

Guillermou

Report with great scientific content. Experts say that if people practice the Wim Hof Method (WHM), they may face life-threatening consequences. Hyperventilation can cause people to pass out underwater. Before WHM gained popularity, decades of reports described people drowning after hyperventilating and then holding their breath underwater. Hyperventilation and holding your breath decrease the carbon dioxide in the blood and the pressure that the gas would normally exert on the blood vessels. This delays the brain's signal to surface and breathe. This is because the signal to breathe is normally activated when carbon dioxide levels increase in the blood.

"If you remove it, it's like you're playing with your life," said Dr. Frank Pernet, a pulmonary medicine physician and doctoral candidate at Mid Sweden University. Hyperventilation alone can cause people to pass out, as can after hyperventilation with deep breathing, Pernet said. You can also pass out simply from holding your breath. In all of these scenarios, the loss of blood-borne carbon dioxide causes blood vessels to narrow and prevents enough blood from reaching the brain, causing unconsciousness. This is why combining any form of deep breathing exercise or long breath holding with water is a bad idea.

Pernet, a free diver, said three of his friends, all trained diving instructors, died while training alone in pools. "If you're underwater and you pass out and there's no one there to help you, you'll die," he said. That response makes jumping into cold water, as Hof and his followers do in some videos, particularly dangerous because a single breath underwater can be enough to cause someone to drown, said Mike Tipton, professor of human and applied physiology. at the University of Portsmouth. in the United Kingdom.

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A lesser known facet of the Wim Hof Method is its impact on the nervous system. Rapid breathing or hyperventilation stimulates our "fight or flight" response. This high is exhilarating, feeling both energetic and calming, a duality of states. However, the blood is flooded with adrenaline, a powerful vasoconstrictor that limits blood flow to vital areas, including the brain. Tipton also explained that when your face is submerged underwater, your body tries to slow your heart rate, but the cold shock response speeds it up. Activating both responses simultaneously mixes the signals sent to the heart in what is called autonomic conflict, which can cause arrhythmias or irregular heartbeats.

The National Oceanic and Atmospheric Administration notes that these arrhythmias, as well as spikes in heart rate and blood pressure related to the cold shock response, may pose a risk of heart failure and stroke in people vulnerable to these conditions. A systematic review of scientific studies on Wim Hof's cold water therapy method found that the quality of the research was inadequate to support most efficacy claims without additional research. "As the review reveals, the science is too weak/biased to conclude what the Wim Hof method achieves," said cold-water survival expert Mike Tipton, professor of human and applied physiology at the University of Portsmouth in the United Kingdom.

United, in an email. One study reported that daily performance of the WHM did not exert positive effects on cardiovascular and psychological parameters. www.livescience.com/health/gambling-with-your-life-experts-weigh-in-on.. (2024).-- edition.cnn.com/2024/03/13/health/wim-hof-weak-science-wellness/index... (2024).-- kitarowaga.com/articles/the-hidden-dangers-of-the-wim-hof-method (2024).- www.nature.com/.../s41598-023-44902-0 (2023).--

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juststeve

Gui, this sounds like artificially creating COPD conditions. A situation where it feels like there is no way to get enough air, when in reality it is not exhaling enough air out and then to end up hyperventilating. On those blessed and rare occasions when some relief comes, it is slow measured breathing, it almost seems to be barely breathing at all, is when there is a better, balanced energy, life level. Such Wim Hof Method techniques discussed at best may be useful in an extreme cold emergency.

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Just, you've probably used some of these exercises for COPD disease. Simple exercises can strengthen the muscles you use to breathe more forcefully, making it easier for you to inhale air and control shortness of breath. "When you're short of breath, anxiety can increase and make breathing even more difficult," says cardiac rehab therapist Claudia Cavey, a registered nurse. "These exercises can help you stay relaxed when you feel your symptoms increasing and even prevent shortness of breath from developing in the first place." In patients with COPD, respiratory techniques aim to relieve symptoms and improve adverse physiological effects by: 1) increasing respiratory muscle strength and endurance; 2) optimize the thoracoabdominal movement pattern; and 3) reduce dynamic hyperinflation of the rib cage and improve gas exchange.

