

CRUSH chronic disease in the THRIVE Academy!

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Clinical psychologist at South Oaks Hospital, Amityville, New York, found that:

“Flotation REST (Restricted Environmental Stimulation Therapy) can have an important role at several stages of the pain management process. By reducing both muscle tension and pain in a relatively short time and without effort on the part of the patient, flotation provides a dramatic demonstration of the benefits of relaxation. Relief is immediate and, although temporary, offers promise of further relief from REST and other relaxation-based strategies.”

Most of the patients that utilized flotation therapy in their experiments suffered from chronic pain for longer than six months and floated from one to 16 sessions. Overall, they reported a reduction in pain that averaged 31.3%, with the highest level of relief in the upper back at 63.6%, and the lowest in the legs at 15.3%. It appears to be pretty clear that float tanks help with chronic pain.

The other remarkable benefit of flotation therapy comes from the sheer magnitude of magnesium placed in the water. This miracle mineral will be absorbed transdermally (through the skin) during your float session, and can assist with stress reduction, bone strength, balancing blood sugar, and improving muscle and heart health.

Other notable benefits that can be gained through flotation therapy include:

- > Reduced stress, anxiety, and depression
- > Sports recovery
- > Reduced headaches
- > Increased circulation
- > Overcoming addictions
- > Increased creativity
- > Improved visualization

Keep in mind that flotation therapy is not just for the stressed and ill. High performance athletes can also benefit from float therapy due to improved physical recovery, and enhanced visualization techniques. It is reported that Tom Brady, the 39 year old quarterback for the New England Patriots and 5 time Super Bowl winner, regularly uses float for visualization and recovery.

Entrepreneurs and business owners can also benefit from float therapy by reducing stress and igniting new ideas or solutions for their business. Once one is able to eliminate the outside noise of day to day life, those regions of the brain that harness creativity can be accessed and explored (much like meditation).

Of course, you may not notice these improvements after a single session (but some undoubtedly will). The first session is often one combined with excitement and a little trepidation, and there is a feeling out process on what works best for you. So if you want to fully experience the benefits of float therapy, get that first session in then commit to at least a few more floats before you make any judgements on the efficacy of the therapy.

All in all, there is little to no risk with flotation therapy, and upside is unlimited depending on how deep you can relax and various regions of the mind you can explore that will improve your overall well-being.

To learn more about float therapy and what you can expect, visit [Gravity Float and Wellness](#).

Sources for this article include:

- <https://healingthebody.ca/how-meditation-can-improve-your-mental-state/>
- <https://draxe.com/sensory-deprivation-tank/>
- <https://paindoctor.com/float-tanks-chronic-pain/>