

# Foreword Preview

# SuperWellness<sup>TM</sup>

**Dr. Edith Ubuntu Chan**

Foreword by **Wim Hof**

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Human beings are designed to be strong, happy, and healthy.

But our modern lifestyle has disconnected us from our inner power. By acclimatizing to all the comforts and conveniences, we have unwittingly lost our natural strength. People are suffering from chronic pain and illness. It's become "normal" to be stressed out, tired, obese, or depressed. Healthcare costs are skyrocketing, but people are getting sicker and sicker.

It's time for change.

With conscious breathing, mind training, and environmental conditioning, we can re-awaken our natural healing power. We can tap into abilities previously thought to be "superhuman." Our capacity to adapt to nature's elements, to thermoregulate, to feel strong, happy, and healthy - this does not require decades of training. We can tap into it in just a few short days.

To me, "Feeling is understanding." When you have the direct experience, you know it. Of course I'm not the first person to discover these possibilities. Yogis, qigong masters, ancient teachers taught this across millennia. But I am the first western person to bring it to scientific inquiry. Take away all the speculation.

Through scientific studies, we have proven that human beings can influence his/her nervous system, immune system, and endocrine system - far deeper than ever thought possible. We've proven that the so-called "autonomic nervous system" is no longer "autonomous." First-time mountaineers can summit Kilimanjaro in previously inconceivable record time. Countless cases of so-called "incurable" conditions have been improved through simple breathing and training practices. Study after study, we're blowing our minds.

We are re-writing the medical textbooks.

But being a pioneer and questioning society's norms is not always easy. Luckily I'm not alone.

Dr. Edith Ubuntu Chan is my sister of light. Like me, her work unites ancient wisdom with modern science. As a Holistic Chinese Medicine doctor, with a Math and Engineering background from Harvard, she has the unique ability to integrate East and West. With her years in meditation, yoga, qigong and endurance sports, she has a deep understanding grounded in direct personal experience. She's a real treasure. One-of-a-kind.

Even more, Dr. Edith carries an infectious joy and love for life! She brings a pure heart and conscious intention into everything she does. When you meet her, you'll see. Her love and light is contagious.

When I travel around the world speaking, people often ask about lifestyle topics outside the Wim Hof Method. Topics like: nutrition, hydration, fasting, sleep, earthing, sunlight, and mindfulness. Now I can just recommend that they read SuperWellness. It's all in here!

Dr. Edith will give you a holistic 360° survey of your lifestyle. She lays out the science, then guides you into having your own direct personal experience. There is no dogma here. She shows you the scientific research, then brings you back to your inner wisdom. You'll decide for yourself. "Feeling is understanding."

Maybe you're sick and tired and ready to get healthy. Maybe you're a "biohacker" looking for your next level. Or maybe you're a professional doctor, here to upgrade your toolkit. There's something in this book for everyone. You will be inspired and empowered.

SuperWellness is a great gift to our world. Dr. Edith Ubuntu Chan is a true pioneer and my dear friend. I'm so happy to share this mission with her. The mission to empower every human being to be extraordinary.

Love,  
Wim Hof  
September 21<sup>st</sup> 2017

**Wim Hof** is internationally renowned for his 26x Guinness World Records, including countless ice endeavors that range from being up to his neck in a tank filled with ice for 1hour 53minutes, to swimming long distances under polar ice, to running a marathon barefoot, and climbing Everest in nothing more than shorts and shoes. He became known by the nickname “The Iceman.” Wim is showing the world that our human body is capable of far more than we previously thought, once you tap into the flow within your inner state of being. Currently, his time and energy are devoted to scientific research and passing the Wim Hof Method on to others, so that everyone can experience far more that they previously thought possible. Wim believes that through the right training, you can strengthen your inner nature and prevent disease. He believes that everybody deserves to feel strong, happy, and healthy. Learn more at: [www.wimhofmethod.com](http://www.wimhofmethod.com).



