

wim hof cold therapy benefits

The Transformative Power of Wim Hof Cold Therapy Benefits

wim hof cold therapy benefits are far-reaching, impacting physical health, mental resilience, and overall well-being in profound ways. This ancient practice, popularized by the Dutch extreme athlete Wim Hof, leverages the body's innate ability to adapt and thrive in challenging environmental conditions, specifically cold exposure. By systematically immersing oneself in cold water or air, individuals can unlock a cascade of physiological responses that enhance immune function, reduce inflammation, improve mood, and boost energy levels. This article delves deep into the multifaceted advantages of embracing the Wim Hof Method, exploring its scientific underpinnings and practical applications. We will uncover how consistent cold therapy can reshape your perception of discomfort, fortify your body against illness, and cultivate a more robust and balanced mind.

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Understanding the Wim Hof Method

The Wim Hof Method is a triad of techniques encompassing breathwork, cold exposure, and commitment or mindset. While the cold therapy component is a cornerstone, its effectiveness is amplified when integrated with the controlled breathing exercises. The breathwork prepares the body for the physiological shock of cold, reducing the initial panic response and allowing for a deeper immersion. Commitment, or mindset, is the mental fortitude required to push past perceived limits and embrace the discomfort, understanding it as a pathway to growth. This holistic approach distinguishes Wim Hof's method from simple cold plunges, focusing on conscious control and adaptation.

The Science Behind Breathwork and Cold Exposure

The controlled breathing exercises, often involving hyperventilation followed by breath-holds, lead to a temporary alteration of blood gas levels, specifically increasing oxygen saturation and decreasing carbon dioxide. This physiological state prepares the body for the stress of cold exposure by influencing the autonomic nervous system. When combined with cold immersion, the body activates its natural defense mechanisms, including the release of adrenaline and noradrenaline. These hormones play a crucial role in regulating inflammation, boosting the immune system, and influencing mood.

The Role of Commitment and Mindset

The psychological aspect of the Wim Hof Method is as vital as the physical techniques. The ability to consciously confront and manage the discomfort associated with cold exposure builds mental resilience and self-mastery. This commitment to pushing boundaries, even in small increments, translates into a greater sense of control over one's reactions to stress and challenges in everyday life. It teaches individuals to differentiate between perceived danger and actual threat, fostering a more empowered and less reactive state.

of mind.

Physiological Benefits of Cold Therapy

The physiological adaptations triggered by Wim Hof cold therapy are diverse and scientifically recognized. Regular practice can lead to significant improvements in cardiovascular health, immune function, and inflammatory markers. The body's response to cold is not merely a passive reaction but an active engagement that strengthens its internal systems.

Enhanced Immune System Function

One of the most celebrated Wim Hof cold therapy benefits is its impact on the immune system. Studies have indicated that regular exposure to cold can stimulate the production of white blood cells, which are crucial for fighting off infections. Furthermore, the method appears to influence the body's inflammatory response, allowing it to better manage both acute and chronic inflammation. This can lead to fewer illnesses and a faster recovery time.

Reduction in Inflammation

Chronic inflammation is a root cause of many modern diseases. Cold therapy, by activating the sympathetic nervous system and releasing anti-inflammatory hormones, can significantly reduce systemic inflammation. This effect is not only beneficial for athletes seeking faster recovery from strenuous workouts but also for individuals suffering from inflammatory conditions such as arthritis. The cold shock causes vasoconstriction, followed by vasodilation, which can help flush out inflammatory byproducts.

Improved Cardiovascular Health

The initial shock of cold water causes blood vessels to constrict, increasing blood pressure. However, as the body adapts, the circulatory system becomes more efficient. Regular cold exposure can strengthen the heart muscle, improve blood circulation, and enhance the resilience of blood vessels. This can contribute to lower resting heart rates and blood pressure over time, reducing the risk of cardiovascular disease.

