

WIM HOF “INFO BUNDLE”

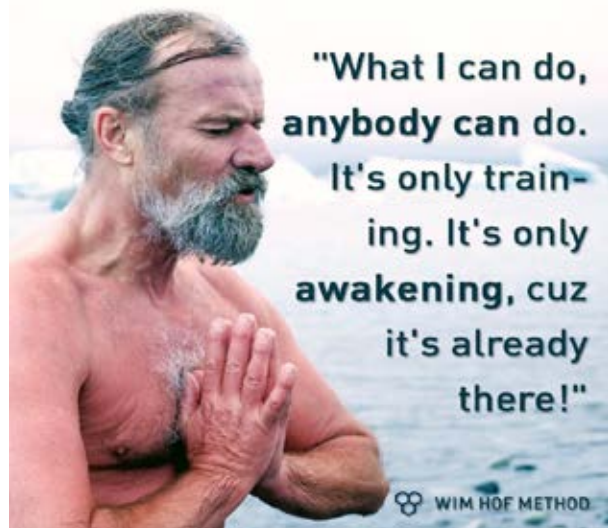
For thousands of years various tribes of Tibetan monks have been displaying miraculous feats of human potential by using various mind control, meditation and breathing techniques. Techniques that make them superhuman in potential.

Yet their claims to be able to raise their body temperature, move the chi and cure illness has naturally been totally shunned by The Western Medical Establishment. Fortunately, we now have the apparatus, dedicated frontier scientists and living legends like Wim Hof that have now produced the theoretical, practical, and scientific evidence required to state, beyond dispute, that **“we human beings are all capable of clearing our minds, curing our illnesses, regulating our heart rates, moving the chi and raising our body temperature”**.

Who is Wim Hof?

Wim is a super hippie from Holland whom from a young age was naturally drawn to the cold. Later in life he found that when jumping into frozen rivers and lakes the shock of the cold instantly shut off his mind and took him into a state of deep inner peace.

**“The cold is
merciless but
righteous.”**



It was later on in life that Wim realised his daily practice gave him superhuman capabilities. Wim can heat up his body even whilst submerged in Ice and he can heal his body using the WHM breathing and meditation techniques!

After 40 years of practice and having initially been labelled as a “nutjob” and “scientific anomaly” Wim began to shine a light on his superhuman abilities as he broke world record after world record. Wim holds 26 World Records including the longest time in direct contact with ice (until recently <https://www.guinnessworldrecords.com/world-records/24052-full-body-contact-ice-endurance>) and he is the first person to Climb Mount Everest without any clothes on, including no shoes or socks. (“sandals are not shoes”)



Wim's 26 World Records

<https://greenlivingtribe.com/this-single-man-has-26-guinness-world-records-and-you-will-not-believe-some-of-them-even-exist/>

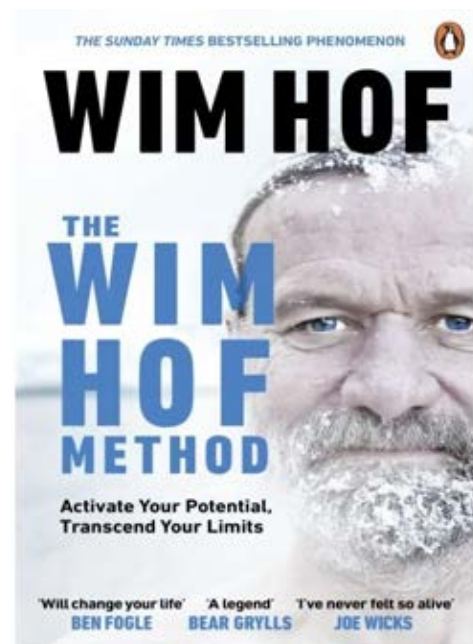
What first grabbed my attention was his abilities to raise his body temperature whilst still submerged in ice. Wim goes into the ice, relaxes his body and mind thus allowing his core body temperature to naturally begin falling. Then when his core temperature is only a few degrees away from the danger zone, he begins using his meditation and breathing techniques to manually raise his body temperature **whilst still in the ice.**

