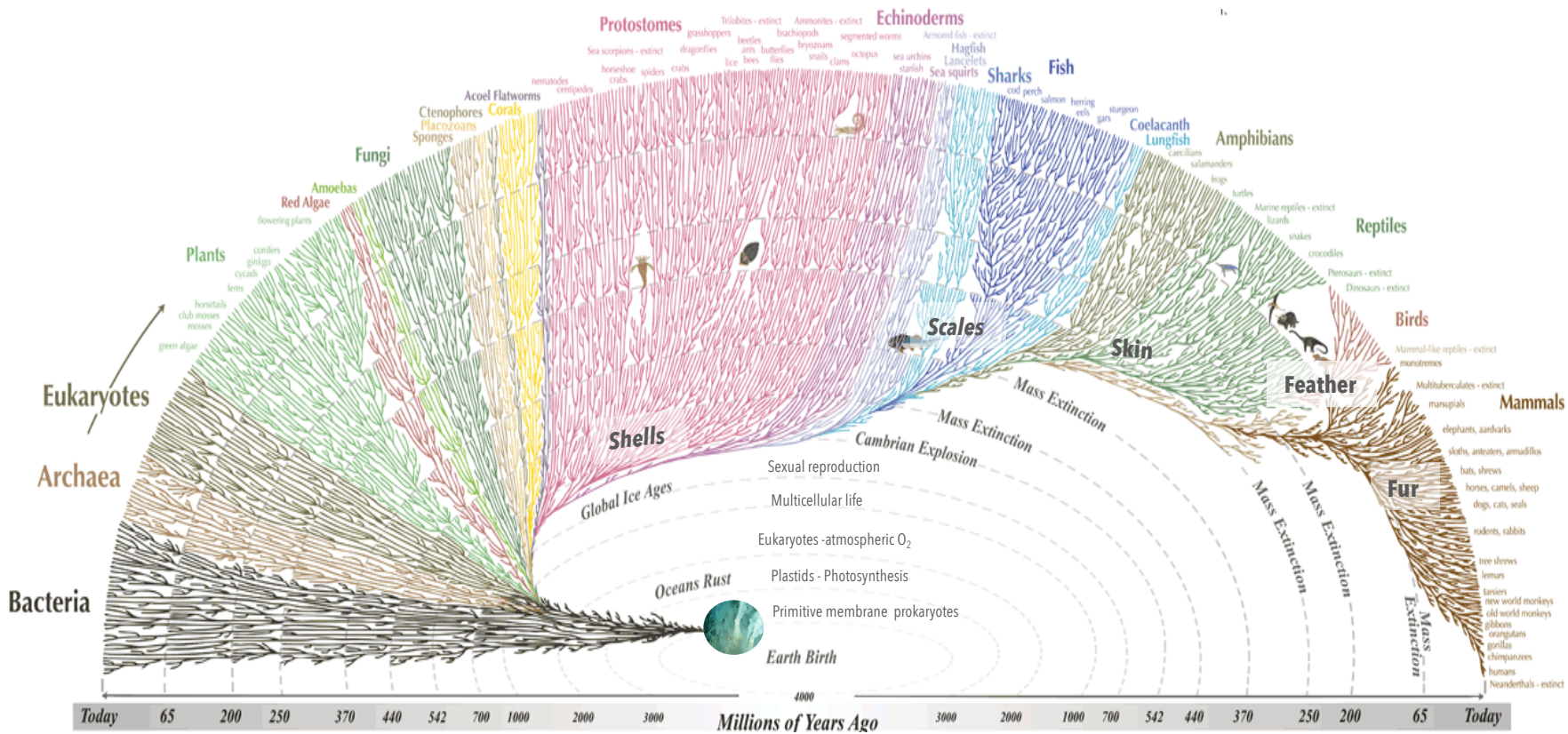
Earth's water (~96.5% is salt)

Fresh water (~99% is frozen or  
in the ground)

Liquid fresh water



# All life on earth is related and fed by hot springs



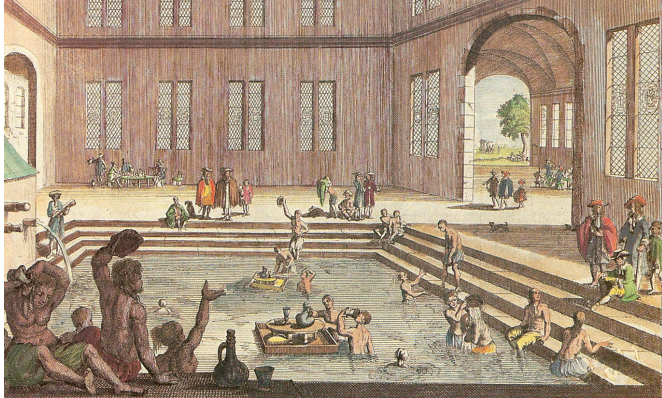


# Bathing is the key to wellness and wealth



Hot Spring bathing is the basis for the oldest and most sustainable place based enterprise.