Increased Metabolism and Energy Levels

The body expends a significant amount of energy to maintain its core temperature when exposed to cold. This increased metabolic rate can contribute to fat loss over time, particularly the burning of brown adipose tissue (BAT), which is specialized for heat production. Many practitioners report a noticeable surge in energy and vitality after cold therapy sessions, often lasting for hours.

Boosted Mood and Reduced Stress

The release of endorphins and other mood-boosting neurochemicals during and after cold exposure can have a profound impact on mental well-being. The intense focus required to stay in the cold also acts as a form of active meditation, quieting the mind and reducing feelings of anxiety and depression. This can be a powerful tool for managing stress and improving overall mood.

Mental and Emotional Advantages

Beyond the physical, the impact of Wim Hof cold therapy benefits on the mind

is equally transformative. The ability to consciously manage discomfort and overcome fear cultivates a powerful sense of self-efficacy and resilience.

Increased Mental Resilience and Focus

The act of willingly facing discomfort and holding your breath during breathwork exercises trains the brain to remain calm and focused under pressure. This mental training can translate into improved concentration and performance in all areas of life. By confronting fear of the cold, individuals learn to distinguish between discomfort and true danger, empowering them to approach challenges with greater composure.

Improved Mood and Reduced Anxiety

The release of endorphins and cannabinoids during cold exposure acts as a natural mood enhancer. This can alleviate symptoms of depression and anxiety, providing a sense of euphoria and well-being. The physiological stress response induced by cold is similar to that of exercise, leading to similar mood-boosting effects.

Enhanced Self-Discipline and Willpower

Successfully completing cold therapy sessions requires discipline and commitment. This consistent practice builds willpower and strengthens the ability to resist impulsive behaviors. The feeling of accomplishment after a cold plunge can foster a positive feedback loop, encouraging further self-improvement.

Deeper Connection to the Body

The intense sensory experience of cold therapy brings one's awareness sharply into the present moment and the physical sensations within the body. This heightened proprioception and interoception can lead to a deeper understanding and appreciation of one's physical self. It encourages a mindful approach to bodily signals.

How to Safely Incorporate Cold Therapy

While the benefits are significant, it is crucial to approach Wim Hof cold therapy with caution and respect for the body's limits. Gradual progression and proper preparation are key to a safe and effective experience.

Starting Gradually

Begin with short periods of cold exposure, such as a 30-second cold shower at the end of your normal shower. Gradually increase the duration and intensity as your body adapts. Avoid jumping into ice baths immediately. Listen to your body's signals and do not push yourself beyond what feels manageable.

The Importance of Breathwork

Always combine cold exposure with Wim Hof-style breathwork. This practice helps to regulate your breathing, calm your nervous system, and prepare your body for the shock of the cold. Proper breathing techniques can significantly reduce the feeling of panic and improve your ability to tolerate the cold.

Seeking Guidance and Community

Consider attending a Wim Hof Method workshop or finding a certified

instructor. Learning from experienced practitioners can provide invaluable guidance and support, ensuring you are practicing safely and effectively. Engaging with a community of like-minded individuals can also offer encouragement and shared experiences.

Listening to Your Body

This cannot be stressed enough: always listen to your body. If you experience extreme pain, dizziness, or any other concerning symptoms, exit the cold immediately. Do not practice cold therapy if you have certain medical conditions, such as heart problems, without consulting your doctor.

Who Can Benefit from Wim Hof Cold Therapy?

The widespread wim hof cold therapy benefits make it accessible to a broad range of individuals, from elite athletes to those seeking to improve their general health and mental well-being. Its adaptability allows for various levels of engagement.

Athletes and Fitness Enthusiasts

For athletes, cold therapy is an excellent tool for speeding up recovery, reducing muscle soreness (DOMS), and decreasing inflammation after intense training sessions. It can also enhance endurance and mental toughness.

Individuals Managing Stress and Anxiety

Those struggling with stress, anxiety, or low mood can find significant relief through the mood-boosting and stress-reducing effects of cold exposure and breathwork. It provides a tangible way to build resilience against daily pressures.

