

# Cheat Sheet Cold Training Reverse Ageing

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## Benefits Cold Training - The Cold:

- 1) Trains your cardiovascular system (blood vessels)
- 2) Release the right hormones (dopamine and endorphins)
- 3) Diminishes inflammation
- 4) More white blood cells



# 1) Cardiovascular Training

Through short cold exposure your body contracts the blood vessels in your arms and legs to preserve heart to your core where all the important organs are.

Through cold training the muscles around your blood vessels are becoming trained and they can open your blood vessels (in the heat) or contract them (in the cold) better.

Cardiovascular illnesses are the number 1 cause of death in the world. Healthy blood vessels make you healthier.

Most of our blood vessels are just below our skin. Through cold training you will not only be healthier from a cardiovascular point of view. You will also look younger.



## 2) Hormonal Release

Through short cold exposure your body makes and releases dopamine and endorphins.

Feels good. When you feel good you look better. You shine more.



### 3) Less inflammation

Through short cold exposure your body your body will be less inflamed.

Inflammation is temporarily not a bad thing. Think of sports and muscle pain. But when your body has chronic inflammation you may have a serious problem.

Less inflammation - less oxidative stress. The ageing process shortens our telomeres. If we can keep our telomeres long you will age slower than other people.(check for more factual info

<https://www.yourgenome.org/facts/what-is-a-telomere>)

With less inflammation you wil have a younger body.



## 4) Higher White Blood Cell Count

Through short cold exposure your body makes white blood cells.

White blood cells kill unwanted bacteria and viruses (yes also COVID19 :).

More white blood cells - less sick - more healthy - younger body and you look better.



# Start With Ending Your SHower Cold!

Accept your resistance against the cold. This is normal.

Use the 4 - 2 - 8 breathing technique that I have tested on more than a 1000 people in the ice bath.

Here is a video that you can follow.

<https://www.youtube.com/watch?v=KIHyRmY-FpA&t=20s>

This breathing technique works against anxiety and panic attacks too.



# Stay connected and please ask your questions!

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