



Episode 34: Build Energy with Cold Therapy

Evan H. Hirsch, MD 0:00

Hello and welcome to the fix your fatigue podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a bio hacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on the tee resolution. Welcome.

Evan H. Hirsch, MD 0:33

Hey, everybody, welcome back to the fix your fatigue podcast. I'm so glad that you're here with me today, because today we're going to be talking about cold therapy with my friend Jane Hogan. Let's learn about Jane. So Jane is the wellness engineer. She blends science and spirituality to help people release pain by naturally letting go of inflammatory foods, thoughts and feelings so they can become empowered creators of their own health. I love that. Her personal experience of overcoming crippling rheumatoid arthritis using natural solutions inspired her to leave a nearly 30 year engineering career and become a functional medicine certified health coach. Through Jane Hogan Health, Jane applies her engineering problem solving skills to help others build a solid foundation of Mind Body wellness and design their own unique path back to strength, vitality and freedom. Jane is the creator of wonderful, fine, a pain free living membership program helping women activate optimal health by intentionally designing a life based on what their own body needs. Jane, thanks so much for joining me today.

Jane Hogan 1:43

Evan, it's my pleasure to be talking with you today. I'm really excited about this conversation.

Evan H. Hirsch, MD 1:49

And I especially appreciate being with me today cuz you were actually on a beach right before this right? In the south of Newfoundland.

Jane Hogan 1:59

Yes. Yep, at Sandbanks Provincial Park. It's all these beautiful sandy beaches. You think you're in the Caribbean, except for the cold water and the cold air temperature.

Evan H. Hirsch, MD 2:10

Excellent. So yeah, I'm excited. We're going to be talking about cold and cold water and cold therapy. But tell us why did you leave this 30 year professional career as an engineer and become a health coach?

Jane Hogan 2:23

Hmm. I was quite happy working as an engineer. But in 2016, after a really stressful year, I developed rheumatoid arthritis, it seemed like it was sudden at the time. But looking back, there was a lot of signs along the way. And I went down whole path of I really didn't want to take medications if I didn't have to, because the side effects were very scary. And so I decided to try to go the natural route. And I had about six months wait to see a rheumatologist so I had time. So I was basically nearly disabled, you know, I could hardly walk, I couldn't turn door handles, I would get stuck in rooms because I couldn't turn the handle to get out. I can barely drive. You know, it was it was really bad. And I really felt out of control.

Jane Hogan 3:16

But when I started, first of all I made food changes because someone said, Well, sometimes foods can cause joint pain. So I was like, Okay, I tried that. And I saw results immediately. And then I started researching a whole lot more into all these other things that I could do. And I just felt so empowered then. So I felt like a victim. And I felt like my life was, you know, going to be not over. But the freedom that I was looking forward to my husband and I as our children were leaving the nest, you know, we were looking forward to retirement. And then it seemed like that was being taken away from me. But when I started trying all these natural things, I started getting better. And I felt empowered again. And I really just wanted to learn more about all of this.

Jane Hogan 4:03

So I had heard about functional medicine, which deals with root causes. And so I studied, I did a part time while I was still working as an engineer, I did a part time program to learn about functional medicine. And the shortest program I could do was a health coach program. And so I did that, and I just loved it. And I in the end, I decided to become a health coach, because I felt like this was my passion. I just wanted other people to know that there was other alternatives for them, that they didn't have to feel like a victim if they got if they got a diagnosis with something that was told there's no cure, that there are things that people can do for themselves and really take their health into their own hands.

Jane Hogan 4:48

So that's what inspired me. I just love what I do now. I loved I taught engineering, but now I'm teaching health and that is something I love doing and it's my Passion and my calling. And I almost feel like, it all has worked out so well, because this is really what I was meant to be doing.

