

Breathing Method by Wim Hof, Overview and Application Instructions / Links

By Dr. Erik Vose, NMD

Updated: Nov 2020

INSTRUCTIONS FOR WIM HOF BREATHING

You can go through the video along with Wim Hof to do the breathing exercise and learn more about his world record feats of physiology please visit:

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=wFj6TOYpQG8&t=482s&ab_channel=EvanCarmichael)

[v=wFj6TOYpQG8&t=482s&ab_channel=EvanCarmichael](https://www.youtube.com/watch?v=wFj6TOYpQG8&t=482s&ab_channel=EvanCarmichael)

I. HYPERventilation phase (breathing deeply)

30 deep breaths all the way in and then out.

***This decreases the CO₂ in the blood, preventing O₂ unloading in the tissues.

TECHNIQUE FOR BREATHING: *note this is important to produce the hyperventilation effect, however if you have signs of hyperventilation than you are doing it enough to gain benefit from this technique.*

DIAPHRAGMATIC BREATHING: Typically breathing through the abdomen into the diaphragm, which can be visualized/imagined to be like a hoop around the bottom of the ribs. As you breath in you can begin to focus on the breathing such that this hoop is expanding in all directions.

Once full, then breath into the chest and feel the head tilt back, relaxing the neck muscles and allowing the natural rhythmic movement of the chest to expand in from abdomen to chest to upper chest.

As this pattern of breathing becomes natural, the next step is to consider gentle contraction of the vocal cords over the larynx which can be gently constricted to make a sort of wave-crashing like sound with both inhalation and exhalation, haaaaaaa (exhalation) - heiiiiiiiiiiii (inhalation).

Temperature changes and hands becoming numb/tingling are sign that this is working to cause too much elimination of CO₂, resulting in LOW oxygen unloading at the tissues (CO₂ is needed for blood cells to unload oxygen at the tissue level).

Another possibility to consider for hands being numb, especially if this feels uncomfortable or painful, is that the neck muscles can be tense and constricting blood to the arms if you are breathing in the top of the chest. This is not a bad thing but should be discussed with Dr. Vose.

CONTINUE TO NEXT PAGE....

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2. HYPOventilation phase (breath holding out)

Hold all the way out for as long as possible and ok to swallow or contract the diaphragm to address the "reflex" sensation to breathe in

***This causes O₂ unloading in the tissues and stimulates the parasympathetic branch of the autonomic nervous system.

3. Vagal maneuver/ contraction option

With the breath held out all the way, and towards the end of or at the end of the exhale phase...

Then **contract the diaphragm and squeeze hands together** to increase abdominal pressure for 10 seconds (or more)

Option to **hold breath in with contraction** instead of contracting on the exhale, or also contracting when all the way out and all the way in, for a period of 10 seconds or so.

***This causes nitric oxide release for pain and depression

4. Continue to breath deeply and hold as it feels good

....TAKE A DEEP BREATH IN AND HOLD IN AFTERWARDS

.....BREATHE OUT ALL THE WAY AND HOLD FOR A LITTLE

.....THEN BREATHE IN AND HOLD IN AGAIN

REPEAT THIS CYCLE

Repeat this entire instructions 3-6 times in the morning and/or evening (once or twice daily) for best results. This takes typically 20 mins to do 4-8 rounds of the entire instructions above.

Patients report even just one round helps with pain, depression, anxiety, and fatigue. It may benefit many more diverse conditions.

Then use this video for regular use, especially after introduction session:

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=Tzelr5-7nHY&list=PLPQB6nYO8ytOVYtnvSlpsmpHmkjM0l62l&index=4)

[v=Tzelr5-7nHY&list=PLPQB6nYO8ytOVYtnvSlpsmpHmkjM0l62l&index=4](https://www.youtube.com/watch?v=Tzelr5-7nHY&list=PLPQB6nYO8ytOVYtnvSlpsmpHmkjM0l62l&index=4)