

DR. JUSTIN FEINSTEIN AND MANDY ROWE | FLOATATION THERAPY: THE RESEARCH, HISTORY, AND BROAD-SPECTRUM BENEFITS OF TIME IN THE TANK



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1
00:00:07,190 --> 00:00:04,910
all right people I'm gonna make this

2
00:00:09,950 --> 00:00:07,200
quick but for the next six weeks or so

3
00:00:12,950 --> 00:00:09,960
starting February 1st I'm putting all my

4
00:00:14,509 --> 00:00:12,960
show outlines up for auction I've

5
00:00:16,730 --> 00:00:14,519
mentioned before that I have a very

6
00:00:19,250 --> 00:00:16,740
strict routine for preparing for and

7
00:00:22,790 --> 00:00:19,260
recording THC episodes and part of that

8
00:00:25,370 --> 00:00:22,800
process 95 of the time going back many

9
00:00:27,589 --> 00:00:25,380
years has been waking up early on the

10
00:00:30,230 --> 00:00:27,599
days I record and compiling my notes

11
00:00:32,330 --> 00:00:30,240
into a roughly four to six page outline

12
00:00:35,150 --> 00:00:32,340
that I print out and conduct the

13
00:00:37,490 --> 00:00:35,160

interviews from as a template I write in

14

00:00:39,530 --> 00:00:37,500

the margins I cross stuff out as we go

15

00:00:41,869 --> 00:00:39,540

along I jot things down I don't want to

16

00:00:44,090 --> 00:00:41,879

forget and I usually have a good deal of

17

00:00:46,850 --> 00:00:44,100

material in these outlines that never

18

00:00:48,709 --> 00:00:46,860

even makes it to air when a show is done

19

00:00:51,110 --> 00:00:48,719

I put a little staple up in the corner

20

00:00:53,029 --> 00:00:51,120

and throw them in a filing cabinet well

21

00:00:55,189 --> 00:00:53,039

it's no secret I'm trying to move and

22

00:00:57,229 --> 00:00:55,199

what better time to try to collect a

23

00:00:59,450 --> 00:00:57,239

little extra cash and offload a box of

24

00:01:00,170 --> 00:00:59,460

stuff I've been storing that I don't

25

00:01:02,869 --> 00:01:00,180

need

26

00:01:04,910 --> 00:01:02,879

so I'm signing listing and auctioning

27

00:01:06,830 --> 00:01:04,920

off all the outlines I have to any

28

00:01:09,410 --> 00:01:06,840

listeners who might be interested in

29

00:01:11,510 --> 00:01:09,420

that kind of thing each one is totally

30

00:01:13,609 --> 00:01:11,520

unique with its own markings coffee

31

00:01:15,770 --> 00:01:13,619

stains beer spills printing

32

00:01:18,109 --> 00:01:15,780

imperfections typos and maybe even

33

00:01:19,789 --> 00:01:18,119

Doodles in some cases that we're never

34

00:01:22,969 --> 00:01:19,799

really supposed to be seen by anyone

35

00:01:24,890 --> 00:01:22,979

else but I guess that's no big deal I

36

00:01:26,870 --> 00:01:24,900

know I've personally bought signed

37

00:01:29,330 --> 00:01:26,880

scripts before and some of my most

38

00:01:32,149 --> 00:01:29,340

prized possessions are banned set lists

39

00:01:34,370 --> 00:01:32,159

I nabbed at the end of concerts so maybe

40

00:01:37,069 --> 00:01:34,380

this is something like that for podcasts

41

00:01:41,050 --> 00:01:37,079

if you're into it they will be listed at

42

00:01:44,990 --> 00:01:41,060

ebay.com yeah I know ebay.com

43

00:01:47,030 --> 00:01:45,000

USR slash Higher Side chats the link is

44

00:01:48,670 --> 00:01:47,040

at the top of the show notes as well but

45

00:01:52,490 --> 00:01:48,680

it's ebay.com

46

00:01:54,350 --> 00:01:52,500

USR slash Higher Side chats and of

47

00:01:56,690 --> 00:01:54,360

course I'll post the links across all

48

00:01:59,330 --> 00:01:56,700

the social media dystopias I have an

49

00:02:01,490 --> 00:01:59,340

unfortunate presence in again the first

50

00:02:04,789 --> 00:02:01,500

batch of outlines will go up February

51
00:02:07,429 --> 00:02:04,799
1st and be listed for 10 days and I'm

52
00:02:10,309 --> 00:02:07,439
gonna continue to put up new batches as

53
00:02:11,930 --> 00:02:10,319
time permits when and where I can and I

54
00:02:14,570 --> 00:02:11,940
hope to have the whole thing completed

55
00:02:16,130 --> 00:02:14,580
in about six to eight weeks or so I

56
00:02:17,809 --> 00:02:16,140
guess I'm just out when I'm out but if

57
00:02:20,089 --> 00:02:17,819
there's a specific one you might want

58
00:02:22,250 --> 00:02:20,099
keep dipping in to see what's been added

59
00:02:24,350 --> 00:02:22,260
there's a good chance I haven't gotten

60
00:02:26,210 --> 00:02:24,360
it listed yet and a real chance I don't

61
00:02:29,030 --> 00:02:26,220
even have it for one reason or another

62
00:02:31,130 --> 00:02:29,040
but I do have most so just keep an eye

63
00:02:33,110 --> 00:02:31,140

out thanks in advance to anyone who

64

00:02:35,150 --> 00:02:33,120

picks up a little piece of THC history

65

00:02:37,910 --> 00:02:35,160

and contributes to the carlwood family

66

00:02:39,830 --> 00:02:37,920

moving fund alright and that said in

67

00:02:47,530 --> 00:02:39,840

more ways than one let's get this show

68

00:03:00,870 --> 00:02:51,250

maybe something baby

69

00:03:21,470 --> 00:03:07,910

[Music]

