

YOUR GUIDE TO NATURAL LIVING

NATURALLIVING

MAGAZINE

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SUSTAINABLE
WINTER WELLNESS
Nordic Walking, Floating,
Far-Infrared Saunas
Bye-bye SADness,
Stress & Pain!



**ECO FASHION
& COUTURE**



**SPACE
ECOLOGY**



**GREEN LIVING
Tips & Homes**



WIRELESS WAKE-UP!

ORGANIC WINTER BRUNCH

HOW TO BECOME A
NATURAL SUPERWOMAN

By Uzzi Reiss, M.D., OB/GYN





FLOATING

SAY GOOD-BYE TO PAIN & STRESS

Experience the Lightness of Being

By Kristina Rohr

Experience the true lightness of being, leaving pressure, pain and the sounds of everyday life behind. Within no time, you are a new person. This is not just wishful thinking but can be a viable reality, after floating in a flotation tank in a natural solution of Epsom Salts and water. This solution enables you to float on the water surface, just like in the Dead Sea. Floating offers people the chance of regaining physical, emotional or psychological health.

My love affair with floating started this July at Float Regensburg, Germany, after a five-year long odyssey of seeking treatments for a very complex chronic skeletal and pain condition. Floating continues to improve my physical and emotional well-being beyond my wildest dreams. International research from Sweden and Great Britain proves that floatation therapy is the most relaxing therapy in the world. And after just one session, you will agree.

IDEA & ORIGIN

By floataway.com

The floatation tank originated from American government research into the physical origins of consciousness; the link between the mind and the body. In 1954, Dr. John M. Lilly, M.D., a top government neuroscientist, built an experimental device to “isolate” the brain from its routine workload of processing information about the external world. This, he discovered, gave people access to a range of “higher” brain functions. NASA employed floatation to simulate weightlessness and isolation for space research. Since the 1960s, the “isolation tank” soon was a hit with luminaries such as Aldous Huxley and John Lennon and is utilized by world-class athletes such as track and field legend Carl Lewis and the Dallas Cowboys.

FOR EVERY BODY

Today, stressed managers, injury patients and exhausted moms alike chose floating to step out of stress and into a renewed state of energy and mind. Within a few minutes of floating, one can reach a depth of relaxation that would otherwise take many years of practice of classical meditation techniques.

THE FLOTATION TANK

The floatation tank is a fiberglass capsule containing water to a depth of 10” with a very high concentration 700lb of Epsom salts (Magnesium sulfate). The high-density, silky solution allows your body to float naturally and spontaneously, without effort. The tank creates a state of sensory relaxation as the mind and body are shielded from all external stimulation. The brain’s normal workload is reduced by up to 90%. In this situation, the body conserves energy and has a chance to heal and rejuvenate itself.

ZERO GRAVITY

Due to the high salt levels in the water, the floatation tank creates a zero gravity environment. Zero gravity allows you to relax every single muscle - your neck, arms, back, and even ears. The tank enables you to identify those areas you are holding tense, so you can let go. When you start to float, you are free from all brain gravity computations and the physical world, which leaves the brain free to attend to other matters.

SKIN TEMPERATURE

The temperature inside the floatation tank is isothermal (94.64-95.72 °F) over the surface of the body so that the nerve endings covering the surface of the skin no longer perceive a separation between the skin and the solution inside the tank. Thus, your skin does not have to adjust to any outside temperature stimuli which eliminates another major stress factor.

BENEFITS

The advantage of the floatation tank is that it enables most people to experience very deep relaxation within just a few minutes, without any special training or techniques to trigger the relaxation response.

HEALTH BENEFITS

Flotation therapy offers numerous medical benefits. Floating helps to stimulate the body’s own power of healing and regeneration and maintains homeostasis within the body, strengthening the body’s resistance to the effects of stress, illness and injury. The effects of floating are cumulative – every time you float you strengthen your body’s resistance.

FLOATING = THE SHORTCUT TO HEALTH AND WELLBEING

Research shows that floating is much more effective than bed-rest.

Tension and stress wear down our bodies, lower our resistance to illness and injury, upset our emotional balance, reduce our ability to think clearly, and even make us more accident-prone. Floatation releases deep muscular tension, often unconsciously “locked” into the body, starting a chain-reaction that spreads throughout the body to every organ, tissue and cell: Blood pressure, heart rate, muscle tension and oxygen consumption (cell metabolism) are reduced to healthy levels.

The effects are immediate, and remain measurable for days or weeks after a float. The Relaxation Response of floatation REST stimulates the body’s own powers of healing and regeneration. Regular floating can help to achieve a long-term, stable stress tolerance.



