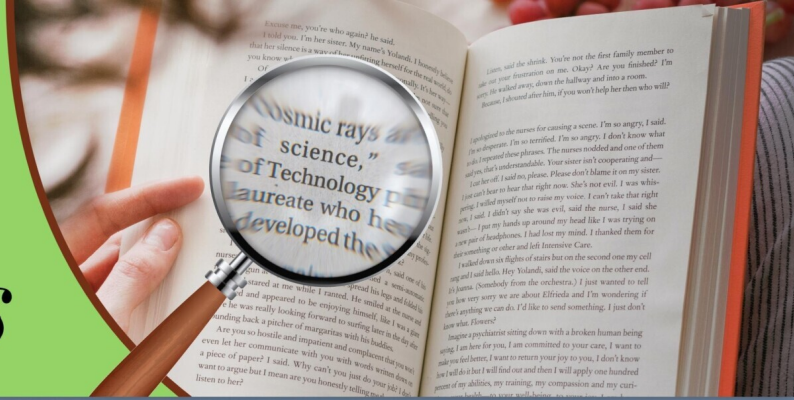


# BaronE Health Reviews



## The top 12 benefits of swimming



**N°14**  
**December**  
**2023**

*Holistic Natural Health Experts*

# About us

## Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

## How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

## What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

## Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

# The top 12 benefits of swimming

## Original article

<https://www.healthline.com/health/benefits-of-swimming#benefits>

*What Are the Top 12 Benefits of Swimming?*

*Overview*

*You may have heard that experts recommend adults get 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Swimming is an excellent way to work your entire body and cardiovascular system. An hour of swimming burns almost as many calories as running, without all the impact on your bones and joints.*

*Swimming is the fourth most popular activity in the United States. But why, exactly? There are a host of benefits you may gain from swimming laps regularly. Read on to learn about the benefits of swimming and how to incorporate swimming into your routine.*

This article makes a good point right from the start, explaining that swimming activates not only our whole body, but also our cardiovascular system. This is absolutely true, and reminds us that our cardiovascular system can be worked out in many ways, not just by running or cycling.

Let's take a look at these 12 benefits of swimming.

*Benefits*

*1. Works your whole body*

*One of the biggest benefits of swimming is that it truly works your entire body, head to toe. Swimming:*

- increases your heart rate without stressing your body*
- tones muscles*
- builds strength*
- builds endurance*

*There are various strokes you can use to add variety to your swimming workout, including:*

- breaststroke*
- backstroke*
- sidestroke*
- butterfly*
- freestyle*

*Each focuses on different muscle groups, and the water provides a gentle resistance. No matter what stroke you swim, you're using most of your muscle groups to move your body through the water.*

# The top 12 benefits of swimming

Indeed, and we can add here that swimming is one of the rare sports that is virtually not asymmetrical. As a reminder, an asymmetrical sport is one that creates an imbalance in the athlete's musculature (left-right, top-bottom), with harmful consequences for the athlete.

For example, all racket sports such as tennis, squash and badminton are said to be asymmetrical, as they inevitably create major imbalances.

## 2. Works your insides, too

*While your muscles are getting a good workout, your cardiovascular system is, too. Swimming makes your heart and lungs strong. Swimming is so good for you that researchers share it may even reduce your risk of death. Compared with inactive people, swimmers have about half the risk of death. Some other studies have shown that swimming may help lower blood pressure and control blood sugar.*

This has long been known to natural medicine. What's more, in some parts of the world, open- and cold-water swimming is used as a natural solution for boosting the immune system.

Of course, the benefits of swimming are much broader, and also include the benefits of water as a unique element. Unfortunately, this is not often the case. We'll come back to this point later.

## 3. Is appropriate for people with injuries, arthritis, and other conditions

*It is important to have your doctor's approval before beginning or resuming any exercise program. Swimming can be a safe exercise option for most people with:*

- arthritis
- injury
- disability
- other issues that make high-impact exercises difficult

*Swimming may even help reduce some of your pain or improve your recovery from an injury. One study showed that people with osteoarthritis reported significant reductions in joint pain and stiffness, and experienced less physical limitation after engaging in activities like swimming and cycling.*

*Even more interesting, there was little to no difference in the benefits between the two groups. So, swimming seems to have many of the same benefits as frequently prescribed land exercises. If you want non-swimming water activities, try these water excises for people with arthritis.*

Swimming is recognized as a reference tool for rehabilitation. This is due to the unique characteristics of water.