There is evidence to support the effectiveness of pursed-lip breathing, forward bending, active expiration, and inspiratory muscle training, but not for diaphragmatic breathing. Careful selection of patients, adequate and repeated instruction and monitoring of techniques, and evaluation of effects are necessary.

BREATHING EXERCISES FOR COPD www.umms.org/bwmc/health-services/pulmonary-disease/copd/treatment/bre.. .----- www.webmd.com/lung/copd/copd-and-exercise-breathing-and-exercise-progr.. (2023).-- www.researchgate.net/profile/Rik-Gosselink/publication/7486070_Breathi..pdf .---- - EFFECTS OF BREATHING EXERCISES IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A NETWORK META-ANALYSIS www.sciencedirect.com/science/article/abs/pii/S0003999323002836 (2024).--

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BREATHING CONTROL EXERCISES DELIVERED IN A GROUP SETTING FOR PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A RANDOMIZED CONTROLLED TRIAL The primary outcome was quality of life (Saint George Respiratory Questionnaire). Secondary outcomes were the COPD screening test, the modified Borg scale, the handgrip strength test, and the sit-to-stand test five times. 37 patients with ages of 69 7 years were recruited. After the 6-week period, all outcomes improved significantly and exceeded the minimal clinically important difference only in the intervention group. Changes between groups were significant for each outcome. Conclusions: Group respiratory control exercises provide clinically relevant benefits in patients with severe COPD who remit from an acute pulmonary exacerbation.

www.mdpi.com/.../877 (2023).- **EFFECT OF BREATHING EXERCISES ON OXIDATIVE STRESS BIOMARKERS IN HUMANS: A SYSTEMATIC REVIEW AND META-ANALYSIS** Ten studies were included from five countries. Data from patients with no disease, chronic obstructive pulmonary disease, hypertension, or diabetes were included. Participants who performed breathing exercises had greater changes in the included biomarkers than those who did not, suggesting that these biomarkers can be used to evaluate oxidative stress after respiratory interventions. Conclusion: Breathing exercises increased SOD and GSH activities and decreased MDA content. www.frontiersin.org/.../full (2023).--

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We need to increase CO₂ to reduce lactate and promote mitochondrial function. The presence of lactic acid in our tissues is very significant because it is a cause of biological diseases. Its presence is manifested in arthritis, heart disease, diabetes, neurological diseases and cancer. Lactate increases blood viscosity, mimics stress and causes inflammation. Lactate contributes to diabetes by inhibiting the ability to oxidize glucose. It promotes the migration of endothelial cells, with an increase in vascular permeability factor (VPF or vascular endothelial growth factor, VEGF) and can lead to the breakdown of the "blood-brain barrier".

If there is too much lactate, glycolytic ATP production slows down. The cell with defective respiration will die. The ability of lactic acid to displace carbon dioxide. in its effects on the blood coagulation system. Lactate contributes to intravascular coagulation and increases the tendency of red blood cells to clump together, forming a "blood sludge," and makes red blood cells more rigid, increasing blood viscosity and impairing circulation in small vessels. . Factors that reduce stress hormones increase carbon dioxide and help reduce circulating free fatty acids, lactate and ammonia, include vitamin B1 (to increase CO₂ and reduce lactate), niacinamide (to reduce free fatty acids), fruit (to reduce cortisol, adrenaline and free fatty acids), salt (to reduce adrenaline), thyroid hormone (to increase CO₂).

Vitamins D, K, B6 and biotin are also closely involved with carbon dioxide metabolism. Biotin deficiency can cause aerobic glycolysis with increased fat synthesis. Dietary protein should not provide excess tryptophan, due to tryptophan's role as a serotonin precursor that increases inflammation and glycolysis.