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Medical conditions, which have been shown to benefit from floatation therapy, include:

- Muscular, skeletal and rheumatic conditions
- Enhanced recovery from illness
- Cardiovascular conditions
- Chronic pain and fatigue
- High blood pressure
- Multiple Sclerosis
- Stress reduction
- Migraine
- Arthritis
- Asthma
- Jet lag
- Anxiety
- Neurosis
- Insomnia
- Exhaustion
- Back pain
- Depression
- Gastric ulcers
- Pre-menstrual tension
- Post-natal depression
- Irritable bowel syndrome
- Addictions (drugs, alcohol and tobacco)
- Psoriasis, eczema and other skin conditions
- Panic attacks and associated problems, lack of concentration, motivation and memory loss

BRAIN OPTIMIZATION

Every night as we fall asleep, we momentarily pass through the theta state. Deeper and more powerful than the alpha state which can be reached through meditation, theta is associated with “deep” learning ability and conscious control of normally unconscious functions of mind and body. During floatation REST, you spend most of the time in this powerful brain state. EEG measurements document that during floating, the two hemispheres of the brain become more balanced and synchronized. This produces a subtle shift away from the normally dominant left-brain thought patterns (logical, linear, analytical and detailed) and enables the thought modes of the right brain (intuition, learning and creativity) to emerge. The floatation session does not inhibit the left hemisphere but simply changes its role of dominance to one of partnership, enabling the floater to use mental powers. This reinforces motivation and drive and clarifies deeper understandings related to genuine interests, vocation and a sense of purpose in life. As large areas of the brain are liberated from the usual thought patterns, people can use floating as a tool for inspirational thought, problem solving, creativity, concentration and enhanced learning. While floating, your learning abilities are at their greatest, and powers of visualization and autosuggestion are greatly enhanced. This unique “whole-brain” theta state gives access to unparalleled powers of imagination and concentration.

SIGNIFICANT STRESS-REDUCTION

Floating relaxes the body and reduces physical stress on the joints and muscles. While lying back and floating in the tank, your body will experience several subtle benefits. The sudden de-stimulation of large areas of the nervous system triggers a spontaneous chain-reaction throughout the body known as the “parasympathetic response”. At this point, the whole body chemistry changes. Decreased muscle tension, blood pressure, heart rate and oxygen consumption result. Blood vessels dilate, increasing cardio-vascular efficiency and supply of oxygen and nutrients to every single cell in your body. This is called the “vasodilatory effect”. Patients with chronic muscle flexing pains in their neck who have been regularly treated with floatation-tank relaxation for three weeks experience long-term pain reduction. They also feel much happier and have less anxiety, alongside finding it easier to get to sleep at night. Blood samples taken before and after this period of treatment indicate a decline in stress-related hormones (MHPG).

It is scientifically proven that floating reduces the levels of stress and stress related neurochemicals such as adrenaline, norepinephrine, ACTH and cortisol. At the same time it increases levels



*... floatation therapy
is the most relaxing therapy
in the world.*



of endorphins which help to relieve pain and significantly improve your mood. Harmful stress-related hormones such as cortisol are removed from the bloodstream, enhancing emotional well-being. The level of T-cells rises in the bloodstream, strengthening the immune system. Large amounts of endorphins (the body's natural opiate) are released by the brain as it relaxes deeply into the theta state, relieving fatigue and chronic pain. These beneficial changes happen automatically. These studies have been conducted at the Human Performance Laboratory, Department of Psychology, Karlstad University.

Excess stress chemicals also hamper the effectiveness of your auto-immune system. Highly stressed people are more likely to succumb to infections and viruses than those who have well functioning immune systems due to the absence of stress. Floating is the ultimate stress buster. It does not require any special training or techniques, just lie back and let it happen. While floating, there is a scientifically recorded slowing of the brain wave activity. Significantly relaxed brain waves are associated with vivid memories, free association, sudden insights and creative inspiration. Our mentally busy brains ordinarily produce beta waves while we are active. When we start to relax, slower alpha waves occur.

Scientists estimate that about 85-90% of all nervous center activity is a result of our bodies dealing with the effects of gravity. With the total sensory deprivation environment of the tank, the brain relaxes even beyond the alpha state. The normal workload of processing our sense organ signals such as light, sound, balance is removed, and our brain wave activity slows down to a theta state. Reaching theta is effortless in the tank. Outside of the tank, most people are unable to enter the theta state while still awake unless you are experienced meditators. However, in the tank, we enter this state effortlessly and enjoyably and stay that way for most of the float.

SOUND

While floating, you wear earplugs and your ears are below the surface of the solution, which cuts out most external sounds. Many people find that gentle music, from the underwater speakers in the tank, helps them to relax.

NATURAL LIVING FLOATING TIP

We recommend floating without music and sound. Try color therapy first and then transition to darkness as you begin to feel comfortable as it optimizes your floating and amplifies healing and rejuvenation. Floating in complete darkness and silence liberates large areas of the brain devoted to processing sensory information, further increasing the depth of mental relaxation.

For more information, please go to
www.floataway.com



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