

**REVIEWED**

# THE WIM HOF METHOD

Is it possible to improve your immune system, increase your energy levels, and even control your body temperature with this system?



# 1. Improve the Quality of Life

It is not new that us humans are seeking to push our physical and mental capacities to the limit. For thousands of years, monks, fakirs, soldiers, athletes and circus artists have amazed us with their feats to master body and mind, reaching unsuspected limits for most of us.

Disciplines of this type have gone a long way: we used to look at these people with astonishment and strangeness, and nowadays some of these practices have become a highly profitable business.

For some decades a number of media gurus have appeared to offer methods that promise that anyone who has the will, the commitment (and why not, the money) can achieve these feats through various practices ranging from extreme exercises, legal and illegal drug intakes and guided meditations, to self-flagellation and the ingestion of one's own urine.

One of today's gurus is Wim Hof, a sportsman from Holland, nicknamed the "Iceman". Holder of several Guinness records, Hof is known for having developed the method that bears his name, which combines exposure to extreme cold with breathing and meditation techniques. Hof himself states that he didn't really invent anything: *"I am not a genetic freak. I'm not a guru, and I did not invent these techniques either"*. However, the combo he offers is patented and has led him to have millions of followers and hundreds of certified teachers around the world.

From his website, they promise that the method is a *gym membership, mindfulness training and health insurance*<sup>1</sup> all in one. Faithful followers claim that the method improved their lives in every possible way, while detractors claim that Hof irresponsibly offers cures to various diseases. Also, some people point out that Hof's exercises can be dangerous, and mention several followers

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<sup>1</sup> <https://www.wimhofmethod.com/>