Water naturally has a pain-relieving and anti-inflammatory effect, while also providing unique comfort and support.

The best rehabilitation programs offer the possibility of practicing various exercises in warm, saltwater pools, providing an ideal environment for the recovery of motor functions and tissue regeneration.

# The top 12 benefits of swimming

## 4. Good option for people with asthma

*The humid environment of indoor pools makes swimming a great activity for people with asthma. Not only that, but breathing exercises associated with the sport, like holding your breath, may help you expand your lung capacity and gain control over your breathing.*

*Some studies suggest that swimming may increase your risk for asthma because of the chemicals used to treat pools. Talk to your doctor about the potential risks of swimming if you have asthma, and, if possible, look for a pool that uses salt water instead of chlorine.*

Now we come to the biggest negative point about swimming... which has nothing to do with swimming!

In fact, because of archaic and toxic processes, we are still, for public and most private pools, using filtration systems based on chlorine or other toxic products such as bromine.

Importantly, the chemicals used in pool treatment are toxic for everyone, not just someone suffering from asthma.

As for the suggestion to find a saltwater pool to avoid a chlorinated pool, it's important to point out that a saltwater pool contains... chlorine!

In a saltwater pool, salt (sodium chloride) is electrolyzed to form two molecules: natural chlorine (sodium hypochlorite), which disinfects the water, and caustic soda (sodium hydroxide). When exposed to UV light, these two elements revert to salt.

Just as a reminder, these two molecules are commonly found in a well-known liquid form: bleach! So you'll be delighted to know that, saltwater pool or not, you're bathing in a large washing tub.

Although this process is less toxic than chlorinated pools, which contain chemical forms of chlorine such as chlorocyanurics (Sodium DiChloroisoCyanurate DCCNa, TriChloroisoCyanuric ATCC), lithium hypochlorite or calcium hypochlorite, it is no less toxic.

What's more, the use of any type of chlorine poses another problem: the inevitable production of chloramines.

Chloramines are compounds that are toxic to our bodies, and are formed naturally by the reaction of chlorine with organic waste (dead skin, hair, saliva, urine, sweat, etc.) that bathers bring into the water.

Chloramines are largely responsible for the unpleasant smell of chlorine in the pool.

These chloramines are toxic to our bodies in a number of ways, and can lead to :

- Irritation of the respiratory tract: asthma, chronic bronchitis, coughing and rhinitis.
- Eye problems and irritation
- Allergies and skin irritations

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What's more, chloramines are potentially carcinogenic!

This is a real scandal, especially as healthy alternative solutions exist.

Among them, let's mention the best: the Vitii system by Aquatic science, which uses uvozone!

<https://vitii.be/en/home-uk/>

<https://vitii.be/en/filtration-2/>

## 5. Beneficial for people with MS, too

*People with multiple sclerosis (MS) may also find swimming beneficial. Water makes the limbs buoyant, helping to support them during exercise. Water also provides a gentle resistance.*

*In one study, a 20-week swimming program resulted in significant reduction of pain for people with MS. These people also showed improvements with symptoms like fatigue, depression, and disability. Learn more about water therapy for MS.*

As mentioned above, water has unique characteristics that make it an excellent tool for the rehabilitation and management of incapacitating diseases.

In fact, there is a specific therapy that uses water as a therapeutic element: watsu.

Watsu, a contraction of the words "water" and "shiatsu", is the assisted practice of stretching, movement and massage in warm water. The relaxation provided by water is absolutely incomparable.

## 6. Torch calories

*Swimming is an efficient way to burn calories. A 160-pound person burns approximately 423 calories an hour while swimming laps at a low or moderate pace. That same person may burn up to 715 calories an hour swimming at a more vigorous pace. A 200-pound person doing the same activities would burn between 528 and 892 calories an hour. A 240-pound person might burn between 632 and 1,068.*

*To compare these numbers to other popular low-impact activities, that same 160-pound person would only burn around 314 calories walking at 3.5 miles per hour for 60 minutes. Yoga might burn just 183 calories per hour. And the elliptical trainer might burn just 365 calories in that hour.*

Any good physical program for weight loss should include swimming, especially for people suffering from obesity.

Indeed, as long as the water is not hot, swimming provides a formidable two-in-one effect for weight loss: exertion and thermal battle.

The effort involved in swimming burns calories and builds muscle mass.

