

Wim Hof Method



“Change Chemistry Full-On”

Potential Outcomes

- Increased Capacity for Empathy
- Enhanced ability to self-reflect



- Supports a more accurate ability to witness and mirror others
- Supports a foundation for heartfulness and mindfulness
- Leads to clarity of intention and perception.
- Healing at a deep level.

References

Breathing: Video

[Wim Hof breathing tutorial by Wim Hof](#)

Guided Wim Hof Method Breathing: Audio

<https://www.youtube.com/watch?v=tybOi4hjZfQ>

Breathe

[“BREATHE” Wim Hof Documentary. \(The Wim Hof Method\) By Jacob Sartorius.](#)

Cold Therapy

Cold Shower VS Ice Bath: Which one is better? [#AskWim](#)

https://www.youtube.com/watch?v=nLHdG_zEue0

[Novak Djokovic and Wim Hof discuss Cold Therapy and Breathing Exercises](#)

Cold Water Swimming-Article

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7730683/>

Cold Showers

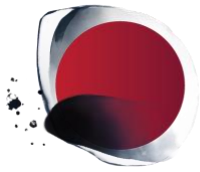
https://www.youtube.com/watch?v=IDJaPyIV_aM

Cold Water and Learning to Feel, Q&A

https://www.youtube.com/watch?v=cwUg3sFR_oY

Cure or Killer? The Rewards and Very Real Risks

<https://www.theguardian.com/society/2023/oct/01/cure-or-killer-the-rewards-and-very-real-risks-of-the-cold-water-plunge>



Saunas and Cold - Article

<https://www.bbc.com/worklife/article/20200228-the-danish-trick-to-shock-your-body-into-happiness>

Cold Water and Mindfulness

<https://www.outsideonline.com/outdoor-adventure/water-activities/cold-water-swimming-mindfulness/>

Cold Water and Stress

<https://elemental.medium.com/swimming-in-cold-water-has-done-wonders-for-my-stress-45be3083be96>

Cold Water and Inflammation

<https://www.sciencefocus.com/the-human-body/cold-water-swimming-why-an-icy-dip-is-good-for-your-mental-and-physical-health/>

Cold Water Research

<https://www.nature.com/articles/s41586-022-05030-3>

Dr. Susanna Soberg: How to Use Cold & Heat Exposure to Improve Your Health

Huberman Lab: <https://open.spotify.com/episode/3YPKYYsqrWZUdZTzF6dZ3F?si=ba6d029fe58d4430>

Dr. Heather Massey:

https://www.youtube.com/watch?v=_HGB-ZIkvO0&ab_channel=NIScienceFestival

Seven Tips to Stay Safe in Open Water

https://www.youtube.com/watch?v=wptKtR3LGZU&ab_channel=AlwaysAnotherAdventure

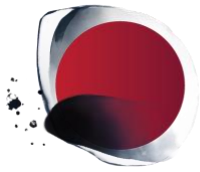
https://www.youtube.com/watch?v=X82NPscdDPY&ab_channel=AlwaysAnotherAdventure

Ladies Beach

https://www.youtube.com/watch?v=sFb7_axctU4&ab_channel=CarmenGarxia

The Ice Swimmer

https://www.youtube.com/watch?v=X0FI4DyBKPo&ab_channel=TheIrishTimesContentStudio



Tonic of the Sea

https://www.youtube.com/watch?v=lvViuv0vIKU&ab_channel=JonathanJScottFilms

Benefits of Cold showers

https://www.wimhofmethod.com/benefits-of-cold-showers?utm_source=newsletter&utm_medium=email&utm_id=Newsletter+January+2024&utm_content=text&

Notes on Cancer Research

“Cancer cells need glucose to fuel their annoying multiplying thing. So, what happens when you take away food?”

[New research published in Nature](#) shows a promising method to battle cancer, that just so happens to involve a warm friend, the Cold.

A group of ingenious researchers exposed some cancerous mice to the cold in order to get their brown fat chugging at full speed. The BAT slurped up all the blood glucose, leaving nothing for the cancer cells and their growth to a halt.

The treatment was so effective that it almost doubled the mice’s survival rate!

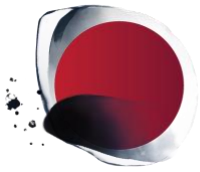
A follow-up experiment was then conducted on humans, showing very similar results. With this counteracting mechanism firmly established, it opens the door to follow-up research. Hopefully cold therapy can eventually augment existing treatment protocols to aid in the tough battle against cancer.”

Reference

Hof, Wim. The Wim Hof Method. Sounds True. Kindle Edition.

Image courtesy of: Unknown

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Practice | Wim Hof Method | 20231028

Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.