People Seeking Improved Immune Function

Anyone looking to bolster their immune system and become less susceptible to illness can benefit from the immune-enhancing properties of regular cold therapy.

Those Interested in Personal Growth and Mind-Body Connection

The method offers a unique path for self-discovery and increased self-awareness. It empowers individuals to push their perceived limits and cultivate a stronger connection between their mind and body.

The journey into Wim Hof cold therapy is a powerful exploration of your body's innate capabilities. By understanding and applying these techniques, you can unlock a wealth of physical and mental advantages, fostering a healthier, more resilient, and more vibrant you.

FAQ

Q: How quickly can I expect to see wim hof cold therapy benefits?

A: The onset of benefits can vary from person to person. Some individuals report feeling more energized and experiencing improved mood immediately after their first session. More significant physiological changes, such as enhanced immune function and reduced inflammation, typically become

noticeable with consistent practice over several weeks to months.

Q: Is Wim Hof cold therapy safe for everyone?

A: While generally safe for most healthy individuals, Wim Hof cold therapy is not recommended for everyone. Individuals with pre-existing medical conditions, such as cardiovascular disease, epilepsy, Raynaud's syndrome, or those who are pregnant, should consult with their doctor before attempting cold therapy. It is crucial to listen to your body and avoid pushing yourself too hard, especially when starting.

Q: What are the key physiological changes that occur during Wim Hof cold therapy?

A: During cold exposure, the body initiates a stress response that includes increased heart rate, elevated blood pressure, and the release of adrenaline and noradrenaline. Over time, regular practice can lead to adaptations like improved circulation, a more robust immune response, reduced inflammation, increased brown adipose tissue activity for thermogenesis, and enhanced cellular efficiency.

Q: How does the breathwork component of the Wim Hof Method complement cold therapy?

A: The specific breathing techniques taught in the Wim Hof Method, often involving controlled hyperventilation followed by breath-holds, prepare the body for the shock of cold exposure. This practice helps to regulate the autonomic nervous system, oxygenate the blood, reduce feelings of panic, and improve tolerance to the cold, making the experience safer and more beneficial.

Q: Can Wim Hof cold therapy help with chronic pain or inflammatory conditions?

A: Many users report significant relief from chronic pain and inflammatory conditions such as arthritis. The anti-inflammatory effects of cold exposure, combined with the potential for increased circulation and the release of endorphins, can help to reduce pain perception and improve joint mobility. However, individuals with these conditions should always consult a healthcare professional before starting.

Q: What is the difference between a cold shower and an ice bath for Wim Hof therapy?

A: Both cold showers and ice baths are forms of cold therapy. Ice baths provide a more intense and prolonged cold stimulus, which can lead to more profound physiological responses and thus potentially greater Wim Hof cold therapy benefits for some. Cold showers are a more accessible entry point, allowing individuals to gradually acclimate to cold exposure before progressing to more advanced techniques like ice baths.

Q: How often should I practice Wim Hof cold therapy to see results?

A: Consistency is key. Many practitioners find daily cold exposure, even if for short durations, to be highly effective. Others opt for several times a week. The optimal frequency can depend on individual response and goals. It is generally recommended to start with a few times a week and gradually increase as your body adapts.

Q: Are there any specific mental health benefits associated with Wim Hof cold therapy?

A: Yes, there are notable mental health benefits. The intense focus required during cold exposure acts as a form of active meditation, reducing rumination and anxiety. The release of endorphins and other neurotransmitters can improve mood, combat symptoms of depression, and increase feelings of well-being and resilience.

