

Auto Immune & Cold Water Therapy



Respiratory Alkalosis

Taking cold showers on a regular basis helps to strengthen your immune system. It encourages the production of anti-inflammatory markers, which aid in the treatment of autoimmune and inflammatory diseases. You'll gain more brown fat, which is more metabolically active, allowing you to burn more calories and stay warm. Start taking cold showers as soon as you finish reading this, even if it's just for the last 30 seconds of your shower. The first and most crucial realization is that no one knows everything. This is why the Homeostasis Diet emphasizes finding others who live a crazy life. Every person on the planet has a piece of the puzzle in their possession. Wim Hof is one of them.

Check out this research paper here. ([Voluntary activation of the sympathetic nervous system and attenuation of the innate immune response in humans](#))

Check out the book here. ([Book here](#))

When you think of cytokines, think of immune system cells that have an effect on other cells. You have either pro-Inflammatory or anti-Inflammatory symptoms.

- Cold water boosts **anti-inflammatory responses**
- Cold water causes **anxiety however it is self-induced which is processed differently**
- Cold water turns on your **Pineal Gland**
- Cold water turns on your **Vagus Nerve**

Got depression? Take a cold shower. Got Anxiety? Take a cold shower. Being a cry baby? Take a damn cold shower and join the dark side. JK, join that I care about myself side.

How to Cold Shower.



Do the hokey pokey & Turn your life around

Talk to your Doctor, PCP, someone smarter than me.

Step One : Watch this breathing video here

[\(Guided Wim Hof Method Breathing\)](#)

Step Two: Start you shower with a little bit of warm water, not super hot just warm enough. Spend the next 45 seconds in the warm water rubbing it all over your body. This is to bring the blood vessels to the surface. Here is why you want to start with warm water. You have tiny muscles that are connected to your blood vessels. This is why our hands, ears, and nose are often to get cold first. As we slowly introduce ourselves into the cold we teach these blood vessels to allow our veins to stay open. The first time that i got into a frozen lake it felt like i was being stabbed by tiny needles. Your hands will eventually not move slower after the cold.

Step Three: Now, this is the hard part. You're going to feel somethings that you don't want to feel. Do the hokey pokey with the cold water. Start with your arms and legs and slowly introduce the rest of your body. The cold water is not going to feel good at first and this is part of the process. Do not start ice baths until you have become acclimated with the cold showers.

Advice: Try putting the center of your forehead into the water which will stimulate convulsions, it's a very interesting feeling. You don't always have to do the breathing exercises before the cold (Wim Hof proved this) however, I always do the breathing. If you try the wim hof method fasted you might still shiver. I tested this exercise being fasted and fed. Fasted days for some reason I would shiver no matter what.

Have you ever heard of the Wim Hof Method? Developed by Dutch entrepreneur and extreme athlete Wim Hof, this method combines breathing techniques, cold exposure, and mindset training to improve health and well-being. In this article, we will explore what the Wim Hof Method is and how it can benefit your health.

So, what exactly is the Wim Hof Method? This method is based on the idea that by controlling your breath and exposure to cold, you can train your body and mind to become stronger and more resilient. The Wim Hof Method involves three pillars:

- **Controlled breathing:** The first pillar of the Wim Hof Method is controlled breathing. This involves a specific type of breathing technique that involves taking deep breaths in and out in rapid succession, followed by a short period of holding your breath. This technique is believed to help increase oxygen levels in the body and improve circulation.
- **Cold exposure:** The second pillar of the Wim Hof Method is cold exposure. This involves exposing the body to cold temperatures, either through cold showers or ice baths, in order to stimulate the body's natural response to cold. Cold exposure is believed to boost the immune system, improve circulation, and increase energy levels.
- **Mindset training:** The third pillar of the Wim Hof Method is mindset training. This involves developing a positive mindset and learning to control your emotions and responses to stress.

So, what are the benefits of the Wim Hof Method? There is scientific research to support the many benefits of the Wim Hof Method, including:

- Improved immune function: Some research suggests that the Wim Hof Method may help to improve immune function and reduce inflammation in the body.
- Increased energy levels: Many people who practice the Wim Hof Method report increased energy levels and improved physical performance.
- Reduced stress and anxiety: The Wim Hof Method's combination of controlled breathing and mindset training may help to reduce stress and anxiety and improve overall well-being.
- Improved sleep: The Wim Hof Method's breathing techniques and cold exposure may help to improve sleep quality and reduce insomnia.

So, how can you get started with the Wim Hof Method? If you're interested in trying the Wim Hof Method, there are several resources available, including online courses and workshops. It's important to start slowly and work with a qualified instructor to ensure that you are practicing safely.

In summary, the Wim Hof Method is a holistic approach to improving health and well-being that combines controlled breathing, cold exposure, and mindset training. With the potential benefits of improved immune function, increased energy levels, reduced stress and anxiety, and improved sleep, the Wim Hof Method is worth considering as a tool for boosting overall health and well-being.

Here are some steps you can take to get started with the Wim Hof Method:

- Learn about the method: Before you start practicing the Wim Hof Method, it's important to familiarize yourself with the principles and techniques of the method. You can do this by reading about the method online or by taking a Wim Hof Method course or workshop.
- Start with the breathing exercises: The first step in the Wim Hof Method is to practice the controlled breathing technique. This involves taking deep breaths in and out in rapid succession, followed by a short period of holding your breath. Start with just a few rounds of breathing and gradually increase the number of rounds as you get more comfortable.
- Gradually add in cold exposure: Once you feel comfortable with the breathing exercises, you can start to gradually add in cold exposure. This can be as simple as starting with a cold shower or gradually increasing the time you spend in an ice bath. It's important to start slowly and listen to your body as you progress.
- Incorporate mindset training: The third pillar of the Wim Hof Method is mindset training. This involves developing a positive mindset and learning to control your emotions and responses to stress. You can do this by setting intentions for your practice, journaling, or practicing mindfulness techniques.
- Find a qualified instructor: It's important to work with a qualified instructor when starting the Wim Hof Method to ensure that you are practicing safely. A qualified instructor can provide guidance and support as you progress in your practice.

The Wim Hof Method is a powerful tool for improving health and well-being, but it's important to start slowly and listen to your body as you progress. With time and practice, you will start to feel the benefits of the Wim Hof Method in your daily life