TED Talk

<https://www.youtube.com/watch?v=L9Cgaa8U4eY>

"The Wim Hof Method" book, details the science behind Breathwork and Cold Exposure and documents the incredible healing benefits it can have with a heavy emphasis placed on the fact that both healing modalities drastically reduce inflammation. The book also offers a practical guide to multiple breathing techniques that do all sorts of things like **"increase endurance" or "cure chronic pain"**. After reading up on Wim and following his incredible career the one thing that stands out the most is the fact he can teach his method and pass on his incredible healing abilities to regular people instantly.

In one clinical study Wim was injected with various diseases and infections yet every time he showed zero regular human reaction to the disease as he practiced his method and literally bounced off the infection. Once again, he casually broke the laws of classical physics and the scientists and doctors labelled him as a one-off scientific anomaly. This is despite the fact Wim has a genetically identical twin brother that doesn't possess these trained abilities. The Medical Group then invited Wim to teach his method (The Wim Hof Method) to a group of Case Studies (human beings). After just a couple of weeks of training in the Wim Hof Method which combines meditation, breathing techniques and Cold Exposure 100% of the Case Studies performed the impossible as they too bounced off the diseases and infections under clinical study.



After Thought

It's been many years since these ground-breaking studies were carried out and Breathwork and Cold Exposure was proven to be a miracle cure. The findings were published in all the right places and the word got out there, yet unfortunately the Medical Establishment still seems to be shunning these findings. You would think that every doctor on planet earth would be banging Wim's door down, begging him to help ease the pain and suffering of their patients yet unfortunately that simply isn't the case. The fact is, Wim's work debunks a lot of Darwinian and Newtonian laws. The Laws and Rules that were set in stone over 200 years ago that still dictate the rules of the Universe today. Laws and rules that form the bedrock of every single medical book our Doctors and Scientist still practice from in the modern age, "The Age of Information". So, if they accept the truth and put a big red cross over the pages that state "humans cannot regulate their body temperature" then quite naturally a little red question mark must be placed on every other page.

This is especially true for the page titled **"humans are slaves to their genetic destiny"**. It was recently proven that a new record holder for Cold Exposure "Romain Vandendorpe" from France has developed the same genetic code as Inuit's aka Eskimos after only 8 months of Cold Exposure. Funnily enough just a few weeks later when going to edit this article we realised a new record was placed by a gentleman from Lithuanian "Mr Valerjan Romanovski" who spent 3.00.28 hrs in direct contact with Ice.

The Big Issue

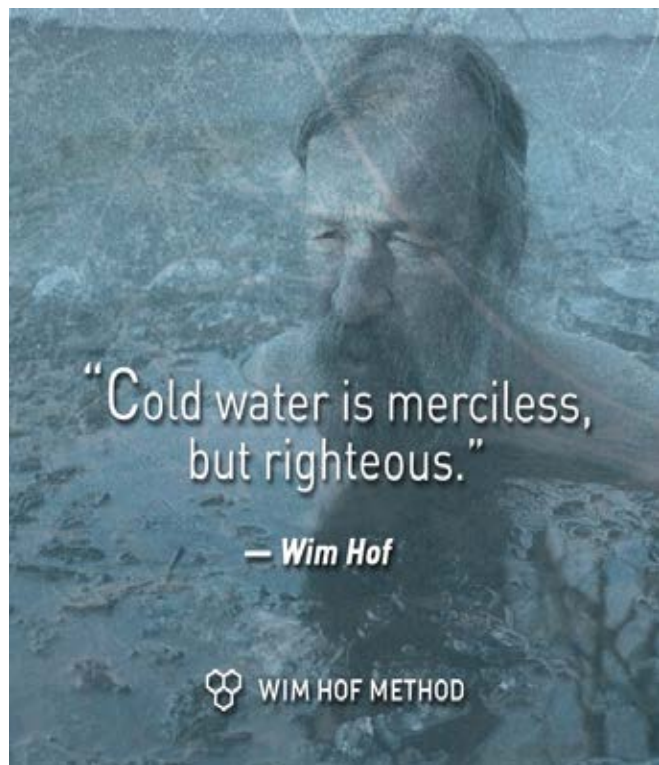
Most people I speak to suggest the only reason the Medical Establishment is shunning these new concrete medical discovery's and the reason the Medical Establishment have historically shunned any and all natural healing modalities is because **"there is no money in people healing themselves naturally and totally independently... for free"** yet I urge you to look a little deeper and try contemplate the big issue on a more person to person level.