Wim Hof Cold Therapy Benefits

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wim hof cold therapy benefits: Cold Exposure Benefits Olivia Clark, AI, 2025-03-14 Cold Exposure Benefits explores the science behind using cold temperatures to improve health and well-being. The book argues that strategic cold exposure can positively impact our physiology. Readers will discover how cold influences metabolism and the immune system, potentially enhancing resilience. For example, exposure to cold can activate brown fat, which helps burn calories, and may improve cardiovascular health by improving circulation. The book progresses from foundational knowledge to practical applications. It first introduces concepts like thermoregulation and hormetic stress response. Then, it dedicates chapters to the impact of cold on weight management, cardiovascular health, and immune function. The book integrates findings from diverse fields and presents them in an accessible manner. Finally, the book analyzes cold therapy techniques such as ice baths and cryotherapy, providing guidelines for implementation. It concludes with key takeaways and future research directions. This unique approach provides health enthusiasts and athletes with evidence-based strategies for biohacking and optimizing physical performance.

wim hof cold therapy benefits: The Cold Cure T.S Avini, 2025-08-06 Discover The Cold Cure, a transformative guide inspired by Wim Hof's practices to enhance your resilience and well-being. Step into a world where cold isn't a burden but a teacher, fostering physical vigor and mental toughness. This book details scientifically-backed methods and real-life experiences to help you master the art of cold exposure and breathing techniques. - Embrace ice baths and cold showers to fortify your immune system naturally. - Explore breathing practices that train your body and mind for endurance. Embark on a journey that defies comfort zones and builds an unshakable foundation of resilience and health. Transform your life with The Cold Cure and begin your adventure towards a more resilient you today!

wim hof cold therapy benefits: The Cold Therapy Code: Rediscover Your Vitality

Through Cold Exposure James H Smart, 2022-06-20 Maintain peak physical and mental performance so you can make the most of your day, every day. Tiredness. Pain. Stress. They affect your productivity. They rob you of precious time with your loved ones or your hobbies. They decrease the quality of your life. Could you imagine what it's like to be free of these complaints more often than not? You'll walk into the office with a spring in your step and deliver top-notch work. Then, you'll get together with friends or do personal projects for hours. You'll sleep soundly through the night, and you'll wake up full of enthusiasm in the morning, ready to do it all again. The good news is, you don't have to resign yourself to merely imagining these outcomes. Nowadays there are several methods that promise to help you bring about such ideal conditions. But what you have here right now is a surprising solution that's truly worth getting into. Not just because of its distinctive approach, but also because of its wide-ranging benefits. In *The Cold Therapy Code*, you will discover: - How to harness the unique advantages of cold exposure therapy to gain optimum health - How to rejuvenate and strengthen your body through natural, inexpensive methods - while greatly increasing your mental fortitude at the same time - Cryotherapy demystified, so you can get the science down without any confusion - How to ease into cold exposure, although you may be scared to even take a cold shower - The difference between acute and chronic stress, and why stress is not always bad - Special gear and techniques to take your cold exposure experience to the next level - How to maintain your health gains for the long-term by developing the right habits - Reliable advice to help you maximize results and avoid risks when engaging in cryotherapy And much more. It's not entirely inaccurate when people say you should keep out of the cold. That's because prolonged exposure to extremely cold temperatures can lead to dangerous conditions like hypothermia. There's an important distinction, however - in cryotherapy, you only need to expose yourself to extreme cold for short periods of time. As you become more adept, it may be tempting to do more than you did the last time, but always remember that too much of anything can be greatly detrimental. That said, cold exposure and cryotherapy may well be the secret you've been waiting to discover for achieving long-lasting health. If you're eager to discover how to double your energy, sleep better, and fight stress through revolutionary yet easy methods, then scroll up and click the "Add to Cart" button right now.

wim hof cold therapy benefits: The Wim Hof Method Wim Hof, 2020-10-20 INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. More than one million copies sold worldwide. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • **Science**—How users of this method have redefined what is medically possible in study after study • **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness • **Performance**—Increase your endurance, improve recovery time, up your mental game, and more • **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we

live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

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wim hof cold therapy benefits: *Soberish* Kayla Lyons, 2023-09-12 A non-judgemental guide to becoming "soberish". Helps millennials and Gen Z create a relationship with alcohol that works for them using evidence-based tools and expert advice. Are you ready to take your power back from alcohol? Whether you're looking to go booze free or want to make informed adjustments to your drinking habits, this inclusive and non-judgemental guide gives you the scientifically backed tools you need to create a relationship with alcohol that works for you, from cold exposure therapy to sound healing and beyond. You will explore the roots of your drinking behaviours and triggers, hear from leading industry experts, including addiction and nutrition therapists, learn to overcome backsliding behaviours, receive tips and advice on real-life scenarios, like sticking to your goals in a party environment, get advice on recreating your self-identity, and create a personalized plan of action to guide you on your soberish journey.