# The top 12 benefits of swimming

The thermal battle will also burn calories by attacking fat first, which is exactly what we want as part of a weight loss program.

It's worth pointing out here that, for thermal combat to take place, the water doesn't have to be very cold. Our normal body temperature fluctuates around 37°, so if the bathing water is 27° (average for swimming pools), it's already 10° colder, and our body is obliged to expend energy to warm up.

Obviously, the colder the water, the greater the thermal struggle and the faster the weight loss. Nevertheless, it's important to take into account other parameters such as swimming time, resistance to cold, discomfort, metabolism, etc.

That's why a good physical program for weight loss needs to be tailored to each individual's goals, abilities and health state.

## *7. Improves your sleep*

*Swimming may have the power to help you sleep better at night. In a study on older adults with insomnia, participants reported both a boost in quality of life and sleep after engaging in regular aerobic exercise.*

*Nearly 50 percent of older persons experience some level of insomnia, so this is excellent news. The study focused on all types of aerobic exercise, including the elliptical, Stairmaster, bicycle, pool, and exercise videos.*

*Swimming is accessible to a wide range of people who deal with physical issues that make other exercises, like running, less appealing. That can make swimming a good choice for older adults looking to improve their sleep.*

Water is the fundamental element for purifying and detoxifying the body. It is commonly said that you need to drink plenty of water to eliminate toxins, and this is absolutely true. What's more, it has a naturally soothing and calming effect.

When you take a good shower or bath after a long day's work, you instinctively understand that you're cleansing more than just your body, you're also cleansing your mind and emotions.

And let's not forget that before we're born, we've been maturing for 9 months in our mother's womb, bathed in amniotic fluid, a protective and nourishing water.

As for swimming as such, let's not forget that to sleep well, we need to be physically active during the day, whatever the activity (sports and/or movement disciplines).

If we don't do this minimum amount of physical activity, then, even exhausted, our sleep won't be optimal. This may seem paradoxical, but it's the reality. Fatigue is not a guarantee of deep, quality sleep; on the contrary, many people suffering from insomnia are very tired.

One reason for this is that to sleep well, we need both mental and physical fatigue. If the mind-body imbalance is too great, then the body will have trouble finding sleep and keeping it.

So it's easy to understand why sleep disorders are so widespread today, especially in our modern, ultra-connected, digitalized, assisted societies, where almost everything can be managed with just a few clicks in front of the computer.

# The top 12 benefits of swimming

## 8. Boosts your mood

Researchers evaluated a small group of people with dementia, and saw an improvement in mood after participating in a 12-week aquatic program. Swimming and aquatic workouts aren't just psychologically beneficial for people with dementia. Exercise has been shown to boost mood in other people, as well.

## 9. Helps manage stress

Researchers surveyed a group of swimmers immediately before and after swimming at a YMCA in New Taipei City, Taiwan. Of the 101 people surveyed, 44 reported being mildly depressed and feeling stress related to fast-paced life. After swimming, the number of people who still reported feeling stressed decreased to just eight.

While more research needs to be done in this area, the researchers conclude that swimming is a potentially powerful way to relieve stress quickly.

Relieving stress and improving morale generally go hand in hand, since stress is one of the most common causes of low morale today.

As mentioned above, water cleanses not only our bodies, but also our minds and emotions. What could be better than a swim to clear the mind and forget, for a while, all the problems, doubts, regrets, constraints, deadlines, risks - in short, the things that occupy our minds.

The most cliché example of this is what is commonly known as the "Sunday sportsman". This is the frustrated, stressed-out office worker who, every Sunday, goes to the gym to work off his stress in order not to burst.

## 10. Safe during pregnancy

Pregnant women and their babies can also reap some wonderful rewards from swimming. In one study in animals, a mother rat's swimming was shown to alter the brain development in her offspring. It may even protect babies against a type of neurological issue called hypoxia-ischemia, but more research is needed. Aside from potential benefits to the child, swimming is an activity that can be performed in all three trimesters.

Another study shows no adverse effects of swimming in chlorinated pools while pregnant. In fact, pregnant women who swam during their early to mid-pregnancy had a lower risk of preterm labor and congenital defects.

Keep in mind that while swimming is generally considered safe during pregnancy, some women may have activity restrictions due to complications in pregnancy. Talk to your doctor before starting any new exercise programs during pregnancy, and if you have complications, ask about activities that are safe.

# The top 12 benefits of swimming

Swimming is an excellent sport for pregnant women, who should avoid many other sports depending on the stage of pregnancy.