70

00:03:23,809 --> 00:03:21,480

Here We Go Again Higher Side Chatters

71

00:03:25,550 --> 00:03:23,819

from Sunny San Diego I'm Greg carlwood

72

00:03:27,589 --> 00:03:25,560

and it's no secret that in the

73

00:03:29,210 --> 00:03:27,599

smartphone age we've become far more

74

00:03:31,369 --> 00:03:29,220

attached to these little black boxes

75

00:03:33,470 --> 00:03:31,379

than we ever would have guessed endless

76

00:03:36,410 --> 00:03:33,480

scrolling dopamine dripping little red

77

00:03:38,270 --> 00:03:36,420

notifications constant EMF exposure and

78

00:03:40,369 --> 00:03:38,280

delivery apps that encourage us to never

79

00:03:43,130 --> 00:03:40,379

leave the couch they're impressive

80

00:03:45,350 --> 00:03:43,140

little things but at what a cost stress

81

00:03:47,690 --> 00:03:45,360

anxiety depression and drug abuse are

82

00:03:50,630 --> 00:03:47,700

all at near record highs and we can't

83

00:03:53,509 --> 00:03:50,640

blame the smartphone alone the 24 7

84

00:03:55,970 --> 00:03:53,519

fear-based News cycle low-wage work bad

85

00:03:58,009 --> 00:03:55,980

diets poor education and general lack of

86

00:04:00,470 --> 00:03:58,019

fulfillment or proper guidance all have

87

00:04:02,869 --> 00:04:00,480

a role to play as well but broadly

88

00:04:05,030 --> 00:04:02,879

speaking taking a break from the world's

89

00:04:07,130 --> 00:04:05,040

constant input is something all of us

90

00:04:09,110 --> 00:04:07,140

could use more of and if we could make

91

00:04:11,089 --> 00:04:09,120

even a modest dent in the number of

92

00:04:13,429 --> 00:04:11,099

people supplementing their unhappiness

93

00:04:15,530 --> 00:04:13,439

with big pharma's latest offerings I'd

94

00:04:17,750 --> 00:04:15,540

say that's a beautiful thing which is

95

00:04:20,449 --> 00:04:17,760

exactly what today's guests Dr Justin

96

00:04:22,129 --> 00:04:20,459

Feinstein and Mandy are trying to do

97

00:04:25,870 --> 00:04:22,139

through their work with flotation

98

00:04:28,610 --> 00:04:25,880

therapy AKA sensory deprivation or rest

99

00:04:31,010 --> 00:04:28,620

reduced environmental stimulus therapy

100

00:04:33,170 --> 00:04:31,020

they have both shared some impressive

101
00:04:35,570 --> 00:04:33,180
data on flotation with me and it seemed

102
00:04:38,210 --> 00:04:35,580
only right to pass it along to you for

103
00:04:40,670 --> 00:04:38,220
the unfamiliar Dr Justin Feinstein is a

104
00:04:43,310 --> 00:04:40,680
clinical neuropsychologist and expert in

105
00:04:45,350 --> 00:04:43,320
the Neuroscience of fear with over 50

106
00:04:47,510 --> 00:04:45,360
peer-reviewed Publications in some of

107
00:04:49,670 --> 00:04:47,520
the top scientific journals who has been

108
00:04:52,249 --> 00:04:49,680
trailblazing A New Path forward for the

109
00:04:53,810 --> 00:04:52,259
treatment of anxiety stress PTSD and

110
00:04:56,810 --> 00:04:53,820
other sub-optimal states of being

111
00:04:58,370 --> 00:04:56,820
through flotation therapy he is now the