Please close your eyes and try to imagine every single Medical Practitioner and Scientist on Earth in one giant room. We ask the group "Could those of you who decided to be a doctor because...

- A) Your parents or role models guided you towards the profession**
- B) You liked the idea of been a highly respected, educated and well-paid member of society**
- C) You really like the look of George Clooney in ER**



....make your way to the left hand side of the room. Now what you should be left with on the right-hand side of the room is a majority of people that were instinctively drawn to the medical profession by a deep desire to help people. These are the doctors you would hope to reach the most yet it's my fear they will be the last to adopt the method and worst still it may even be impossible for many of them to accept the truth. Why? Because it's likely they are empathic people! People who have prescribed chemo and helplessly watched their patients slowly die in pain. So how can they face the reality that a hippie from Holland knows more about healing than their parents, teachers and their highly acclaimed lecturers and colleagues?



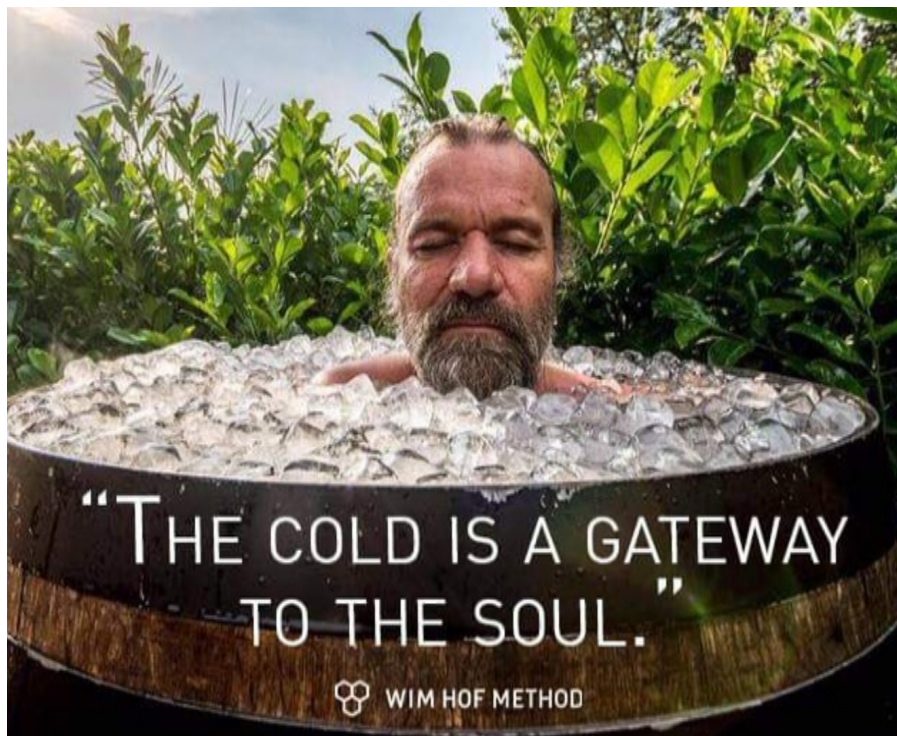
Yet most importantly how could they ever face the music and begin prescribing these methods as the widows and orphaned children of their previous patients ask them "why didn't you prescribe a **healthy lifestyle, plant-based diet, fasting and the Wim Hof Method** to the person I loved the most?" Like Holocaust deniers, sometimes the facts and volume of evidence doesn't matter. The truth is simply too painful to accept and any attack of this magnitude on their core identity will automatically be rejected by both the conscious and subconscious mind. So, if the greatest most kind-hearted doctor on earth has been looking in mirror and seeing the reflection of "**the most incredibly intelligent, high level medical professional that delivers the most compassionate and professional service to my clients possible**" finally sees and hears the truth, what will be looking back at them in the mirror the next day? A liar, a fool! Someone that has inadvertently contributed to unnecessary human suffering. This is a wakeup call that could break even the strongest of minds and would be a direct attack on their core identity of any true empath. It may be impossible for them to see the truth because the truth would simply hurt them too much.

