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The official Wim Hof Method platform. Discover your inner fireâ€” optimize health & performance through online courses, workshops and travels.

The Wim Hof Method â€” Become Strong, Happy & Healthy

Wim Hof (born 20 April 1959), also known as the Iceman, is a Dutch extreme athlete noted for his ability to withstand extreme cold, which he attributes to his Wim Hof Method (WHM) breathing techniques. Hof says that the WHM can treat or help alleviate symptoms of illnesses such as multiple sclerosis, arthritis, diabetes, clinical depression, anxiety, bipolar disorder, and cancer.

Wim Hof - Wikipedia

This first article is based on my recent time spent with Wim Hof at his retreat in Holland where I stayed nearly a week with him, studying his techniques, the science behind them, and also more importantly from the feeling I received after doing them intensely in his company.

How To Become Superhuman - The Renegade Pharmacist

Wim Hof (Sittard, 20 april 1959), bekend onder de naam "The Iceman", is een Nederlander die diverse kouderecords op zijn naam heeft staan. Hij ontwikkelde een methode waardoor ook andere mensen beter bestand tegen koude zouden zijn, de Wim Hofmethode. Uit onderzoek is gebleken [bron?] dat zijn lichaam een natuurlijke aanleg heeft om bij lage temperaturen meer bruin vetweefsel te activeren en ...

Wim Hof - Wikipedia

What is the next step in the evolution of the Leptin Rx? The Cold Thermogenesis Protocol should be added gradually to the Leptin Rx rest protocol.. This blog post is additive to the Leptin Rx, and is an evolution extension of it for those who need it.

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