



GLOBAL WELLNESS
SUMMIT 2017



Water, Wellness, Wealth and the Inner Well of Being

Dr. Marc Cohen, Professor, RMIT University, Australia

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.

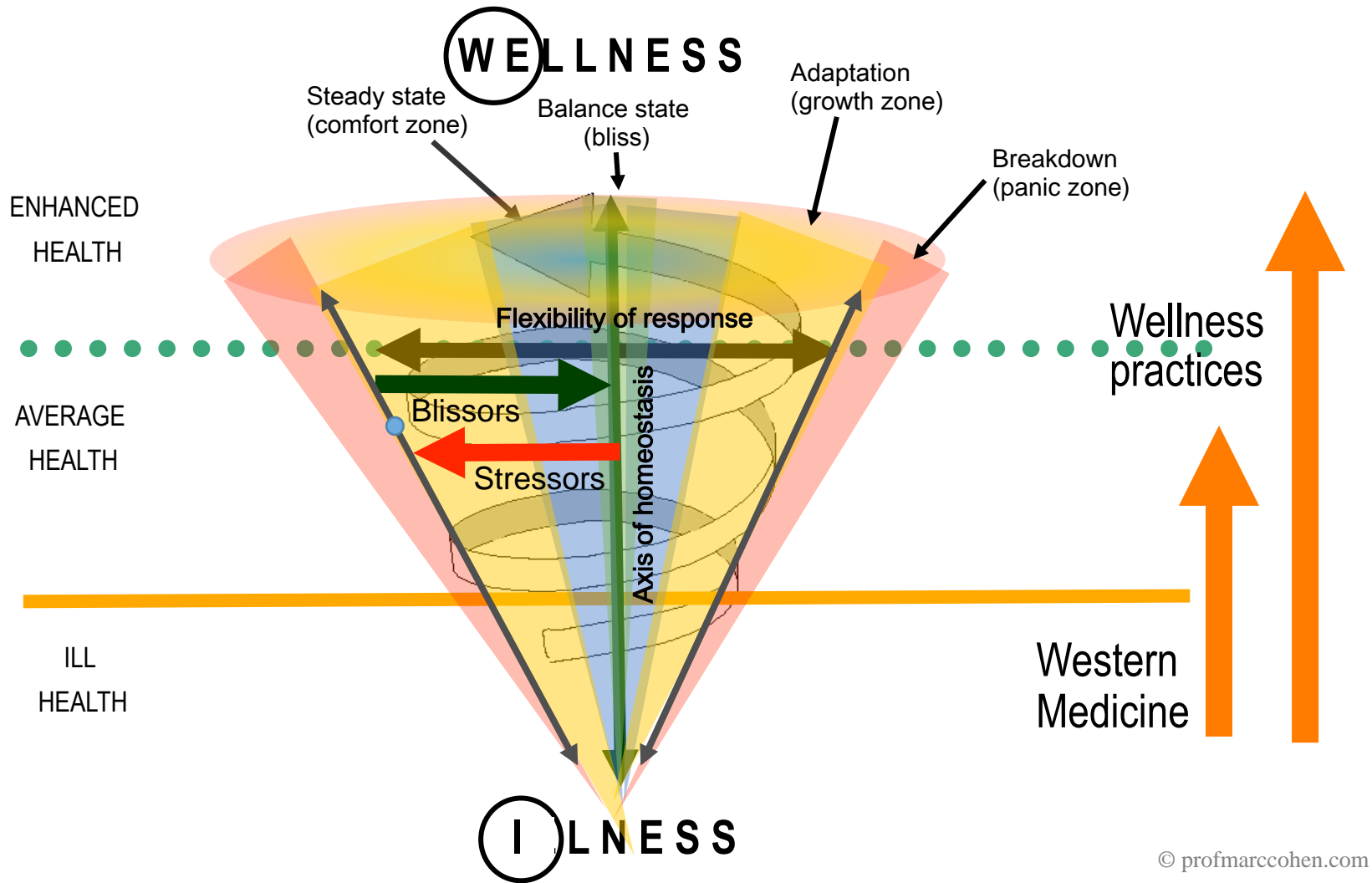
“We are all water babies”



