

《冰浴很受欢迎，但健康声称没有证据支持》



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Ice baths are a popular subject on American social media pages.

冰浴是美国社交媒体页面上的热门话题。

Kim Kardashian, Harry Styles, Kristen Bell, Lizzo, and other stars have posted about their cold water experiences.

金·卡戴珊(Kim Kardashian)、哈里·斯泰尔斯(Harry Styles)、克里斯汀·贝尔(Kristen Bell)、莉佐(Lizzo)等明星都已经晒出了自己的冰浴体验。

Health claims surrounding ice baths include improved mood, increased energy, weight loss and reduced inflammation.

围绕冰浴的健康宣称包括改善情绪、增加精力、减肥和减少炎症。

But the science linked to some of those claims is not very strong.

但其中一些说法的科学依据并不充分。

Here is what medical evidence, experts and fans say about cold water baths, an activity that dates back hundreds of years.

以下是专家和粉丝们所认为的关于冷水泡的医学证据，冷水泡这项活动可以追溯到几百年前。

Since June 2020, Dan O'Conor has jumped into Lake Michigan almost daily.

自2020年6月以来，丹·奥康纳几乎每天都会跳进密歇根湖。

The 55-year-old man lives in the city of Chicago.

这名55岁的男子住在芝加哥市。

O'Conor used the term endorphins - "feel good" hormones released in reaction to pain, stress, exercise and other activities – to talk about his experience.

奥康纳用内啡肽这个词来讲述自己的经历，内啡肽是对疼痛、压力、运动和其他活动做出反应时释放的“感觉良好”激素。

"The endorphin rush ... is an incredible way to wake up and just kind of shock the body and get the engine going,"

“内啡肽的激增是一种令人难以置信的唤醒方式，它有点像刺激身体，让引擎启动，”

he said on a recent morning when the air temperature was minus-5 Celsius.

他在最近一个气温零下5摄氏度的早晨说。

With the lake temperature at 1 degree Celsius, O'Conor did a running jump into the icy gray water.

密歇根湖的温度只有1摄氏度，奥康纳跑着跳进了冰冷的灰色湖水中。

His first jump came early in the pandemic.

他第一次跳进密歇根湖是在大流行早期。

O'Conor had too much alcohol and his wife was angry at him.

奥康纳喝了太多酒，他妻子对他很生气。

She told him to "go jump in the lake".

她让他“滚开(字面意思跳进湖里)”。

The common saying is not usually received as a real command.

这句俗语通常不被当作真正的指令。

But, O'Connor acted on it.

但是，奥康纳照做了。

He says the water felt good that June day, so he kept jumping in every day following.

他说，六月的那一天，湖水带给他的感觉很好，所以接下来的每天他都跳进湖里。

As the water grew colder with seasonal change, the good effect was even greater, he said.

他说，随着季节的变化，湖水变得越来越冷，这种良好效果甚至更佳。

"My mental health is a lot stronger, a lot brighter.

“我的心理健康更强大了，更敞亮了。

I found some zen down here coming down and jumping into the lake and shocking that body," O'Connor said.

从这里一跃而下，跳进湖里，刺激身体，我有一些禅悟”，奥康纳说。

Dr. Will Cronenwett of Northwestern University's Feinberg medical school tried cold-water immersion once while visiting Scandinavian friends.

西北大学范伯格医学院的威尔·克伦维特博士曾在拜访斯堪的纳维亚的朋友时尝试过一次“冷水泡”。

After a sauna, he jumped into the ice-cold water for a few minutes.

洗完桑拿后，他跳进冰冷的水里泡了几分钟。

He said it was a powerful experience.

他说那是一次激动人心的经历。

But Cronenwett says studying cold water immersion with a kind of scientific study known as a randomized controlled trial is difficult.

但克伦维特说，用一种被称为随机对照试验的科学研究来研究“冷水泡”很困难。

This is because it is hard to develop a placebo for cold water baths.

这是因为很难开发出冷水泡的无效对照剂。

A placebo is something that has no effect.

