

Master Switch of Life is SLEEP TURNED ON BY COLD WATER ON FACE

GUNDRY MD™, Jun 8, 2018

Back in my med school days, I had to pull my fair share of all-nighters.

Sometimes, I'd even be up long enough to see the sunrise and hear the birds chirping!

(Hey — it was always worth it when I aced an exam the next day)

Of course, when you're in your 20s... skipping a few hours of sleep is no big deal for your body.

However, when you turn 40, that all changes.

Because your body's ability to "make up" for lost sleep starts to fade. And research shows...

Not sleeping at night can be downright *dangerous to your health*.

This was proven in a recent study, published in the medical journal *Diabetes Care*.

Researchers studied a massive sample of 270,000 people who worked night shifts.

And they discovered that people who stayed up late — even just a handful of times — had a higher risk of developing Type 2 diabetes.

Not only that... these "night owls" burned SIGNIFICANTLY fewer calories than those who stuck to a normal sleep schedule.¹

What's that mean?

Well, people who stay up late are more likely to pack on pounds and feel tired all the time.

After all, it makes sense — our bodies aren't designed to stay up too long past dark... so when you do, it puts your health under A LOT of stress.

However, there's good news...

Burning the midnight oil doesn't mean you have to feel wiped the next day...

It turns out there's a simple way to hack your sleep cycle... no matter *when* you decide to hit the sack.

All you have to do is...

Dunk your face into ice cold water.

Yep — sounds crazy, but it works!

(In fact, the researcher who discovered this phenomenon called it "The Master Switch of Life." *That's* how powerful a technique it is.)

Doing this before you go to bed — no matter what time it is — helps you fall asleep almost instantly.

(I almost didn't believe it myself, until I tried it for the first time... now it's something I do every night.)

Here's how it works...

When you immerse your face in *cold* water, it slows down your heart rate²...

And that puts you in the fast lane for getting a GREAT night's sleep...

... which means you'll waste no time "tossing and turning" or counting sheep.

Pretty cool, right?

So try this "Dunk Method" tonight. You'll be amazed by how quickly you drift off into dreamland.

Looking out for you,

Steven Gundry, MD

A handwritten signature in black ink that reads "Steven R. Gundry, MD". The signature is written in a cursive style with a large, sweeping flourish at the end.

P.S. Not only will the "Dunk Method" help you go to sleep faster and wake up feeling refreshed... it's also EXCELLENT for your skin! You see, the cold water helps increase circulation to your facial pores — so you can enjoy a youthful, glowing complexion. Just another reason to give this neat hack a try.

Sources

1. Vetter C, Dashti H, Lane J et al. Night Shift Work, Genetic Risk, and Type 2 Diabetes in the UK Biobank. *Diabetes Care*. 2018;41(4):762-769. doi:10.2337/dc17-1933.
2. Scholander P. The Master Switch of Life. *Sci Am*. 1963;209(6):92-106 doi:10.1038/scientificamerican1263-92.