Evan H. Hirsch, MD 5:08

I hear you. Sometimes, you know, our, our mess or our pain, you know, becomes this

this purpose that we have that we can then share to the world. You know, I had fatigue for five years getting over that and helping 1000s of people became my mission. And I'm so glad you talked about empowerment, because that's such an important component of all this, no matter what sort of condition somebody has, they need to embrace that feeling of empowerment, they need to realize that they have to be a partner in this process, they're not going to be successful, if they're, if they're going to be spoon fed the information. It just doesn't work that that way.

Evan H. Hirsch, MD 5:46

So thank you for sharing that. So let's get into cold therapy. So as you know, we specialize in helping people resolve their fatigue, where does well let's start off first with what is cold therapy, and then we'll kind of get into how it plays a role in energy and fatigue. So what is cold therapy?

Jane Hogan 6:02

So cold therapy is basically chilling your body down so that it creates a, it almost creates like a mini stress response. And then your body has to respond to that. And, and through that the mitochondria can get activated. And you know, you know, Evan in your work about the mitochondria and how important that is for energy. So cold cold therapy is basically just getting cold. I like to think about it as you know, just getting cold. So you, you're almost like, get that almost like a little shock kind of feeling. It feels it, you kind of think.

Jane Hogan 6:43

You think well, why would I ever want to do this, but don't knock it till you try it because you actually get a beautiful, energizing feeling afterwards. And it's also one thing I really love about it is that it's kind of like your, you're telling your body or your your brain that kind of wants you to stay comfortable and cozy. You're saying I'm in charge. I'm telling you what to do. So it's also that kind of mind over matter thing that I really love, too.

Evan H. Hirsch, MD 7:14

That's great. I remember the Oh, go ahead. Were you gonna say something?

Jane Hogan 7:18

Yeah, no, I was just gonna say it's just, you know, there's different ways of doing it. So we can talk about the different types of cold therapy, if you want to go go down there now, or do you want to finish what you were gonna say?

Evan H. Hirsch, MD 7:31

Yeah, I'll comment and then we can go that way. Yeah, I remember learning about it initially from Tony Robbins, he has a cold plunge right outside of his home in Florida. And he made the comment, you know, when I tell my brain that I wanted to do something, I wanted to say, I don't want it to talk back. You know, so many things in life, you know, if we want to be successful in our health in our businesses and our relationships, whatever it is, there's so much negative self talk that ends up happening.

Evan H. Hirsch, MD 8:02

So I love the fact that you said that too, because that's one of the ways that I use it as well, where I'm just like, Okay, I'm just going to breathe through this. And I'm going to remain the calm and the center of the storm. And I'm going to I'm going to do it even if my body is saying that it doesn't necessarily want to do it. Mm hmm. So let's talk about the different ways that you can do cold therapy.

Jane Hogan 8:23

Well, years and years ago, when I was on one of my engineering work terms in Europe, I was I worked in the Netherlands, and it was the thing at the pool there. They had these cold plunge pools and the saunas, you know, right next to it. So I had done that then, and really enjoyed the feeling. But of course, I hadn't really seen it anywhere in you know, where I live now. But yeah, so that was the idea, this cold plunge. And then, in my journey, when I was looking at different health packs and things you can do to lower inflammation, I came across cold therapy, so I was like, Okay, I'll, I'll start having a cold shower. So I would turn my shower to cold at the end.

Jane Hogan 9:09

And, you know, I started with just like, Oh, you know, just a few seconds and then building up. And it took me a long time before I really got to the point where I would say, instead of like, just like oh, like enduring it. Instead, getting to the point where this feels good. I love it, you know, cuz that's really where you want to get. And I had come across it in terms of mitochondria, which we already talked about and how this cold, especially when it's hitting your head, you know, you got a lot more mitochondria in your brain and in your eyes. So if you can get it to hit your head, that cold water, it helps helps the mitochondria the weak ones will kind of die off and the stronger ones will survive and there'll be there'll be stronger for it so you have more energy, so more energy for healing and whatever else you want energy for.

