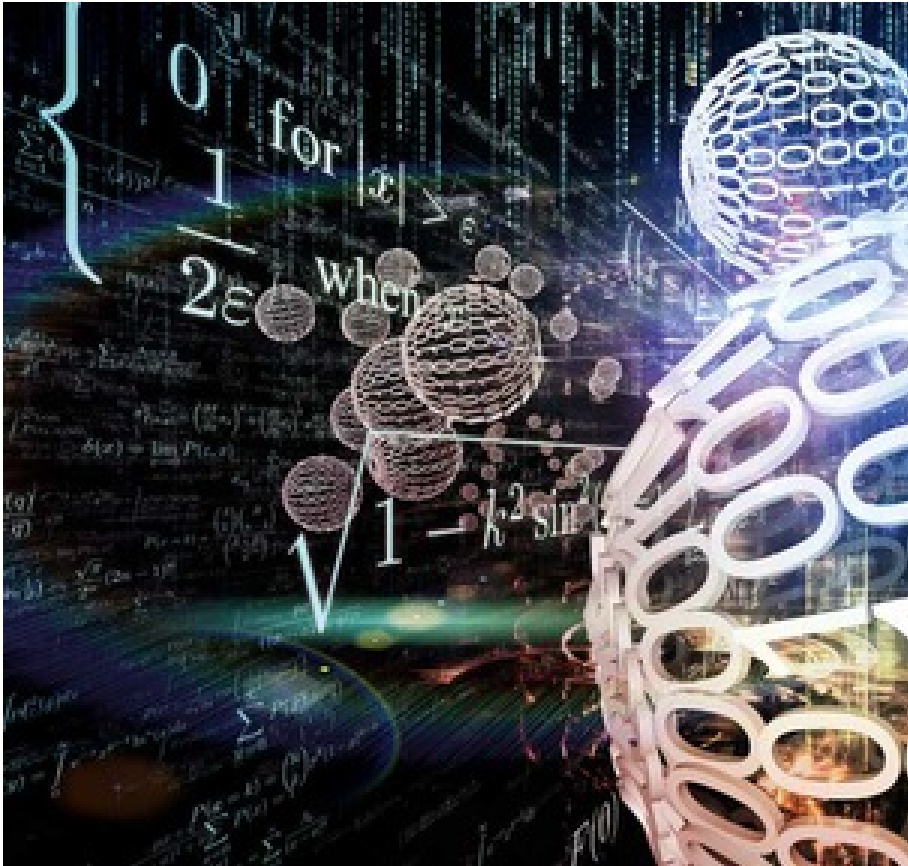


# SYNOPSIS



## Newton - Extreme Cold

### Newton - Kälte

While the cold holds Austria hostage and everyone has a runny nose, ice bath enthusiasts celebrate their peak season. "The Iceman", the dutch Wim Hof, has developed a training method to boost his immune system through exposure to cold. Studies have shown that people regularly exposed to cold environments have a better blood flow and are healthier. Newton has tested this method with two volunteers to check if we really should embrace the cold.

**Year:** 2017

**Run-Time:** 1 x 22 min.

**Directed by** Susanne Kainberger

**Produced by** ORF

Available worldwide

**Languages:** German (ORIGINAL)

**Format:** 16:9

**HD**

» [SCREEN ONLINE](#)