Bathing is a fun, pleasurable, peaceful, social, multicultural and multigenerational activity that links diverse cultural, religious and spiritual traditions and plays a critical role in ensuring good health, dignity, confidence and comfort.



Bathing including sanitary practices such as washing the body, face and hair, along with handwashing and cleansing practices after toileting and menstruation play a vital role in preventing and controlling disease.

# Bathing can be profoundly therapeutic



[peninsulahotsprings.com](http://peninsulahotsprings.com)



[denizenworks.com/](http://denizenworks.com/)

Bathing provides an immersion in water where we can relax, find balance and connect to our essence through actively doing nothing.



[cedartubs.com](http://cedartubs.com)



Bathing can also provide controlled exposure to extremes of hot and cold that allow us play with our tipping point.



# Please contribute your data to science!



Global Sauna Survey  
[www.saunasurvey.org](http://www.saunasurvey.org)



Global Hot Spring Survey  
[www.hotspringsurvey.org](http://www.hotspringsurvey.org)



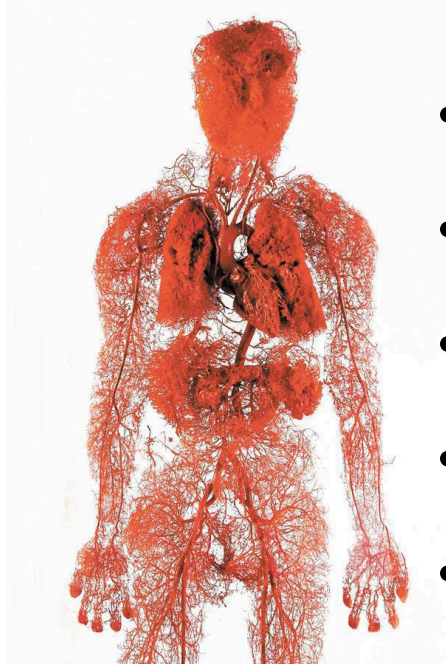
Global Retreat Survey  
[www.retreatsurvey.org](http://www.retreatsurvey.org)



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EMPOWERING WELLNESS WORLDWIDE



# Physiological changes with hot and cold bathing



- Mental resilience and focus
- Exercises vascular smooth muscle
- ↓ pain & inflammation
- ↑ detoxification and elimination
- ↑ metabolism and burning white fat

<http://melinamina.blogspot.com.au/2014/05/insan-vucudunun-kan-damar-yollar-haritas.html>

# Cold showers can make you happy!



The benefits  
of cold  
showers are  
many . . .

# How to comfortably manage a cold shower



## The Cold Water Hokey Pokey

Wet your left foot and leg  
Then your right foot and leg  
Wet one hand and arm  
And the other hand and arm

*Continue breathing calmly  
And smile to yourself  
That's what its all about*

Put your left side in  
Put your right side in  
Put your front side in  
Then turn yourself around

*Chorus*

Put your whole head in  
Move your head around  
Stand still and get a drenching  
Slowly turn yourself around