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The brain has a high rate of metabolism and governs the metabolism of other tissues, including their consumption of oxygen and production of carbon dioxide or lactic acid. Within a particular species, the rate of oxygen consumption increases in proportion to brain size, rather than body weight. Among very different species, the role of the brain in metabolism is even more obvious, since the resting metabolic rate corresponds to the size of the brain. Strenuous exercise combined with fasting not only directly triggers lactate and ammonia production and endotoxin absorption. With the increase in lactate and nitric oxide, mitochondrial respiration is weakened, precipitating the secretion of adaptive stress hormones.

Prolonged stress also decreases carbon dioxide and increases lactate, while increasing fat utilization. Methionine restriction has many protective effects, including increasing average (42%) and maximum (44%) longevity. The age-accelerating effect of methionine could be related to the alteration of methylation balance, inappropriately suppressing cellular activity. In addition to its effect on methyl stores, methionine inhibits thyroid function and damages mitochondria. There are several specific signals produced by lactate that can promote growth.

and other characteristics of cancer, and it happens that aspirin antagonizes those: HIF, NF-kappaB, the kinase cascades, cyclin D1 and heme oxygenase raypeat.com/.../lactate.shtml .-----
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NotHim

What if Wim believes in the man made global warming ? What if he believes it's all about control ? What if Wim believes we landed on the moon ? What if he believed we did not ? What if Wim believes the earth is round ? What if he believes the earth is flat ? You must not start using "him" as a benchmark to determine what is the truth ! Like; "well if this crazy person believes that then it must be disregarded" ! What if you believe that cancer can be beaten and have worked for years to attain that goal.....and then Wim starts to mention you ! And then your "adversaries" start using this against you !

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Cabochoh

Chronically elevated cortisol surely has undesirable associations such as weight gain, especially excess visceral fat which in turn interferes with the insulin response, leading to insulin resistance, diabetes and obesity. While major life stresses can rarely be avoided, the temptation to cope with them through drugs, alcohol and other inappropriate behaviours remains; thankfully engaging the parasympathetic nervous system via stress management, gratitude, humour and positive thinking, good relationships, improved sleep and dietary supplements rather than drugs may help us thrive rather than just survive.

Our understanding of role of the gut in health maintenance is probably still in its infancy. Some bacterial species may have been diminished or disappeared entirely through commercialisation of the natural human diet resulting in the increase of metabolic syndrome in epidemic proportions. Whether important bacterial species such as *akkermansia muciniphila* can be re-introduced without also re-introducing the "soil" that feeds it in the form of prebiotic plant foods, polyphenols, fibres and fatty acids from fish is debatable.

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Yes, chronic stress could induce adrenaline to activate lactate dehydrogenase A (LDHA) to produce lactic acid. Systemic lactic acidosis is associated with a negative survival prognosis in cancer. Most fruits and vegetables are basicity-producing foods since the metabolized products are precursors of organic anions such as citrate, succinate and conjugate bases of carboxylic acids. The acid-base balance in the body includes the adrenal production of cortisol. When bicarbonate levels are low, the kidneys increase glutaminase activity and trigger cortisol production.

Studies in animals and humans have reported that systemic cortisol levels are increased by acid-base alteration through induced metabolic acidosis. Acidosis appears to mediate cortisol activity through the pituitary-adrenal cortex-renal glutaminase axis. The final metabolite of these precursors is the bicarbonate anion. Chronic stress and stress hormones can upregulate the expression of stress-related proinflammatory genes in circulating white blood cells, which increases the release of proinflammatory cells and the production of proinflammatory cytokines, and may activate aging.

inflammatory response without the trigger of exogenous inflammation, leading to the promotion of tumorigenesis and metastasis. Stress hormones promote the occurrence and development of cancers through several mechanisms, such as inducing DNA damage, increasing p53 degradation, and regulating the tumor microenvironment. Chronic stress can also activate the inflammatory response and the interaction between inflammatory cells and cancer cells to form the tumor microenvironment, thereby promoting all stages of tumorigenesis.