“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

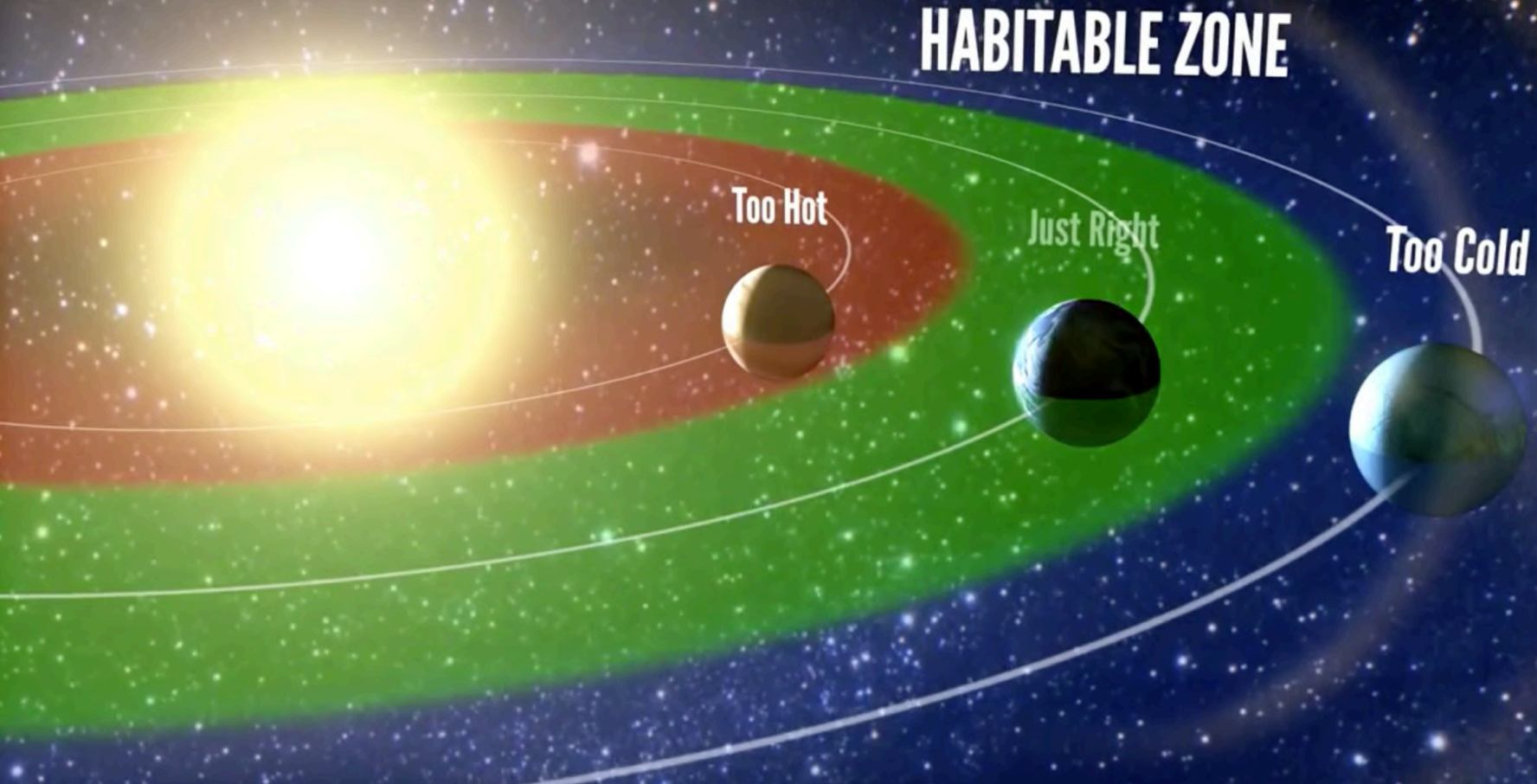
Chairperson of the International Council
of Thirteen Indigenous Grandmothers