Jane Hogan 10:01

So that's another way you can plunge in so you can plunge into natural cold water. That's what I did in the wintertime, I live next to a river. So, you know, the ice and snow is all around, I just walk out and sink myself down into it. And you know, it's just like food, a real great shock. Feels great afterwards. And then some people, there was there was an ice bucket challenge. Remember that years ago, people were dumping, you know, for ALS, they were dumping ice water on them. But people can sit in like a tub of cold water and put ice in it. And that's another way to do it. So really, there's a lot of options, no excuses to not do it.

Evan H. Hirsch, MD 10:43

Excellent. And, you know, I mean, we've been doing this for years in terms of what does the doctor say if you hurt, you're hurt a joint, right, you put a cold pack on it. And so there is that, you know, it's decreasing the inflammation. It sounds like it's rejuvenating The, the mitochondria. But it sounds like the easiest way of doing it is probably in the shower, would you say so?

Jane Hogan 11:03

You know what, I guess easy in terms of convenient. But my preference is to go out in the cold water. And if you can just like jump in, that's the best. I just, I just like the shock kind of part of it. And the cold shower, you know, you turn it to cold and you're waiting for it to get cold. And it's just like, I don't like it as much my preference is just getting the cold water, just, you know, jump in there, jump right in. And, well, when I'm in the shower, I usually wait until I get a brain freeze. So I kind of keep the water going until I feel that brain freeze and I go Okay, that's enough.

Jane Hogan 11:42

Now. Now some people stay in a long time. And I I know where I live, the cold water in summer is a lot warmer than the cold water in the winter. So in summer, it's no problem. I can stay there for ages. But in the wintertime, it's like it's quite a bit colder. So it's I don't last as long. But you know, I'm I'm probably a little bit of a chicken with it. You know, I'm sure there's lots of people that stay in a lot longer than I do. And it's all it's good. It's good for you.

Evan H. Hirsch, MD 12:10

Oh, well, I would say I'm probably more of a chicken than you. Because I think right now I'm doing like five long seconds. And that's that's all I got. And part of it too is that I'm like I want to move on with my day. So maybe I'm a little bit impatient. But so let's talk about length. So is there any science around like how long you need to do it for? And then I guess my follow up question to that is that I've heard that doing like seven seconds on, seven seconds off, like switching between hot and cold has benefits for releasing stuff out of the limp.

Jane Hogan 12:43

Yeah, I've I've read that to Evan. And so some people will do that in the shower, especially you know, you can do that in the shower turning from cold to hot, or as I said when I was in Europe years ago, like going into the sauna, and then going into the cold plunge and then keep doing that back and forth. And I have a hot tub at my house. And I know when the kids are younger, they used to love getting out and rolling in the snow in the wintertime and getting it and it does it does something to your skin, it does actually improve your skin. Because your pores are you know, opening and closing. So there there's definitely benefits to doing that the alternating hot and cold.

Evan H. Hirsch, MD 13:25

Excellent. And so and so it's releasing the is it dumping the lymph as well. Is that is that true? Is that something that's accurate?

Jane Hogan 13:34

I don't know if there's studies on that or not. But it does make sense to me because the you know, our lymphatic system does not have a pump right so it really it it relies on movement and and I guess even that constricting, you know that, that that opening and then the constricting would create a dominance, like a pumping effect. So if it makes sense to me that that would work, but I don't know the exact science on it.

Evan H. Hirsch, MD 14:04

Now that's fine. And then is there a period of time that you should be going cold for?

Jane Hogan 14:12

Ah, period of time, I don't know that I've read anything on you know, you have to do a minimum amount in order for it to be effective. You know, I think just start doing it. And anything that you're doing is going to be good and helpful. They do say try to build up to longer periods if you can, and, and that, you know, when you do these longer periods, it does help I'm imagine that you get a benefit as each as you increase the length of time. So I think just play around with it. And just get started and see if you can you know you're said you're doing five seconds. So just see if you can increase it a little bit every day. Just so Little bit and then before you know it, you never know you might be up to 30 minutes.

Evan H. Hirsch, MD 15:06

Yeah, I think that that's a great idea. And I, you know, I think for the people who are, like

Jane Hogan 15:10

I said, 30 minutes, I meant to say 30 seconds.