So please have patience, tread lightly and show sympathy, compassion and understanding and hope and pray that one day the Empathic Doctors and their colleagues will find the courage to test the methods for themselves so they can take their current knowledge and skill set and combine the old information with new science we are all privileged to have available to us today in the Age of Information. Then just maybe create a new style of health care, a new service that really has a truly profound and positive impact on the world.



On a personal note, I can say this method saved my life. Personally, I have always been someone that is shivering from the cold, even on days when everyone around me seemed to be quite peaky and warm. First I found the breathing techniques then sometime later I finally started taking cold showers. I dreaded it from the moment I woke up and it ruined my morning exercise and meditation routine because I was dreading the fact that in an hour or two I'd have to take a cold shower. Then after a week or so I climatized for the first time. After that I was ready to start jumping in rivers during the British Winter. When I started I dreaded that even more yet on the days when my Monkey Mind was out of control and even a heavy exercise and Breathwork routine wouldn't clear my head the only thing that would was jumping into the scummy river. **Cold Exposure is the ultimate off switch**, one that leaves you feeling high and revitalised. One that empowered me and gave me a tool that meant that no matter how much I was suffering up top I could switch off and get on with my day. After some time and study and having completed the Wim Hof course in Bangkok so much started to make sense. I realised that after a few weeks I no longer thought about the cold river I had to jump into following my routine. I switched off my mind and I raised my tolerance for stress which has had such a profoundly beautiful effect on my entire life.

So I truly hope you give it a go and try Breathwork and Cold Exposure for yourself. Then once you have gained the practical experience of clearing your mind, going on visual journeys, regulating your heart rate and healing your body and mind totally naturally and independently. Then ask yourself: "Where will I be in a month or a year if I practice this method every day?", "How would it feel to wake up in perfect physical and mental health having healed yourself organically and for free?"



OTHER BENEFITS OF COLD EXPOSURE



The benefits of Cold Exposure for healing both the body and mind are seemingly endless as the explosion in popularity of the Wim Hof Method has led to a huge uptake in practical participation and clinical study. This new wave of attention in modern times is on a one-way trajectory which is incredibly uplifting and comforting to see. It gives hope that someday in the near future the Medical Establishment will begin prescribing this totally natural and free healing option to their patients as global adoption continues to rise. You can expect new benefits and effects to be added to the list as time goes by yet the fact remains that there is nothing new about Cold Exposure Therapy with multiple references been made in the very first medical text ever written in 3500 BC "The Edwin Smith Papyrus".

Some of the current discovered benefits of Cold Exposure include:

Cold Exposure Benefits



- ✦ Relaxes Muscles
- ✦ Reduces Inflammation
- ✦ Reduces Stress
- ✦ Clears the Mind
- ✦ Conditions the body (cells) to be in the Now
- ✦ Reduces Swelling
- ✦ Flushes out Toxins like Lactic Acid
- ✦ Natural Painkiller
- ✦ Cleanses Skin and Nails (Shiny Hair)
- ✦ Decreased Depression
- ✦ Boost mood
- ✦ Improves Memory
- ✦ Boost overall heart health and circulation
- ✦ Increases Alertness
- ✦ Releases Bliss Chemicals
- ✦ Regulates blood sugar levels
- ✦ Supports and Speeds up Recovery
- ✦ Improves Sleep Quality
- ✦ Strengthens the Immune System
- ✦ Combats Oxidative Stress