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Guillermou

Studies have reported that systemic cortisol levels are increased by acid-base disruption through transiently induced metabolic acidosis. Acidosis mediates cortisol activity through the pituitary-adrenal cortex-renal glutaminase axis. Western diet-induced acidosis may play a role in modulating systemic cortisol levels. Excessive or chronic cortisol production acquired from a “Western” dietary lifestyle could play a role in upregulating the tryptophan metabolism pathway and driving downstream molecular events that promote carcinogenesis.

Upregulated cortisol bioactivity driven by diet-induced acidosis may be a factor in metabolic syndrome by promoting insulin resistance. Chronic hyperglucocorticoidism increases visceral obesity while reducing insulin sensitivity primarily in visceral adipocytes which appear to be more responsive to cortisol than subcutaneous adipocytes due to higher levels of glucocorticoid receptor expression. Visceral adipocytes also show increased activity that converts cortisone to bioactive cortisol.

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Posted On 05/19/2024

vis8285

There should not be any more government regulation as there already is WAY too much. * * * IF... 1. you hear the word "guru" associated with someone. ... 2. The "guru" or "influencer" looks incredibly unhealthy. ... 3. you get the willies when you think of them. ... 4. Their followers/worshippers defend them intensely and look at you like you are silly when you tell them they should not freeze their limbs off. THEN... Be extremely cautious about following or taking advice from that person. * * * IMPORTANT: Learn how to know yourself as well as possible and in every way possible so you are less likely to be influenced by the people that like making millions of dollars off of malarkey.

EVERYONE IS UNIQUE: Some people can lay nude on ice floes in Antarctica and feel wondrous. Others - feel invigorated by a 100 degree day. - - - I always thought the 'ice person' looked extremely unhealthy and not well balanced. - - - Keep a general balance. Avoid or at least minimize weird extreme things like this, and all should be well. * * * I thrive on staying far far FAR away from people like this, breathing normally, and not trying to breathe in a way anyone else thinks is right for me. :-)

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wallguy

Wim should have just been delighted to have his achievements archived in the Guinness world records. Shocking the workings of the human body at out of control sustainment would certainly injure most. This is not the same style of action as hot shower to immediate cold shower. Or the fun of being naked in a hot sauna in the winter months and then head out to laying down in the snow cover for 30 seconds. Only then returning to heat of the sauna. Most sauna dwellers can easily handle such an exposure rush.

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jaycee_Regis

I read almost every email from Mercola, this one is the first I've had a disagreement with as far as I can recall. The first issue is the false narrative that Wim is teaching people to do the Wim Hof breathing in water. Where Wim actually discusses normal, slow and focused breathing in cold. I watched that YouTube video a while ago and it is filled with conflated allegations. Second - Isn't the method conducive to short-term elevation in Oxygenation that ultimately results in increased Co2? I'll be honest, this analysis feels rushed and not as thoughtful as I have come to expect. I also suspect, under further scrutiny, Mercola would turn around like he did with eating quality carbohydrate after a thorough understanding. With all of that said, Wim is a nutball and I can enjoy the breath work and dislike the man and his actions. Maybe I'm incorrect on the physiology, so I'd prefer to see a deep dive performed. Or, let's jump on Skype and discuss it together so I understand better.

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RonaldHL

I don't think about breathing and don't override my body in its choice to breathe as it will. I've run around on top of Mt. Elbert as if it weren't high altitude, I've melted snow in a folded poncho on my chest under my sweater for everyone to drink water, I've fallen through weak ice ice fishing and ignored my spare dry clothes in favor of continuing running around with my hand powered ice auger and fishing more holes with body heat drying clothing I was wearing. I have no problem with cold while active. I bicycle race hot or cold. But, I don't know what my body is doing to handle it well.

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I don't enjoy breathing exercise or any form of biofeedback because it causes me stress. For ME, natural autonomous processes work best when I leave them alone as that's the way they were intended, being controlled by the autonomous brain. I have experience in a bit of them, mostly breathing. It is useful to be able to control them at will, if so needed. Chinese Qi qong / chi kung amongst others can use it for healing purposes. All breathing exercises in media form I have encountered, mention that it can be dangerous, life threatening or illness producing if not done correctly, often advising supervision in classes (to promote business or to intervene when someone does really stupid things to himself).