wim hof cold therapy benefits: *Cold Recovery* Tessa Kwan, AI, 2025-03-17 Cold Recovery explores the science behind using cold exposure for natural healing, focusing on reducing inflammation and accelerating recovery. It presents an accessible overview of how methods like ice baths and cryotherapy can optimize the body's physiological processes. A key concept is hormesis, where controlled stress, such as cold exposure, strengthens the body's resilience. The book details the impact of cold on the nervous, vascular, and immune systems, translating these changes into tangible benefits like reduced muscle soreness and improved immune function. The book progresses systematically, starting with the science of inflammation and then detailing specific cold exposure methods, including protocols and safety considerations. It dedicates chapters to ice baths,

localized cryotherapy, whole-body cryotherapy, and contrast showers. Drawing from sports medicine, physiology, and immunology, *Cold Recovery* bridges the gap between research and practical application, providing guidelines for incorporating cold therapy into various routines. It's valuable for athletes, fitness enthusiasts, and anyone interested in leveraging natural methods for enhanced wellness and physical performance.

wim hof cold therapy benefits: *Cold Therapy* Liam Brown, AI, 2025-03-13 *Cold Therapy* explores how deliberate cold exposure can enhance your health, bridging ancient practices with modern science. It argues that controlled cold exposure is a powerful tool for optimizing health and resilience, supported by evidence from immunology, exercise physiology, and endocrinology. The book highlights how strategic cold exposure can boost the immune system and reduce inflammation. For example, research shows that cold exposure triggers the release of cold shock proteins, molecules that play a role in cellular repair and immune modulation. The book progresses from a historical overview to the core science, detailing the body's reactions to cold, such as hormonal responses and metabolic shifts. It explores the benefits of cold therapy for immunity, inflammation, and athletic performance, analyzing studies on cold water immersion and cryotherapy. It emphasizes the importance of individualization and caution against practices that may pose risks.

wim hof cold therapy benefits: *Deep Breathing Benefits* Liam Sharma, AI, 2025-01-26 *Deep Breathing Benefits* reveals how the simple act of intentional breathing can become a powerful tool to combat stress and enhance overall well-being. Centered on the connection between breath and the body's stress response, the book bridges ancient practices like yoga with modern science, showing how techniques such as diaphragmatic breathing activate the parasympathetic nervous system—our built-in “calm switch.” By explaining concepts like heart rate variability and cortisol reduction in plain language, it demystifies why methods like 4-7-8 breathing (inhaling for 4 seconds, holding for 7, exhaling for 8) can lower anxiety and improve resilience. What sets this guide apart is its “Breath Audit” framework, helping readers identify stress triggers and choose tailored strategies, from box breathing for focus to alternate-nostril breathing for emotional balance. The book progresses logically, starting with the biology of stress, then detailing step-by-step techniques, and finally offering a 21-day plan to integrate breathwork into daily life. It blends clinical research from institutions like Harvard with relatable examples, such as using five-minute desk exercises to reset during workdays. Unlike generic advice, it emphasizes adaptability, showing how breathwork fits into diverse routines—whether easing insomnia or managing acute stress. By grounding its approach in both physiology and practicality, *Deep Breathing Benefits* transforms an automatic bodily function into a deliberate act of self-regulation, proving that mastering the breath can be a gateway to lasting calm in a chaotic world.