112
00:05:00,290 --> 00:04:58,380
president and director of the float

113
00:05:02,150 --> 00:05:00,300

research Collective a non-profit

114

00:05:04,249 --> 00:05:02,160

organization that is playing a pivotal

115

00:05:06,710 --> 00:05:04,259

role in establishing flotation as an

116

00:05:08,390 --> 00:05:06,720

accepted medical treatment and Mandy

117

00:05:10,490 --> 00:05:08,400

Rowe is the president of franchise

118

00:05:12,530 --> 00:05:10,500

development for True rest the leading

119

00:05:14,390 --> 00:05:12,540

float therapy brand in the world who

120

00:05:16,249 --> 00:05:14,400

discovered float therapy right here in

121

00:05:18,469 --> 00:05:16,259

San Diego where the Navy Seals were

122

00:05:21,650 --> 00:05:18,479

using float pods as a holistic approach

123

00:05:23,330 --> 00:05:21,660

to PTSD and Muscle Recovery now through

124

00:05:25,070 --> 00:05:23,340

the franchise model she works to make

125

00:05:27,170 --> 00:05:25,080

float therapy an accessible and

126
00:05:28,730 --> 00:05:27,180
approachable therapy for all while

127
00:05:31,730 --> 00:05:28,740
helping people achieve their

128
00:05:33,529 --> 00:05:31,740
entrepreneurial dreams worthy goals all

129
00:05:35,689 --> 00:05:33,539
around let's get into it the holistic

130
00:05:37,670 --> 00:05:35,699
approach Advocates sensory deprivation

131
00:05:39,830 --> 00:05:37,680
supporters and flotation tank True

132
00:05:42,529 --> 00:05:39,840
Believers Justin and Mandy welcome to

133
00:05:44,330 --> 00:05:42,539
the higher side thank you Craig I think

134
00:05:46,730 --> 00:05:44,340
I told you I'm a huge fan of this

135
00:05:48,230 --> 00:05:46,740
podcast my boyfriend introduced me to it

136
00:05:49,909 --> 00:05:48,240
like two years ago and I don't think

137
00:05:51,590 --> 00:05:49,919
I've missed an episode since so I'm

138
00:05:54,409 --> 00:05:51,600

excited to share everything we got with

139

00:05:56,749 --> 00:05:54,419

you yeah great to be here Greg uh well

140

00:05:58,610 --> 00:05:56,759

it's great to have you Mandy that is a

141

00:06:00,710 --> 00:05:58,620

hell of an honor and this is going to be

142

00:06:03,170 --> 00:06:00,720

an interesting one I assume most people

143

00:06:05,270 --> 00:06:03,180

are somewhat aware of flotation therapy

144

00:06:07,730 --> 00:06:05,280

but through your presentations Dr

145

00:06:09,950 --> 00:06:07,740

Feinstein I learned a lot more and

146

00:06:13,370 --> 00:06:09,960

there's some really intriguing research

147

00:06:15,710 --> 00:06:13,380

and hard data I'm also a big supporter

148

00:06:17,930 --> 00:06:15,720

of this angle that it could make a

149

00:06:20,990 --> 00:06:17,940

serious Dent with what you refer to as

150

00:06:22,969 --> 00:06:21,000

the behemoths of bigfar Karma benzos and

151

00:06:25,550 --> 00:06:22,979

opioids which are clearly a massive

152

00:06:28,610 --> 00:06:25,560

problem so that's where the real value

153

00:06:31,370 --> 00:06:28,620

is to me and making people more aware of

