

**RUSSIAN DOCTOR'S
UNIQUE METHOD TO
STRENGTHEN YOUR
IMMUNE SYSTEM
IN JUST 15 SECONDS**

**HealthGlade**

BY ADAM ROTH

Cold water baths are being popularized today by figures such as Wim Hof, but they have a long tradition in many cultures, especially in Russia. These ancient methods for both healing and disease prevention were studied by Dr. Sergey Bubnovsky, and he developed a unique method to strengthen the immune system in as little as 15 seconds.

While you probably haven't heard of him before, Sergey is very famous in Russia. He is a doctor of medical sciences, a professor, and an author on close to 50 books on health and longevity. But his main specialty is Kinesitherapy, a therapeutic treatment of disease through specialized muscular movements.

Dr. Sergey now has multiple clinics around the world devoted to teaching his non-invasive healing methods, and providing patients with solutions to diseases and conditions that would otherwise require surgery, or a lifelong dependence on medications.

The immune system strengthening remedy is very easy for anyone to perform, and does not require any fancy equipment, or expensive pills.

Prepare a large bucket of ice-cold water. The water should be as cold as possible. Not warm, or moderately cold, but the colder the better; so be sure to prepare a large amount of ice in advance. Also make sure that the room is warm and your feet are warm before beginning.

Then simply dip your feet in the bucket of water for 15 seconds, and move them around in a tapping and rotating motion.

After that, remove your feet from the water and dry them with a towel, then immediately wear a pair of thick woolen socks. An optional step would be to walk around the house for about 15 minutes. This will enhance the effect, but the ice water is where you will gain the main benefit of this treatment. Another optional variation is to have a deeper bucket, and you can dip your legs in so that the water passes the knees.

Dr. Sergey recommends repeating this remedy every day, to maintain the high level of immune system strength, which will help you to ward off disease.

Interestingly, this method is useful for those already suffering from a cold and/or a cough. Repeating this cold ice bath treatment every 4 hours will assist the immune system in healing from the cold and cough in record time. While fighting a cold with a cold ice water treatment might seem counterintuitive, Dr. Sergey is adamant that it will not worsen your condition, but only assist in the healing process.

The theory behind this treatment is that managed stress, such as the cold ice water treatment, builds vitality and resilience in the body. Just like using weights will help to build muscle, Dr. Sergey's method helps to build the immune system, and make it incredibly strong. Just as weights will immediately enlarge your muscles, this method will also immediately strengthen the immune system, in the 15 seconds it takes.

The cold ice water treatment has a number of additional benefits to the strengthening of the immune system. Dr. Sergey has also found it increases his patient's metabolism, stabilizes their blood pressure, lowers pain levels, increases the strength of the heart, repairs the nervous system, improves overall muscle tone, and alleviates any mood disorders. It can also be used as relief for tired and heavy legs.

Due to its wide range of positive effects, and the simplicity of the method, it's a valuable addition to your daily health regimen. The immune system enhancement will keep you resistant to infections and pathogens, and will provide extremely fast healing in the case you do need to supercharge the immune system to recover from any illness.

For further information on the immune system, and solutions to ward off disease and regain your health, please visit [HealthGlade.com](https://www.healthglade.com)