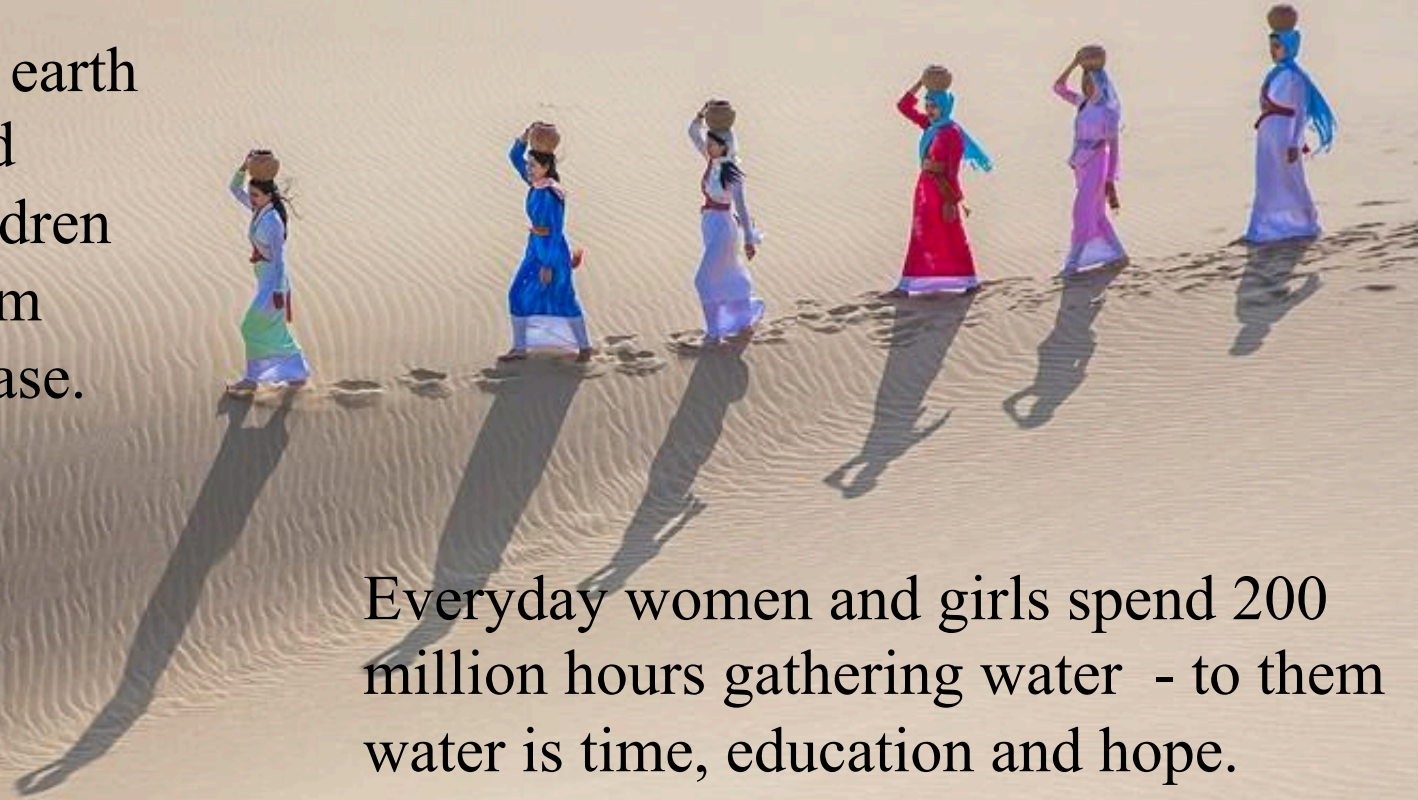
*Chorus*

*Ooh Hokey Pokey x3  
That's what its all about*



# Access to bathing water is a critical health issue

1 in 3 people on earth  
cannot bathe and  
nearly 1000 children  
die each day from  
waterborne disease.



Everyday women and girls spend 200  
million hours gathering water - to them  
water is time, education and hope.

# Can we bathe the world?



Bathing offers global health benefits beyond any pharmaceutical, vaccine, or any other medical technology.

# Bathe the World Foundation - bathetheworld.org



Petition the United Nations to declare June 22<sup>nd</sup> World Bathing Day: Please sign the petition at **bathetheworld.org**



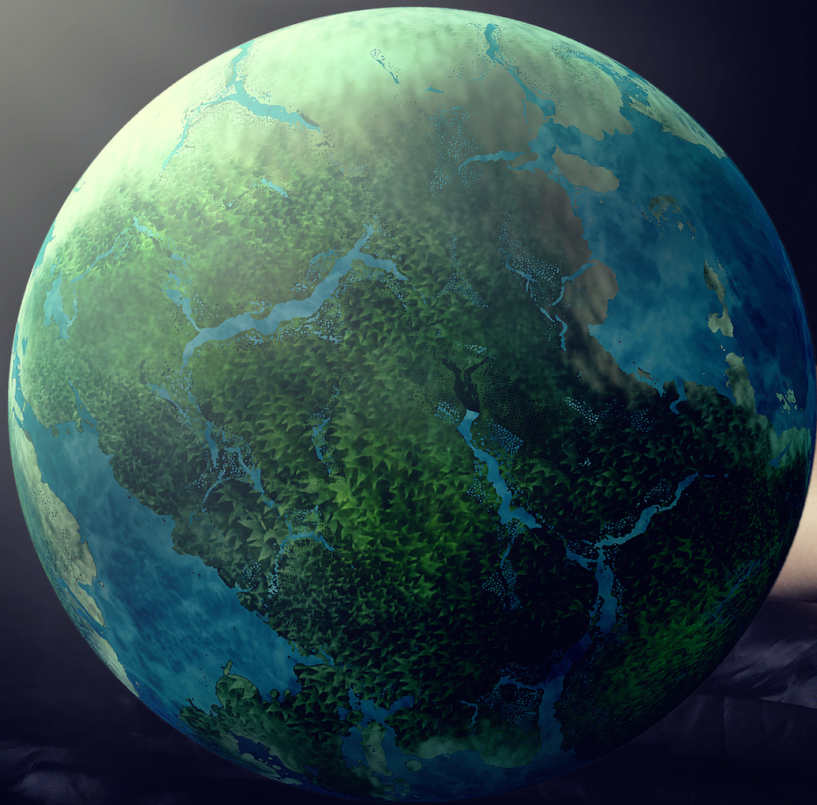
Campaign to add \$1 to hotel bills in the world's 20 million hotel rooms to raise funds and support water access to the world's poor.



Bathe the World 2020 – An event where people from all nations will bathe together. Hosted by the world's oldest culture, at the largest hot spring on earth, situated in the remotest location, on the driest continent.



Let us realize world wide wellness





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[globalwellnesssummit.com](http://globalwellnesssummit.com)

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