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



The Goldilocks Zone

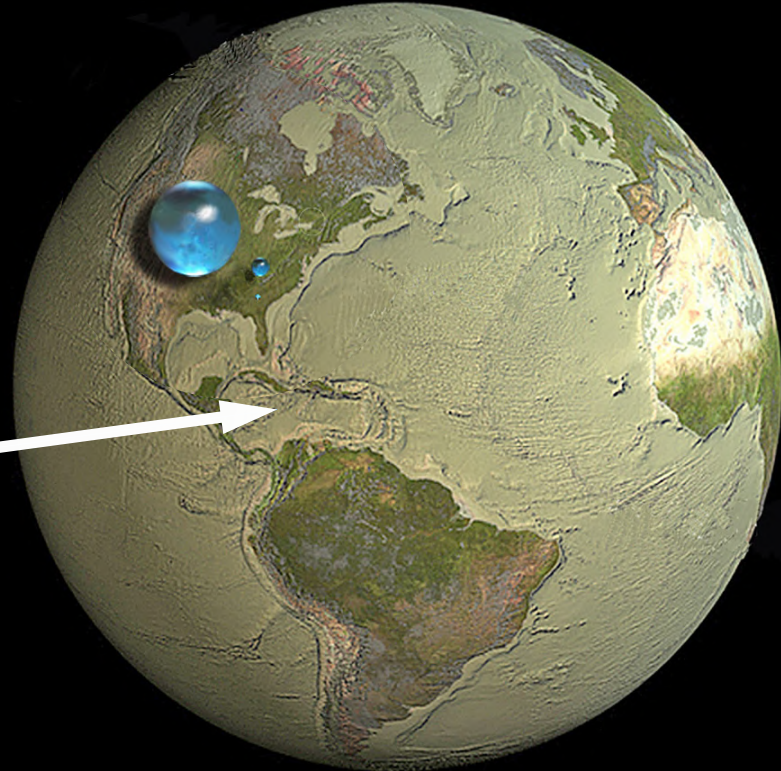


All life bathes in a drop of liquid water

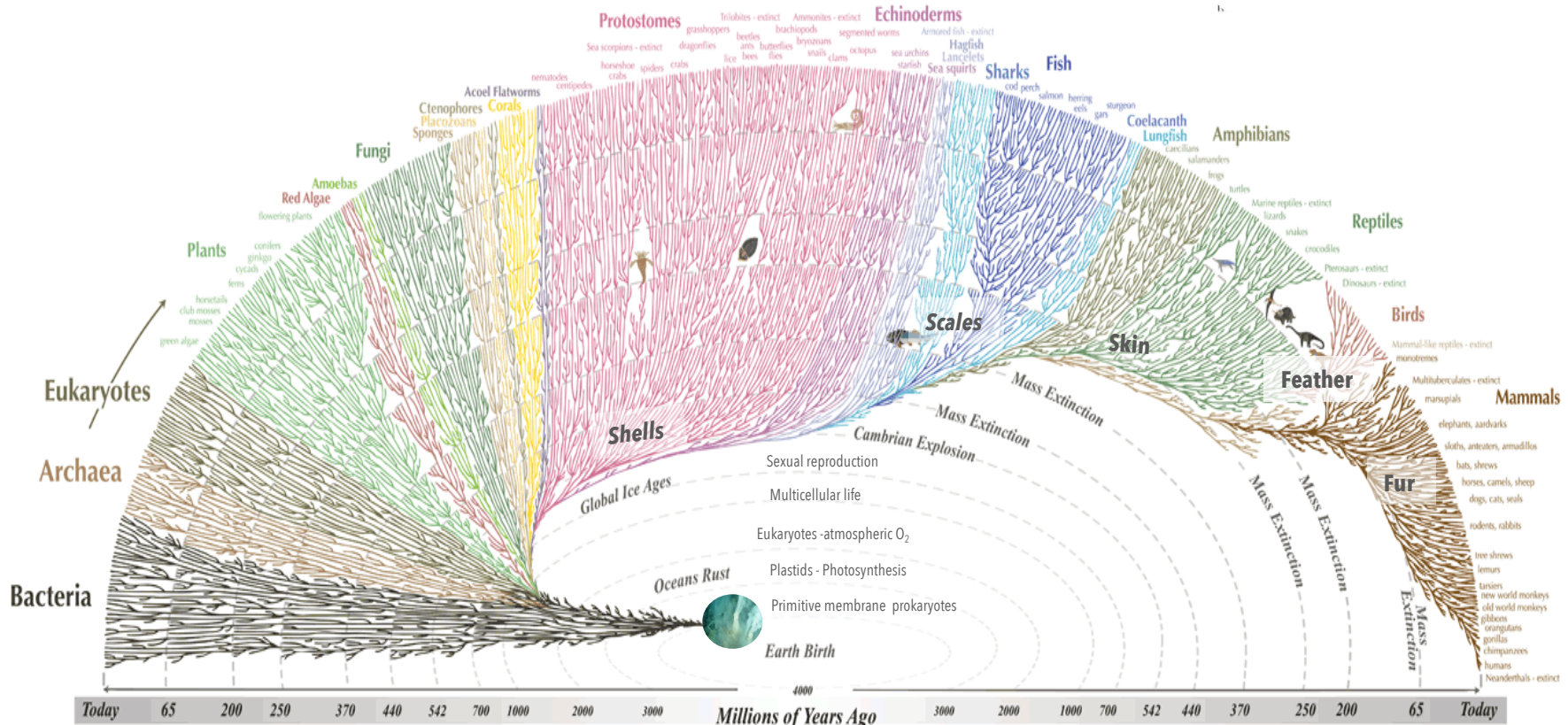
Earth's water (~96.5% is salt)

