

Wim Hof Basic Breath Hold Protocol – Dr. Charles Meakin’s Variation

Download the Wim Hof Method app: <https://www.wimhofmethod.com/wim-hof-method-mobile-app>

1st ROUND – 30 second minimum

1. Take 30 full inhales – through your nose and mouth with a collapsing, relaxing, cathartic exhale. (Image shedding metabolic and emotional toxins).
2. At the 30th breath, exhale all your air and prepare to pause, float with your lungs empty.
3. Hold your pause for 30-seconds (minimum).
4. At the end of your breath hold, take a single inhale and hold for 15 seconds. Exhale. Feel the recovery.

2nd ROUND – 60 second minimum

1. Take another 30 full inhales and exhales as above – through your nose and mouth.
2. At the 30th breath, exhale all your air and prepare to hold your second pause.
3. Hold your exhale for 60-seconds (minimum).
4. After 60 seconds or your best hold, take a single inhale and hold for 15 seconds. Exhale.

3rd ROUND – 90 second minimum

1. Take 30 full inhales and exhales as above – through your nose and mouth – followed by a collapsing exhale release.
 2. At the 30th breath, exhale all your air and prepare to hold your final hold.
 3. Hold your pause for 90-seconds (minimum).
 4. After 90 seconds or your best hold, take a single inhale and hold for 15 seconds. Exhale. Take 30 to 35 similar breaths.
1. Return to normal breathing or **finish with a Mitochondrial Hormetic impact (a beneficial or stimulatory effect caused by exposure to low doses of an agent known to be toxic at higher doses, i.e., low oxygen/ high CO2 in blood stream) to foster biogenesis or strengthening, as illustrated in the Bonus Exercise Round below.**

BONUS EXERCISE ROUND

1. Get into a push-up position – and at the last breath – blow out all your air and do as many push-ups as you can while gently holding your breath. You may need to stop, blow out some more air as CO2 releases in the lungs to permit continuing. The mild blood alkalosis and high O2 levels from the 35 breaths enables will make this easier than expected. Try working up to a number to frequently check in on **(e.g., age in years in push-ups)** so you are theoretically getting stronger each year.
2. If you’re able, get upside down (wall arm or head stand) or bend down with your head low to steer more of the blood into your head after the push-ups. (An inversion

table is a great tool for this.) Feel the **brain clarity** as the body opens all the brain capillaries to maintain O2 delivery, generally lasting for a few hours.

3. Return to normal breathing.

Dr. Meakin's Pro Tips:

- The last exhalation is not “fire breath” nor an explosive exhalation; this is a relaxing release that feels like it empties the lungs.
- The breath holds will gradually increase in duration and ease as you get more comfortable, and your parasympathetic system is activated.
- As you hold your breath post-exhale, try to “float,” relaxing your jaw rather than clenching it (that would lead to stress or cortisol release).
- The breath hold is a good time to do a meditative exercise (say the A-B-C's, prayer, intention-setting).
- The 'Inner Fire' app has a timing function where you can save your exercises.
- Try to do as many push-ups as your age in push-ups – so you're getting stronger every year. Generally, people can do more push-ups than anticipated due to the high level of oxygen in the system and alkalosis from the fast breathing blowing of CO2 (mildly acidic), which neutralizes the lactic acidosis.
- If practiced regularly, and as needed, you should experience a “**default calm setting**” as your body learns to breath more efficiently, **with a parasympathetic balance that favors “rest, digest, relax and heal” where your body works best.**

Stay Strong and Humble, and be your own Best Doctor

- **Chuck (Dr. Charles J. Meakin, MD)**