wim hof cold therapy benefits: *Heal the Healer* Joshua Rosenthal, 2024-05-07 If you're like most healers or caregivers, you're probably highly empathic and energetically attuned—but don't always give yourself the same level of care you provide to others. Instead, you go through your days striving to meet the needs of everyone around you. If you struggle with setting boundaries, compassion fatigue, or simply asking for support, *Heal the Healer* is just the resource you need. Visionary healthcare pioneer and founder of the Institute for Integrative Nutrition Joshua Rosenthal has written a compassionate survival guide for givers—the therapists, coaches, bodyworkers, and alternative medicine practitioners filling an ever-widening care gap left by our institutionalized healthcare system—who are chronically stressed, exhausted, and undervalued. Rosenthal calls upon his thirty years in the wellness industry to offer practical advice and actionable exercises that help caregivers, healers, and helpers find more balance in their lives, heal old wounds, decrease stress, and actualize a more joyful future. This book will show you how to:

- Set boundaries that protect your well-being
- Decrease symptoms of burnout, compassion fatigue, and vicarious trauma
- Rewrite your story and overcome childhood wounds
- Protect your energy and foster a stronger work-life balance
- Seek out and take part in a community of peers
- Experience more joy

Heal the Healer is an approachable and practical guide for stressed-out caregivers who are ready to set healthy boundaries, heal old wounds, and live a fuller, more joyful life.

wim hof cold therapy benefits: Cold for Health T.S Avini, 2025-08-06 Explore the transformative potential of cold exposure to boost your health and well-being. Cold for Health offers a comprehensive guide to the benefits of ice showers and cold plunges for immunity, mood, and resilience. Learn how cold therapy enhances your body's natural defenses and fosters mental toughness: - Discover the fascinating history and cultural significance of cold exposure across the globe. - Understand the intricate science behind how cold therapy impacts your immune response and mental health. Whether you want to elevate your athletic performance or simply feel more energized, this book provides strategies for safely integrating cold therapy into daily life. With real-life testimonials, you'll see how individuals from all walks of life have experienced profound transformations. Plus, delve into advanced methods like the Wim Hof Technique to further improve health outcomes. Take the plunge into the invigorating realm of cold exposure and redefine your approach to holistic well-being. Step into a healthier, happier life by embracing the power of the cold today!

wim hof cold therapy benefits: *Effect of Cold Showers:* Jonathan K. Hari, 2025-06-22 The Power of Cold Showers: Unlock the Benefits of Cold Therapy for Mental and Physical Well-Being For centuries, cold water therapy has been a hidden secret of warriors, athletes, and high performers seeking an edge in life. But what if the key to unlocking boundless energy, mental resilience, and improved health has been right in front of us all along? Cold showers may seem like a simple habit, but the benefits are nothing short of extraordinary. From boosting immunity and accelerating muscle recovery to sharpening mental focus and increasing metabolism, the science-backed effects of cold exposure are transforming the way we approach wellness. Whether you're looking to enhance your physical performance, build unshakable mental toughness, or simply start your day with an electrifying jolt of energy, this book will show you exactly how to integrate cold showers into your daily routine for maximum results. Inside This Book, You'll Discover: The Science of Cold Therapy: How It Affects Your Body Boosting Immunity: How Cold Showers Strengthen Your Defenses Cold Showers and Mental Toughness: Training Your Mind Waking Up with a Jolt: Increased Energy and Alertness Stress Reduction and Mood Enhancement: Cold Showers for Mental Health Cold Showers for Weight Loss: Activating Brown Fat Faster Muscle Recovery: The Athlete's Secret Weapon This isn't just another health trend—it's a game-changing practice that has been used for generations to fortify the body and mind. Step into the cold, embrace the challenge, and unlock your true potential. Scroll Up and Grab Your Copy Today!

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wim hof cold therapy benefits: The Natural Wellness Journal Philly J Lay, 2020-12-21 JOURNAL YOUR WAY through Self Care and Gratitude to find Peace, Love and Joy. From grounding to gut health, sleep to chakras, you are gently guided along your own self healing journey! QUICK AND EASY meditation and breathwork practices to boost your mood, increase your energy and embrace mindfulness! Utterly divine! -Tomfoolery

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