

Date: Thu, Sep 17, 2009

Subject: World Record attempt on Regis and Kelly ABC TV Show

Core temperature was recorded by Granis Stewart, RN, using Vital Sense monitor capsule swallowed by Wim Hof prior to ice immersion.

First recorded temp (before ice immersion) while still clothed was 98.6

Just before they began pouring the ice in the chamber:

98.16

15 minutes after ice immersion began: 96.36

30 mins after ice immersion began: 97.44

45 mins after..... 95.07

52 mins after..... 93.74

56 mins after..... 88.79

65 mins after..... 89.94

75 mins after..... 88.08

(oral temp at same time was 92.7)

90 mins after..... 93.38

95 mins after..... 94.10

100 mins after..... 94.10

One minute before breaking his world record of 1 hour 43 minutes: 92.71

Wim was completely fine and conversational throughout and he barely showed a shiver. His practice of Tibetan Tumo meditation has given him incredible abilities.

He believes that he can teach people his skills and prevent many diseases- particularly those associated with inflammation/elevated inflammatory markers (elevated cytokines, etc which we are finding out are elevated in most diseases). He is able to decrease certain markers through meditation as suggested by one blood test done at the Feinstein Institute of North Shore University Hospital.

The brain is the largest consumer of oxygen in the body. Wim believes that by meditation he diverts some of his brain oxygen to his peripheral blood vessels to increase blood flow and thereby maintain body warmth. Standard medical dogma states that once your core temperature falls below 90 degrees you stop shivering – a process that generates heat. From that point on, if a source of external heat is not provided, your body temperature will continue to spiral downward and you will eventually die of hypothermia. Wim has proven this wrong. His body temperature dropped to 88 degrees and then came back up to 94 - WITHOUT ANY EXTERNAL HEAT SOURCE. He has dramatically shown us that there is incredible power within the human body that modern medicine does not clearly understand.

Please let me know if you have any further questions or require any further analysis from us.

Sincerely,

Ken Kamler, MD

Granis Stewart, RN