On the other hand, it's absurd to assert that "Another study shows no negative effects of swimming in chlorinated pools during pregnancy", when we know that swimming in chlorinated water is harmful to everyone's health! This will obviously be even more toxic for pregnant women, who are naturally more sensitive to all kinds of pollution during this very special period.

As we explained above, healthy alternatives do exist, and it's scandalous that today, in 2023, we're still subjected to a totally archaic means of water disinfection.

For the record, it was in 1777 that Claude-Louis Berthollet invented "Berthollet detergent", later known as "eau de Javel", due to the location of the first production site in the village of Javel. Today, it's the same "eau de Javel" (sodium hypochlorite) that we still use to clean our swimming pools and, even worse, to treat our drinking water!

In the space of more than 2 centuries, science and technology have advanced considerably; yet, in this field, it would seem not.

Getting back to pregnant women, it's worth noting that some of them even decide to give birth in water! This is entirely possible, as long as it is carried out correctly and with the necessary support.

## *11. Great for kids, too*

*Kids need a minimum of 60 minutes of aerobic exercise each day. It doesn't need to feel like a chore either. Swimming is a fun activity and doesn't necessarily feel like formal working out.*

*Your child can do either structured swimming lessons or be part of a swim team. Unstructured swim time is another solid option to get kids moving.*

Indeed, and let's not forget that in addition to physical activity, children acquire an essential skill.

Every human being should know how to swim, yet today a significant proportion of the world's population does not. According to a 2017 study published in the weekly epidemiological bulletin, nearly 1 in 6 French people don't know how to swim!

[http://beh.santepubliquefrance.fr/beh/2017/18/2017\\_18\\_3.html](http://beh.santepubliquefrance.fr/beh/2017/18/2017_18_3.html)

# The top 12 benefits of swimming

## 12. Affordable

Swimming may also be an affordable exercise option compared to some others, like cycling. Many pools offer reasonable rates to join. Some public schools and other centers offer swim hours for free, or for a sliding scale according to your income.

If you're still concerned about the costs of joining a pool, check with your employer or your health insurance. Some offer reimbursements for joining a fitness program.

All the more so if you practice open water swimming, in which case it will be free.

Remember, once again, that the cost of pool registration should be the least of your worries, given the major problem of chlorine pools, which we developed above.

## Getting started

To get started with swimming, you'll first need to find a pool near you. Many gyms and community centers offer lap swimming times as well as water aerobics and aqua-jogging classes. You may want to make a list of the facilities in your area that have a pool, and visit to see which one works for your lifestyle and budget.

## Prepare your muscles

From there, start slow. You may even want to start your journey in the gym with strength training that works your muscles before you hit the water. Try moves like assisted or unassisted pull-ups, up to double-digit reps. Squats and deadlifts of your bodyweight or overhead presses of half your bodyweight are also good practice. If you're having trouble, consider asking a personal trainer for help with form.

## Swim lessons

People totally new to swimming may benefit from taking swimming lessons, which are offered in private or group settings. In lessons, you'll learn different strokes, breathing techniques, and other handy tips for getting the most from your workout.

To find adult swimming lessons near you, try checking the U.S. Masters Swimming database by your ZIP code.

## Follow the pool rules

Once you're in the water, be sure to observe pool etiquette. There are often slow, medium, and fast lanes. Ask the lifeguard which lane is which to find your right pace.

If you need to pass someone in front of you, do so on the left-hand side. When entering and exiting the pool, try to avoid actions that would create waves or otherwise interfere with other swimmers, like jumping. You may also want to keep your nails and fingernails trimmed to avoid accidentally scratching other swimmers.

# The top 12 benefits of swimming

We don't understand the idea of inviting people to go to the gym to prepare physically for swimming - it's simply ridiculous and irrelevant. It's a bit like suggesting skipping rope sessions to prepare for skiing...

On a more serious note, it's true that a certain amount of preparation before taking up swimming can be desirable, especially if you don't practice any other sport.

Swimming is an all-round sport that doesn't necessarily require a physical warm-up. It's perfectly possible to warm up simply by gradually increasing the intensity of the stroke.

We're talking here about swimming in a pool, not open-water swimming, which may require a physical warm-up depending on conditions (water temperature, outside temperature, buoyancy aids, etc.).

In purely physical terms, simple, effective preparation is the exact opposite of indoor weight training. To swim, you first need good mobility and coordination. Mobility and coordination exercises are therefore far more effective than pull-ups, deadlifts or presses.

