

Floating & Health Benefits

Float to beat stress, combat high blood pressure, ease headache pain, kick bad habits, and boost concentration. Floating free of light, sound, & touch, you are now able to tune in to profound relaxation that scientists have found to trigger the same positive physical and mental effects that occur during meditation. Even more significantly, this deep relaxation seems to linger long after the float is over, according to Thomas Fine, Assistant Professor of Mental Health at the Medical College of Ohio.

Extensive research has proven that floating is an excellent remedy for stress, an underlying factor in the development of all disease. Floating relieves rheumatic pains, reduces blood pressure, and fortifies the immune system. It also triggers the production of endorphins, which generates a feeling of wellbeing.

When researchers tested people who floated for 1 hour, they found the subject's heart rates and breathing had slowed down and their blood pressure had dropped. This favorable drop in blood pressure may be due to the additional finding that floaters have lower levels of Cortisol and other stress related hormones that influence high blood pressure. It has also been said that one hour of floating can be as restful as up to 4 hours of sleep.

If you are suffering from chronic back pain, headaches, or some other painful condition, floating can be a part of your pain management program. Researchers have found that when floatation is used as a primary method of relaxation training, chronic pain conditions improved. Your pain is eased because buoyancy reduces pressure on the body, bringing relief. Even more significant is the fact that floating triggers the production of endorphins, your body's natural painkillers. This special painkilling effect continues after you step out of the Floatation Therapy Tub.

Even professional athletes, all around the world, have used floatation therapy to help heal injuries. Deep relaxation reduces pain by decreasing lactic acid buildup and increasing beta-endorphins, while in tub visualization and guided imagery rehearsal improves coordination and performance skills.

Without outside stimulation you can zero in on your breathing, heart rate, and muscle tension. This feedback helps you learn how to deeply relax and alter bodily functions at will for the times you need pain relief when you are not floating.

**From The Prevention How-To Dictionary of Healing Remedies and Techniques, by the Editor of Prevention Magazine, John Feltman, Rodal Press, 1992.