无效对照剂是没有效果的事物。

Placebos are important because scientific tests need to compare the possible effect of something with something else that does not have any physical effect.

无效对照剂很重要，因为科学试验需要将某些事物的可能效果与其他没有任何物理效果的事物进行比较。

There are a few ideas about how cold water immersion affects the mind.

有一些关于“冷水泡”如何影响大脑的观点。

Cronenwett says it makes the part of the nervous system that controls the resting state more active.

克伦维特说，它使神经系统中控制静止状态的部分更加活跃。

Such an effect may increase feelings of well-being.

这样的效果可能会增加幸福感。

Cold water immersion also affects the part of the nervous system that controls the fight-or-flight stress reaction.

“冷水泡”也会影响影响神经系统中控制“战或逃”应激反应的部分。

Cold water treatment on a usual basis may reduce that reaction.

通常的冷水处理可能会减少这种反应。

So, Cronenwett said, it might help people feel better able to deal with other stresses in their lives, although that is not proven.

所以，克伦维特说，它可能会帮助人们更好地应对生活中的其他压力，尽管这尚未得到证实。

Czech researchers found that cold water immersion can increase blood levels of dopamine - another hormone - by 250 percent.

捷克研究人员发现，“冷水泡”可以使血液中的多巴胺——另一种激素——的含量提高250%。

High amounts have been linked with paranoia and aggression, noted James Mercer of the Arctic University of Norway.

挪威北极大学的詹姆斯·默瑟指出，过多的多巴胺会导致偏执和好斗。

Mercer co-wrote a recent scientific paper that examined studies on the treatment.

默瑟最近与人合著了一篇科学论文，检验了有关这种疗法的研究。

Cold water immersion raises blood pressure and increases stress on the heart.

“冷水泡”会使血压升高以及增加心脏压力负荷。

Studies have shown this is safe for healthy people and the effects are only temporary.

研究表明，“冷水泡”对健康的人来说是安全的，而且这种效果只是暂时的。

But sometimes these effects can cause the heart to beat unevenly and can cause death, Cronenwett said.

克伦维特表示，但有时这些影响会导致心跳不稳定，甚至可能导致死亡。

People with heart conditions or a family history of early heart disease should talk with a doctor before doing cold water immersion, he said.

他说患有心脏病或有早期心脏病家族史的人在进行“冷水泡”前应咨询医生。

Repeated cold-water immersions during colder seasons have been shown to improve how the body reacts to insulin, a hormone that controls blood sugar levels, Mercer noted.

默瑟指出，在天气更冷的季节反复泡在冷水里已被证明可以改善身体对胰岛素的反应

，胰岛素是一种控制血糖水平的激素。

This might help reduce the risk of getting diabetes.

这可能有助于降低患糖尿病的风险。

It also might help people with the disease control it.

它也可能帮助患有这种疾病的人控制该疾病。

More study is required to know for sure.

要确定这件事还需要进行更多的研究。

Cold water immersion also activates brown fat.

“冷水泡”也会激活棕色脂肪。

This tissue helps keep the body warm and helps it control blood sugar and insulin levels.

这种组织有助于保持身体温暖，并有助于控制血糖和胰岛素水平。

It also helps the body burn calories.

它还有助于身体燃烧卡路里。

重点词汇

claims 宣称；声称；断言；要求；索取；认领；索要；声明；所有权；索款，索赔；
claim的第三人称单数和复数

surrounding 周围的；附近的；围绕；环绕；包围，围住；与...紧密相关；
surround的现在分词；环境；周围的事物

baths 浴缸；浴盆；洗澡水；洗澡；洗浴；给...洗澡；bath的第三人称单数和复数

improved 改进；改善；improve的过去分词和过去式

mood 情绪；心情；气氛；坏心境；坏脾气；氛围；表达语气的动词屈折变化；语气

increased 增长，增多；增加；increase的过去分词和过去式

weight loss 瘦身

reduced 减少，缩小；蒸发；减轻体重；节食；reduce的过去分词和过去式

inflammation 发炎；炎症

social media 社交网络媒介

