

# WHAT HAPPENS ONE HOUR AFTER DOING THE WIM HOF METHOD

## 1 FIRST 30 - 60 SECONDS

### PUMPS YOUR BODY WITH VITAL OXYGEN

Deep breathwork for 30-50 cycles leads to toxic carbon dioxide leaving your system and vital oxygen flooding your body, alkalizing your system for various health benefits.

## 2 1 - 3 MINUTES

### STILL BREATH > STILL MIND > INNER PEACE

The retention phase lasting around 1-2 minutes, lowers the oxygen tension in your blood. This signals your brain to awaken every cell and blood vessel in your body, acting like a reset switch bringing you back into harmony.

## 3 2 - 3 MINUTES

### ENERGY RUSH

Your body signals that you now need more oxygen. Inhaling deeply makes fresh oxygen rush into your lungs, giving a sudden euphoric rush of vitality to every organ in your body, especially your brain. A controlled release of adrenaline gives you a natural 'high'.

## 4 3 - 20 MINUTES

### FEELS GOOD? LETS DO IT AGAIN!

As you repeat the process you now feel more relaxed but alert with more energy and a pleasant glowing feeling inside. A bit like a strong cup of coffee or energy drink, without any of the jitters, cravings or side effects. Special stretching and strengthening exercises creates a more toned and firmer body.

## 5 20 - 25 MINUTES

### COLD IS YOUR NEW WARM FRIEND

Cold therapy using cold showers or ice baths, tricks your body, switching on your survival mode. This improves metabolic efficiency, boosting vital health markers, increasing your growth hormone and testosterone levels, lowering inflammation, releasing endorphins and happy hormones like dopamine.

## 6 30 - 60 MINUTES

### VIVA LAS VAGUS

With further practice you can control your vagus nerve and autonomic nervous system. Potentially a complementary treatment for severe diseases, free of charge and with absolutely no negative side effects.

## 7 60 MINUTES & BEYOND

### ASTONISHING LONG-TERM BENEFITS

Control your immune system, change your core body temperature, create super human strength and stamina, sleep deeply, burn fat, reduce inflammation, have more energy and switch off stress at will. People have also reported relief and even complete recovery from autoimmune and inflammatory diseases.

**IF YOU PRACTICE HARD ENOUGH YOU MAY BE ABLE TO BEAT ONE OF WIM HOF'S 26 WORLD RECORDS!**

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# Wim Hof Method

**Julia Schneider**



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