MEDIA LINKS

Tools

The Wim Hof Breathwork App

<https://www.wimhofmethod.com/wim-hof-method-mobile-app>

Wim Hof – 3 Rounds of Breathwork

<https://www.youtube.com/watch?v=tyb0i4hjZfQ>

Documentaries and related Content

Wim Hof – This Morning

https://www.youtube.com/watch?v=uuxzdfLU_8A

Wim Hof - Ted Talk

<https://www.youtube.com/watch?v=L9Cgaa8U4eY>

Wim Hof - Vice Documentary

https://video.vice.com/en_us/video/inside-the-superhuman-world-of-the-iceman/55a66a5c6d832c01483498c1

Wim Hof - Superhuman Documentary

<https://www.youtube.com/watch?v=bcCm4JYU91k>

Does Wim Hof Get Sick?

https://www.youtube.com/watch?v=LDJaPylV_aM

Tibetan Monks (Tummo)

https://www.youtube.com/watch?v=XZUdtFu_hwl

Joe Rogan Podcast

<https://www.youtube.com/watch?v=m59D6uWHyHs>

Dr Andrew Hoffman “ Cold Exposure for Health & Performance”

<https://www.youtube.com/watch?v=pq6WHJz0kno>

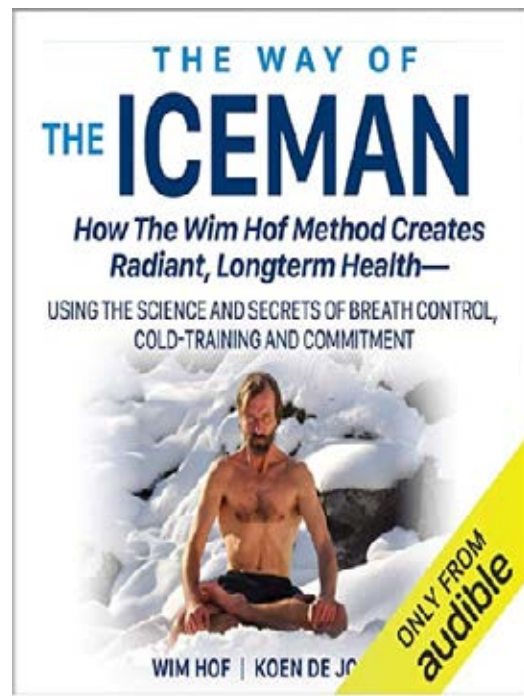
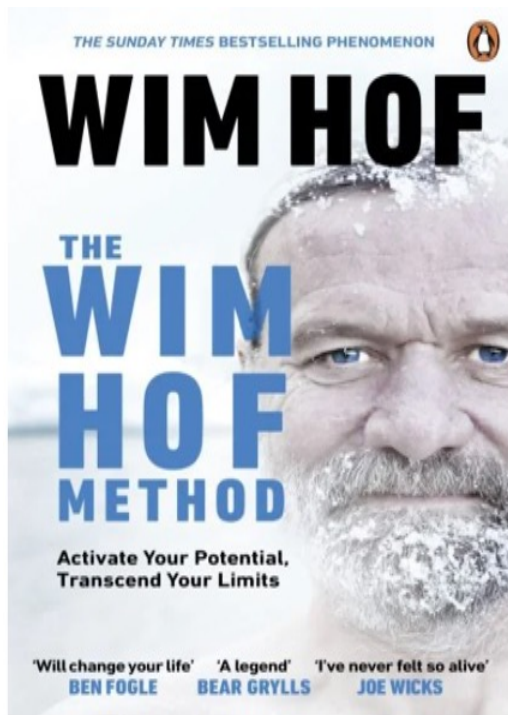
Lewis Howes on meeting Wim Hof

<https://www.quora.com/Does-Wim-Hof-ever-get-sick>

Celebrity TV Show

https://www.youtube.com/watch?v=u-_G8mN3230

Books



To book a Session or find out more about the service please follow the link to www.breath247.com

Alternatively feel free to get in touch any time if you have any additional questions or would like to book a Breathwork or Breathwork & Cold Exposure Session directly.

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