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

Liquid fresh water



All life on earth is related and fed by hot springs

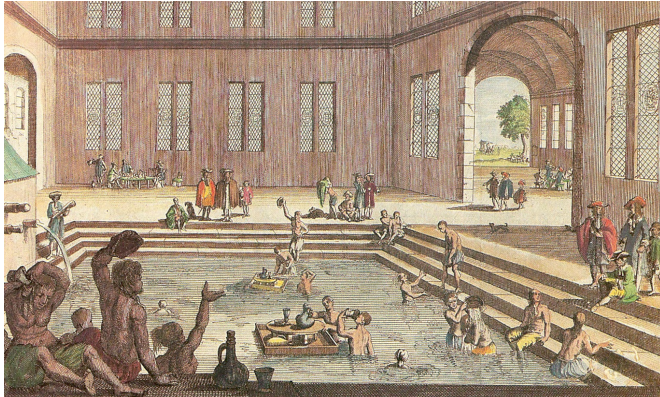


Bathing is the key to wellness and wealth



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



denizenworks.com/



cedartubs.com



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

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



Global Hot Spring Survey
www.hotspringsurvey.org



Global Retreat Survey
www.retreatsurvey.org



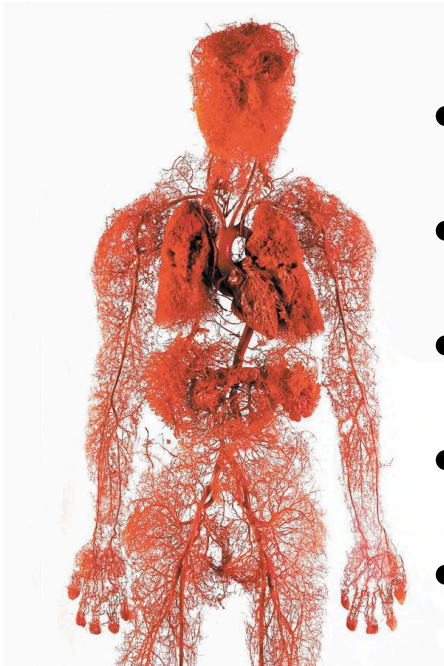
GOLDEN DOOR
HEALTH RETREAT & SPA

Elysia



GLOBAL WELLNESS
