

PROFESSOR: If I went out for a run now dressed like this, you would probably call me nuts, right? Because it's so cold outside that I'd probably die of hypothermia.

However, in 2009 Wim Hof managed to run a full marathon in minus 30 degrees Celsius wearing nothing but shorts. While most people would probably die, Wim Hof has been able to survive.

So, what makes Wim Hof able to survive where others can't? To research him, researchers in Netherlands subject him to icy bath for almost two hours. While most people would have their core body temperature drop to below 35 degrees causing hypothermia to kick in. Wim Hof's body temperature drop to merely 37.4 degrees Celsius, staying surprisingly warm. And the funny thing is that the researchers couldn't find exactly what had happened.

Maybe it's his genetic ancestry that saves him. In a separate study, scientists have found that individuals with [? Cocam ?] ancestry have mitochondria that can produce more heat and less chemical energy.

Mitochondria is like a mini furnace that burns the sugars from the food we eat into chemical and heat energy. Individuals like this would have been better able to survive the cold. However, scientists haven't fully studied Wim Hof's genome, so we don't really know.

Wim Hof practices g-tummo, a Tibetan form of meditation and breathing which allows him to double his metabolism. Remember those mitochondria I mentioned before? Wim Hof can produce enough heat through his mitochondria with specific breathing and muscle contractions that can produce enough heat to keep his body warm.

Well, you might believe that this is nonscientific. However, studies at NUS have shown these participants increased their core body temperature using g-tummo, and they had no prior meditation experience. Now, why could this be so?

Increases in alpha and beta waves are noticed, and many have theorized that this has enabled the body to effectively heat the center as well as distribute heat to the extremities.

We do not fully understand Wim Hof's methods. And while some have tried to follow in his footsteps, it would be unwise to do the same. And Wim Hof even claims that he can control other parts of his body. Now if this is true, and scientifically backed, who knows what doors it

could open?

While science hasn't explained it all yet, and I myself don't buy these Wim Hof's methods. Maybe I'd better be off donning more jackets.