The main factor is that you have to listen to your body and no single instructor can do that in your place! Yes they can notice expressions of processes to guide you, but it's you that needs to 'master' your body (become more connected and more efficient in listening to it). So it is ludicrously unfair to blame whatever method or teacher for a student that kills himself by grossly ignoring his own bodily signals.

Because life itself is dangerous, it leads to death. Everything done stupidly can. And there is no remedy. Nature's remedy is pain or death. Blaming others for your own faults doesn't save a single life, quite the opposite, it kills by restricting the freedom of awake ones. Utter stupidity is meant to be eradicated by death, to preserve the others and not breed death. It works well that way and we should be grateful for it. Then comes the maniacal parasite who tells you he's gonna outlaw liberty to 'protect' you, it's all too familiar nowadays.

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airsurfer

So I appreciate the explanation of physiology, but these kind of niche practices are not for everybody anyway (who wants discomfort?) and trying to outlaw them for that reason is ludicrous. Doing whatever sort of exercises all the time can be detrimental, the body and mind need rest too, but would you forbid exercise just for that?? Not unless you want to impose on others. Did the teacher force the student? You go learn gymnastics from somebody with a good level, who might even have won titles with her extraordinary skills (let's say it's a woman). You decided to learn some skills and decided they were useful and worth the risk. She teaches the basics and if she's any good she'll learn you to listen to your body in as many ways as possible and teach according to your possibilities without making promises.

Then, for joy and demonstration of possible future goals, she shows you a backwards salto on the beam. Then a 'monkey see monkey do' student with lesser skill does it on his own and breaks his neck. Do you have to forbid her showing her skill from now on? Do you have to forbid anything you are less proficient at? How long before your skill is considered dangerous? How long before you have no freedom at all? You can't save the idiots from themselves. Be glad when they die/fail alone, without dragging others into their stupidity.

When you forbid superiority you ultimately create death and that's the end. I hurt myself often in things I enjoy. This won't stop me, as enjoyment is essential to health. I'd rather die doing something risky, than not live at all. You'd have to look far and wide to find somebody who enjoys the rush tell you that you should do it all the time. In a nutshell, breathing exercises deserve their place instead of being smeared, just like any useful free natural thing. If you enjoy exercises and have good results (feeling good), continue. If not, stop. Simple as that.

Posted On 05/19/2024

airsurfer

A remark. People often choose teachers for the wrong reasons like status, fame, publicity, glory by association etc. In the example of the gymnast they choose the young pretty girl with a body that can still withstand abuse. While the best guarantee of durable health is having an old experienced teacher who can still do his (physical) stuff and is clearly still healthy.

Posted On 05/19/2024

Guillermou

Yes in good advice: "If you enjoy exercises and have good results (feeling good), continue. If not, stop. Simple as that. " In this report by Dr. Mercola several breathing techniques are reviewed, including proper breathing basics, a technique to improve your body's tolerance to carbon dioxide, the 4-7-8 breathing method to improve sleep, the Buteyko Breathing Method to ease stress and anxiety, and many more articles.mercola.com/sites/articles/archive/2022/07/29/best-breathing-.. (2022).--

Posted On 05/19/2024

herblady71

I think it's a good idea to end your bath or shower with way colder water than you start out with. This helps to close up the pores, and tighten the skin, not to mention it's very refreshing, and invigorating. Do I fill my bath with bags and bags of ice, no, nor would I go to an Ice filled lake or river, that's a bit to cold and frigid for my likes. Moderation with this is better.

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leandog

Dr. Max Gerson recommending coffee detox enemas seems sooo tame now compared to sitting on top of a high pressure pond pump as you wait for a loved one that you left a decade before. His feats are remarkable for sure but my thoughts are with those left behind by their loved ones experiments. " Free will " with " sticker shock" .

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Dennismt

Would like to see you write about ways to optimize CO2. Do they make in home units to optimize CO2. Breathing exercises you use. Thank you.