INSTITUTE™
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

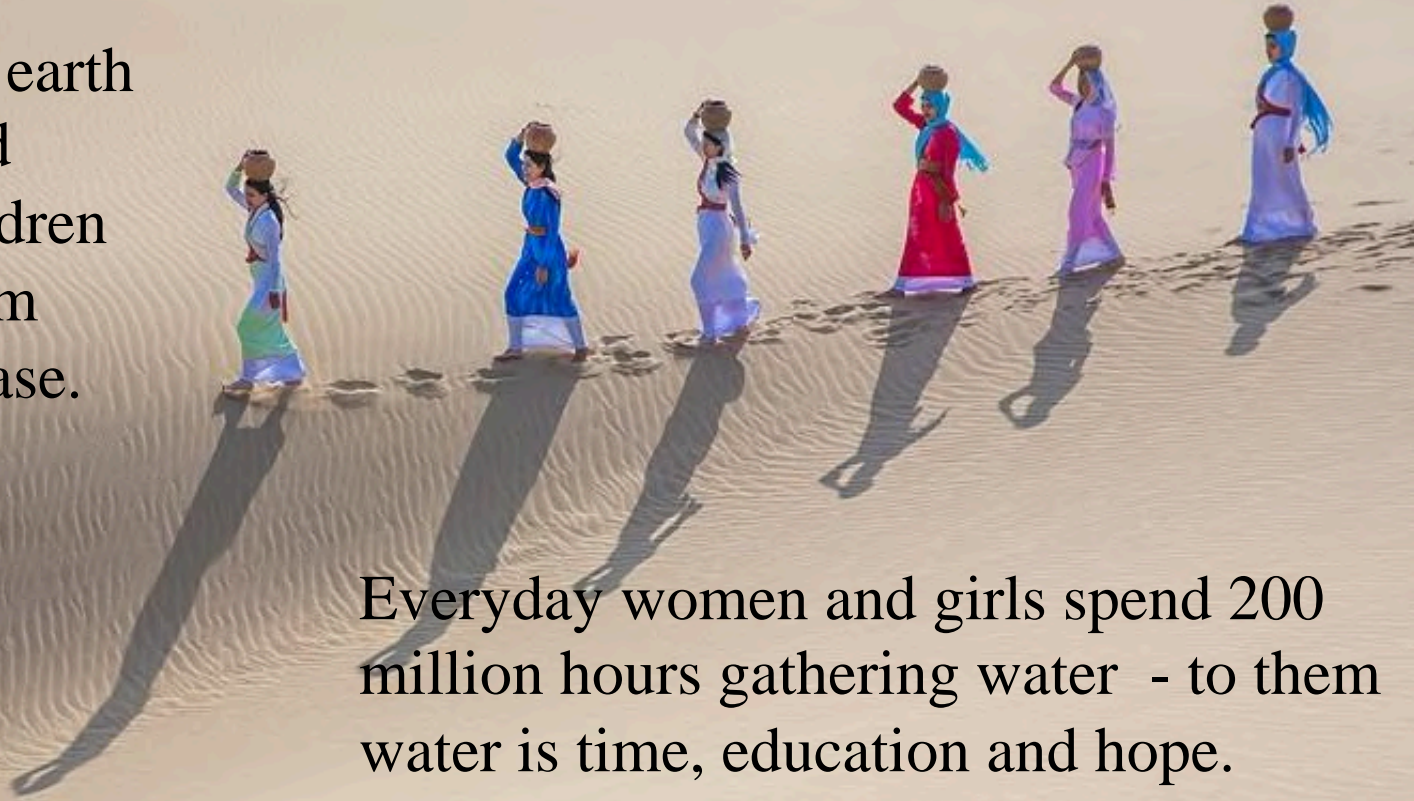
Put your whole head in
Move your head around
Stand still and get a drenching
Slowly turn yourself around

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 22nd World Bathing Day: Please sign the petition at **bathetheworld.org**

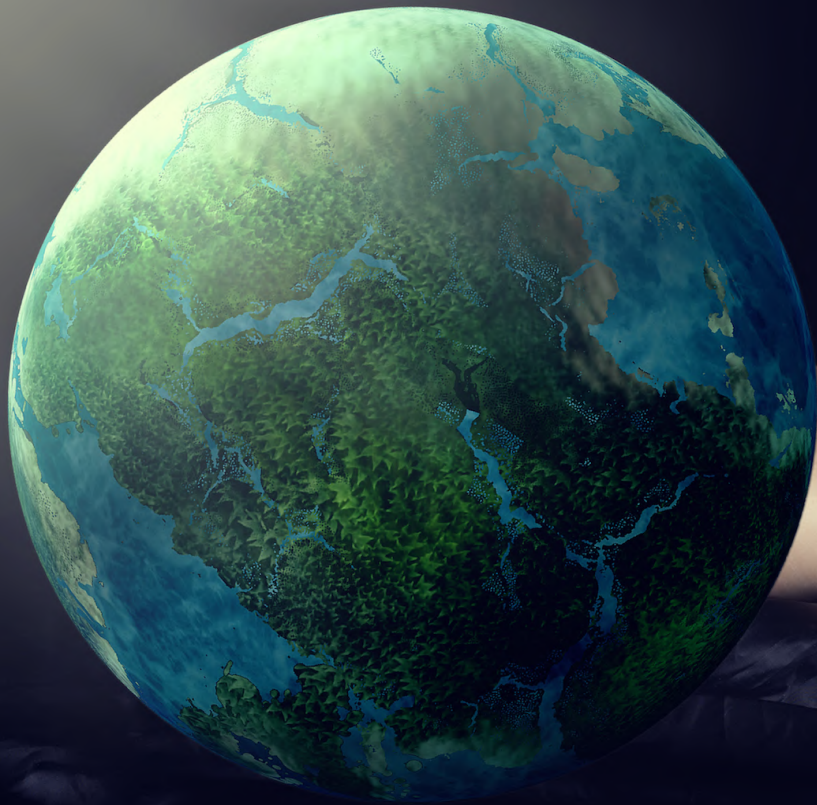


Campaign to add \$1 to hotel bills in the world's 20 million hotel rooms to raise funds and support water access to the world's poor.



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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