Evan H. Hirsch, MD 15:15

Well, I've heard you, I've heard of two minutes in, like in ice pads, you know, so it seems like doing somewhere between 30 seconds and a couple of minutes may be advantageous.

Jane Hogan 15:30

And I think you got to be careful to like, if you've got a heart condition or, or something like that, then you want to be careful about that. So always talk to your doctor, of course, about doing that. And there's there are actually places that do the cryotherapy. So that set freezing cold therapy. And I've seen I've seen that I've never had experienced that myself. But sometimes I think when people pay so much money to go to those things, and I can just go hop in the water, um, you know, right on my doorstep. So, but yeah, those those, though, and those are very controlled conditions, and they would be monitoring, you know, your your stats and stuff as you're as you're doing that. So.

Evan H. Hirsch, MD 16:11

And do you know, how do you know how cold those get versus jumping in your backyard?

Jane Hogan 16:16

They are very cold. I know that. I'm not sure the what the temperature is, but they are quite cold. But your head doesn't go in? From what I've seen. I will I guess there's different systems. But you know, the one that I've seen the people, their heads are outside of it. So but there may be some systems where they their heads do go inside, but it's quite cold.

Evan H. Hirsch, MD 16:38

Yeah, and I think you're supposed to be wearing clothes or some clothes. I remember hearing a story about a professional football player who didn't wear socks. And he ended up getting mild frostbite. Wow. So I think that yeah, it's got a bunch of different rules. But it's using the same principles. It sounds like it's got a bit of the hormesis, where it's stressing the organisms so that you can have some of that healing, but then it and then it's also a wonderful anti inflammatory, and that it's boosting mitochondria as well. Is there anything else that it does, too, that we haven't mentioned?

Jane Hogan 17:16

Well, I mentioned the skin as well, how it improves your skin. And just a sense of well being. I think that's it has been studied, actually, that it does help people with depression. So it does give you the sense of well being and I think it's because you're again, that sort of taking control. And so it has been studied for that as well. So just that overall sense of well being so the emotional side of it, as well, as is very helpful.

Evan H. Hirsch, MD 17:49

Excellent, you know, and I think that this could be a really nice technique for some of the people who are listening right now with low energy and fatigue. If they can't exercise as well, it seems like that there are probably some similar benefits where you're stressing the human organism in a way that allows for some significant healing. You know, we know that exercise is a bit of a panacea, where it helps everything. But if you're so tired that you can't do exercise, what kind of movement or what kind of have kind of like a shocking sort of event on the body can you do that can potentially get things moving? Would you agree with that?

Jane Hogan 18:30

Oh, yeah, definitely gets to definitely gets things moving. And I know, for me, just the lowering inflammation is it's instantaneous, right? So it that's really beautiful. I've got a friend who's got Lyme, and she says that this has saved her, you know, she does this a year round. And it really helps her manage her symptoms, and be able to live her life. So it's, it's a, it's a great therapy, basically free, and you can control it and do it yourself. And there's all these benefits are, are so awesome. It's definitely worth it for anyone to just try it and see if it helps them see if they like it.

Evan H. Hirsch, MD 19:13

Yeah, and like you said, a caveat is that if you know if you have low blood pressure, if you have heart issues, you know, you just want to make sure you're holding on to something when you're doing this, you know, so that you don't fall in the shower. You want to test it for a couple of seconds, see how you do and like so many things that we talk about our program. It's baby steps, you know, you start low and you go slow and you increase slowly. And you see how you do it and how you tolerate it. If you feel worse, you just back down and you and potentially start again.

Jane Hogan 19:45

I love what you said there Evan about trying it out and testing and I've always done this with with my health and everything that I try. It's always Okay, let's measure. Let's do

this. See how I do with it. So One of the things I do is measure heart rate variability, I've got an aura ring. And so I could see that when, when I was doing this, my heart rate variability went up. So heart rate variability, as you know, it's an indicator of, of health, when, so when your heart rate variability goes up, you're healthier, you're less, you're less stressed.