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CMT367

Zen masters in Japan supposedly take cold showers every morning, year round. That puts tremendous stress on the body. Most of them die in their 60s. (Source: Natalie Goldberg, writing teacher and zen practitioner who has stayed at monasteries in Japan)

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ICONOCLAST

Wim whim gets the cold shoulder.

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sch85111

I have heard a lot about Wim Hof, and even had colleagues prasing him as if he were some sort of Guru. However what has always put me off about him are his looks - he does not look healthy. Dr. Mercola is a good example for me - even though he has lots of stress - he is still doing well.

Posted On 05/19/2024

Great article and very interesting. Being into Chinese medicine, Chinese martial arts and Qigong for over 40 years this article is of particular interest. There are numerous breathing methods, whole volumes of them in fact that have been discovered over the Millennia by Chinese martial arts Masters and Shaolin and Taoist monks, many of which are still kept secret to this day and many more which have been lost to time which can give someone incredible abilities and skills when practice correctly.

The monks were concerned most of all with Health and longevity and the extraordinary abilities they gained from their training were simply side effects, not the goal of the breathing methods or meditation themselves. The master is always advocate that breathing should be long, slow, deep and silent. This is why exercises from martial arts like Tai chi and other soft Chinese arts are so incredibly effective at health maintenance, health recovery and increasing longevity since they combine the slow motion movements of the body with long deep rhythmic balanced breathing of inhalation and exhalation.

There are other breathing methods for healing, giving you energy, boosting strength and toughening the body which have certain components to what Wim Hof discovered or probably learn from Chinese medicine, but they don't take it to the extreme that he does and they're not done to the same level. For example a rapid exhalation method known as the bellows breath is performed only 5 or 10 breaths to help Purge excess carbon dioxide for the purpose of waking you up or giving you a short burst of energy and focus.

The goal is not to totally deplete carbon dioxide as there are other breath holding techniques that have been discovered to also increase strength and power when combined with other physical training. So the goal is not to purge oxygen but to use increase oxygen and CO2 at different times for different reasons. Many of these monks live to be well over 120 doing this.

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Guillermou

Thanks RichJedi for providing experience. SOME MARTIAL ARTS BREATHING TECHNIQUES YOU NEED TO KNOW www.gmangelo.com/some-martial-arts-breathing-techniques-you-need-to-know. (2019).-- In his book "The Zen Path to Martial Arts" the great Zen master, Taisen Deshimaru, when a student asked him about the most important thing to learn arts, he responded by saying "Breathe. What condition are you in below the navel? I mean the hara, three fingers below the navel. The way to develop the power of the hara, to gather all your energy there, is through correct breathing." Playlist Contents--- 1) Martial Arts Breathing Exercises For Beginners--- 2) How do you breathe in martial arts?---- 3) Maintaining The Center--- 4) Iron Body Training Breathing Exercises For Martial Arts--- 5) Breathing Exercises For Anxiety | Easy Beginner TechniqueWhen To Use Special Breathing Exercises-- 6) Mindfulness of Breathing & Walking Meditation-- 7) Qigong Breathing For Health-- 8) Footwork As Moving Meditation--- www.fallingleaveskungfu.com/2022/08/kung-fu-breathing-exercises/ (2022).-- members.itkd.co.nz/reference/essays/13-breath-control-and-sinewave.pdf .--- 6 BREATHING METHODS OF CHI KUNG (HARD QIGONG & SOFT QIGONG) www.kungfuxinglin.com/6-breathing-methods-of-chi-kung-hard-qigong-soft..

Posted On 05/19/2024

mercola_reader

The only thing i have seeing are ego-trippers and the abuse of the therapy with water. Wat does the therapy doing without pushing for more,more,more? No answer in the video.

Posted On 05/19/2024

eduardoasivestre

I practiced the wim hof method a few times. When it was 6pm I had difficulty sleeping. So I stopped. The article explained the reason: cortisol and adrenaline.

Posted On 05/19/2024

Martix

Just do that in the morning when you wake-up, you will feel great for the rest of the day...

Posted On 05/19/2024