154

00:06:33,050 --> 00:06:31,380

this option and its benefits but in the

155

00:06:34,430 --> 00:06:33,060

interest of leaving No Man Behind for

156

00:06:37,070 --> 00:06:34,440

the people who don't know a whole lot

157

00:06:39,950 --> 00:06:37,080

about this when you get into a flotation

158

00:06:42,710 --> 00:06:39,960

tank you are floating on 10 inches of

159

00:06:45,050 --> 00:06:42,720

water a thousand plus pounds of Epsom

160

00:06:47,990 --> 00:06:45,060

salt and you are cut off from the rest

161

00:06:50,689 --> 00:06:48,000

of the external world no sound no light

162

00:06:52,610 --> 00:06:50,699

no gravity and if you stay still enough

163

00:06:55,010 --> 00:06:52,620

you can't even really sense the water

164

00:06:57,770 --> 00:06:55,020

because it's usually set to body

165

00:06:59,510 --> 00:06:57,780

temperature too and that's really the

166

00:07:01,370 --> 00:06:59,520

long and short of it for those who might

167

00:07:04,189 --> 00:07:01,380

still be unaware and let's start with Dr

168

00:07:06,350 --> 00:07:04,199

Einstein but let them know if I missed

169

00:07:09,409 --> 00:07:06,360

any important details and talk to us

170

00:07:11,749 --> 00:07:09,419

about why you were so intrigued by this

171

00:07:13,790 --> 00:07:11,759

specific modality considering the range

172

00:07:16,010 --> 00:07:13,800

of options that are out there and the

173

00:07:18,770 --> 00:07:16,020

Decades of work that you've done

174

00:07:21,950 --> 00:07:18,780

well first of all thanks for that great

175

00:07:24,830 --> 00:07:21,960

introduction Greg I would say that our

176

00:07:27,890 --> 00:07:24,840

society is at a very critical sort of

177

00:07:30,050 --> 00:07:27,900

crossroads right now technology is

178

00:07:33,770 --> 00:07:30,060

transforming faster than the human

179

00:07:35,629 --> 00:07:33,780

species and we all have to face that we

180

00:07:38,689 --> 00:07:35,639

are the guinea pigs we are the first

181

00:07:41,510 --> 00:07:38,699

exposed to this sort of 24 7

182

00:07:44,629 --> 00:07:41,520

connectivity I could tell you with the

183

00:07:47,510 --> 00:07:44,639

Young Generation especially they are In

184

00:07:49,969 --> 00:07:47,520

Harm's Way There is clear data coming

185

00:07:52,129 --> 00:07:49,979

out showing that the smartphones are

186

00:07:55,670 --> 00:07:52,139

highly addictive and they are changing

187

00:07:58,189 --> 00:07:55,680

the nervous system for the worse

188

00:08:00,830 --> 00:07:58,199

higher rates of anxiety higher rates of

189

00:08:02,990 --> 00:08:00,840

depression higher rates of Eating

190

00:08:07,189 --> 00:08:03,000

Disorders higher rates of suicidality

191

00:08:09,469 --> 00:08:07,199

these are very ominous indicators of

192

00:08:11,629 --> 00:08:09,479

something gone awry and so when I

193

00:08:13,070 --> 00:08:11,639

stumbled upon float therapy over a

194

00:08:16,189 --> 00:08:13,080

decade ago

195

00:08:18,350 --> 00:08:16,199

