

Research: Research

Goal: Target Avatar's pain of low enthusiasm, low energy level -> tease various health benefits with specific mechanisms -> direct the reader to check out the prospect's workshop on the Wim Hof method which implements all of the benefits

SL: Headfirst Dive Into The Wim Hof Method 🧊

preview text: Simplicity of the Cold and the Complexity of its Health Benefits

Feeling low energy (even after getting 8-10 hours of sleep every night)?

Modern tech has forcefully grabbed our attention and sucked our energy,

Moving it away from the simple pleasures of nature.

Practitioners - from the ancient Chinese to today's Wim Hof enthusiasts,

Have enjoyed the following benefits of cold exposure and breathwork:

- How to efficiently transport oxygen in the bloodstream to self-generate energy
- Never get sick from the common cold (or any airborne virus) by boosting the immune system's resilience to stress
- Stabilize dopamine levels to feel organically happy (even during monotonous work sessions)

If you are feeling bored with all the modern "entertainment platforms",

[Check out my upcoming 4-hour WHM workshop to take a deep dive into your first ice bath with other boundless energy individuals.](#)