However, physical preparation for swimming is of secondary importance, especially for the novice swimmer. From our point of view, it's far more important to have a biomechanical preparation, i.e. to understand how our body should behave and act in the water in order to swim efficiently.

This is true for other sports, but it's even more important for swimming.

Unlike other sports, which are all practised in the same environment (air), aquatic sports, of which swimming is one, are practised in water. Water is a very different element from air, and one in which we are not accustomed to moving.

Without going into the subject in detail, we can summarize the major particularities of moving in water:

In water, we don't walk, run or push. In water, you float, sink and glide.

It may sound silly, but many beginners and occasional swimmers take years to understand it, if they ever do.

Yet all it takes is time to observe nature and our environment to learn a great deal about the subject.

For example, by observing fish, which are anatomically and physiologically designed to live in this element, we can easily see how easily they glide through the water to get around.

Of course, the human body is not designed to live in water. However, it is endowed with an incredible capacity for adaptation, enabling it to evolve in elements and conditions far removed from what it is naturally adapted to.

This is one of the incredible characteristics of the human species.

However, most of the time, it's not instinctive. That's why we need to use our mental capacities to observe, understand and imitate nature.

To return to swimming, this means learning to swim in such a way as to glide through the water.

# The top 12 benefits of swimming

## Risks

Swimming is safe for most people. As with any workout, there are certain risks associated with swimming. If you're injured or have certain medical conditions, be sure to check with your doctor before swimming laps. In general, it's a good idea to check in with your doctor whenever you start a new exercise program.

People with skin conditions like psoriasis, for example, may get more irritated in the chlorinated pool water. Your doctor is your best resource for guidelines unique to your health.

## Swimming safety

The following swim safety tips can help reduce your risk from swimming:

Swim in areas that are designated for swimming, like pools and roped off sections of lakes and other bodies of water. If possible, swim in areas that are supervised by lifeguards.

If you aren't swimming with lifeguard supervision, bring a buddy.

Consider taking swimming lessons if you're new to the sport. You can enroll in age-appropriate classes through the Red Cross and through other programs in your area.

Swimming outdoors? Wear sunscreen of at least SPF 15 or higher to protect your skin. You may also want to avoid swimming between the hours of 10 a.m. and 4 p.m. when the sun is highest in the sky. Learn more about choosing sunscreen.

Don't forget to drink water, even if you aren't thirsty. You may feel cool from the water, but you can get dehydrated while swimming. Drink plenty of water and avoid drinks with alcohol or caffeine in them.

Children should always be supervised when near water. Never let children swim alone to avoid the risk of drowning.

These tips are correct and common sense. However, if you use sunscreen, it's essential to use natural and organic sunscreen, as otherwise, you'll be applying toxic and dangerous products to your skin.

In addition, we can add an all-too-often underestimated risk to all physical activities in water: the disruption of our senses.

In water, sound travels more than 4 times faster than in air, what we see appears 30% larger, the pressure inflicted on our bodies fluctuates by a factor of two between 0 and 10 meters below the surface, and so on.

What's more, water has anti-inflammatory, anaesthetic and pain-relieving properties.

All this, combined with the fact that we don't live in water and that most of us spend 99.9% of our time in the air. Some might ask: why is this a risk?

Quite simply, because our main safety systems (balance, proprioception, reflexes, etc.) are calibrated by our senses. So, if our senses are disrupted, so are these systems, potentially putting our lives at risk.

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For example, late perception of fatigue is the source of many swimming accidents, especially in open water. Too many people have drowned because they no longer had the strength to reach the shore.

Yet this disruption of the senses can be counteracted with training, observation, knowledge and understanding.

## *Takeaway*

*If you're just getting started with an exercise program or if you're looking to try something new, jump in the pool. Swimming has a host of benefits for your mind, body, and soul.*

*Once you get the basics down, try swimming laps for 20 to 40 minutes at a pace that keeps your heart rate elevated. Don't forget to drink plenty of water and take breaks as necessary. Most of all, have fun!*

Swimming is undoubtedly an excellent sport, very good and very complete for your health. Unfortunately, it's linked to a huge problem: chlorinated swimming pools, which are toxic to your health.

For those lucky enough to be able to swim in open water, make the most of it, and for the rest of you, try to find a non-chlorinated pool, even if, unfortunately, they are still very rare.

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- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



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