Jane Hogan 20:22

So, so it's great if you can monitor, and even a simple thing, like monitor your pain levels. So try this out, monitor your pain level, see if they're dropping over time. It's a It's beautiful, doing these really with anything, doing an experiment of one person, you are the person and you know your body better than anybody else. So you can really keep an eye on how things are going as you try these different things.

Evan H. Hirsch, MD 20:48

Excellent. Well said. So tell us a little bit about this free gift that you're giving our listeners the audio bundle, what is that?

Jane Hogan 20:56

Okay, so this is a, it's three audio file, so they'll be able to download them. And they are for pain relief, and just for feeling more peaceful and calm. Because as we feel more peaceful and calm, where we move into the parasympathetic state, which is where healing happens, where all the good things happen, which should be our normal state. So these are all designed to help get people into the parasympathetic state. So I've got 108, affirmations. So these are affirmations for health, and well being for pain relief. And so these are really great for helping to reprogram our subconscious mind, like stop those negative thoughts from going over and over again.

Jane Hogan 21:44

So replacing them with positive, empowering and healthy thoughts. And then I've also got a guided meditation for pain relief. And then the other thing I have in there is a heart focused breathing. So it's a guided, guided breathwork for heart, the focusing on the heart. And this is really beautiful, because it brings our heart into coherence, the heart and brain into coherence. And then when we have that happening, our will our brain is in coherence. And then we make better choices we get into that parasympathetic state again, and, and so that's where again, where the healing happens. So I really love the heart focus breathing, especially. And so that's it, they can just go to the I'm sure you're going to share the link with them where they can download it for free.

Evan H. Hirsch, MD 22:37

Excellent. Yeah, thanks so much for sharing that with us. I know that people will get a lot out of that. So go ahead and click on that link below if you're listening or watching and check that out. So before we adjourn, I do want to hear more about your pain free living membership program, the wonderful fine, what is that?

Jane Hogan 22:55

Wonderful, fine. Well, the expression is a new falam expression. So I live in New Finland. And it's like, the best version of fine. So you know, people would say, Oh, it's a

wonderful fine day, which means it's a really great day. It's not just a fine day. And so I used to think people would say, how are you doing? I'd say fine, you know, people say fine, fine, but what about being wonderful, fine. It's so much better. So this, this program, it's a month, month to month program. And it's for women, mostly 40 plus women who have pain and inflammation, and they want to do something about it.

Jane Hogan 23:34

And so I help them lower the pain and inflammation, create more energy, and also just feel more peaceful and calm. So I do a mindset lesson. Every week I do yoga and breath work, I have a kitchen coaching session where they can just ask any questions at all. And sometimes I share what I'm cooking in my kitchen. And I also have group coaching and guest expert in once a month. So it's it's a really lovely, really lovely supportive group of women and we do intense circles to where we intend for each other. You know, if someone's got a health particular health issue or something they're facing, we will intend for each other.

Jane Hogan 24:15

And so there's that power of the, of the collective mind and really does help focus energy and focus, you know, where we where we put our attention, right energy goes. So we focus our attention on helping one person and and we take turns with different people. And that's really wonderful, fine thing.

Evan H. Hirsch, MD 24:38

It sounds wonderful fun. It is it really is. Yeah, we'll put the link below so people can learn more about it. Thank you so much for all this wonderful work that you're doing in the world to help people with pain. And thanks so much for coming on today to teach us about cold therapy.

Jane Hogan 24:54

Oh, it was my great pleasure to do this Evan and I really would love to hear from anyone If they try it, and what do you think? Did you notice any, any lowering of pain and inflammation or an increase in energy or just feeling better? I'd love to hear from your audience if they've tried it.

Evan H. Hirsch, MD 25:13

Thanks so much for coming on today, Jane.

Jane Hogan 25:16

Thank you, Evan, for having me.

Evan H. Hirsch, MD 25:20

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigued people who desperately need it. Sharing all the experts I know and love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about the team from the foods and

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