it was really at the beginning of this

196

00:08:21,950 --> 00:08:18,360

sort of shift in society here we are a

197

00:08:25,129 --> 00:08:21,960

decade later it's only gotten worse

198

00:08:27,529 --> 00:08:25,139

and to me what I've noticed as a

199

00:08:30,890 --> 00:08:27,539

neuropsychologist is people are

200

00:08:33,969 --> 00:08:30,900

self-medicating the most common forms of

201

00:08:36,589 --> 00:08:33,979

suffering away whether it be stress

202

00:08:39,469 --> 00:08:36,599

anxiety or pain

203

00:08:41,329 --> 00:08:39,479

and it's caused a concurrent addiction

204

00:08:42,649 --> 00:08:41,339

epidemic

205

00:08:45,710 --> 00:08:42,659

so

206

00:08:48,949 --> 00:08:45,720

this is really the Confluence of what

207

00:08:51,110 --> 00:08:48,959

led me to float therapy which in many

208

00:08:52,910 --> 00:08:51,120

ways could be an antidote

209

00:08:55,250 --> 00:08:52,920

to all of this

210

00:08:57,050 --> 00:08:55,260

and I really believe that you know it's

211

00:08:59,210 --> 00:08:57,060

been 10 years now we've been collecting

212

00:09:01,190 --> 00:08:59,220

data we've published many studies and

213

00:09:03,470 --> 00:09:01,200

good peer-reviewed journals

214

00:09:07,250 --> 00:09:03,480

and the data is very clear that this

215

00:09:09,490 --> 00:09:07,260

could be a very potent antidote to this

216

00:09:14,150 --> 00:09:09,500

constant connectivity of modern society

217

00:09:17,509 --> 00:09:14,160

and not needing to self-medicate

218

00:09:19,670 --> 00:09:17,519

away stress pain and anxiety there's a

219

00:09:22,790 --> 00:09:19,680

natural alternative that could really

220

00:09:26,090 --> 00:09:22,800

help your nervous system reset

221

00:09:28,850 --> 00:09:26,100

yeah great points it is intense the era

222

00:09:31,430 --> 00:09:28,860

we are in and sometimes the solutions

223

00:09:33,470 --> 00:09:31,440

offered are no better or worse than the

224

00:09:37,190 --> 00:09:33,480

problems themselves which is just a

225

00:09:39,230 --> 00:09:37,200

terrible spiral and Mandy I would kind

226

00:09:41,570 --> 00:09:39,240

of ask the same of you I understand you

227

00:09:44,930 --> 00:09:41,580

come from a seal family and that your

228

00:09:46,670 --> 00:09:44,940

Segway in was seeing the seals use this

229

00:09:48,949 --> 00:09:46,680

but why are you so passionate about

230

00:09:50,329 --> 00:09:48,959

flotation therapy when compared to

231

00:09:53,150 --> 00:09:50,339

everything else

232

00:09:55,250 --> 00:09:53,160

yeah absolutely so it's actually kind of

233

00:09:57,949 --> 00:09:55,260

funny between Justin who had been

234

00:09:59,750 --> 00:09:57,959

working at the VA in San Diego and I was

235

00:10:01,850 --> 00:09:59,760

born in Coronado where the Navy Seals

236

00:10:03,230 --> 00:10:01,860

train and you being there in San Diego I

237

00:10:04,790 --> 00:10:03,240

think there might be something in the

238

00:10:07,610 --> 00:10:04,800

water out there that you know had this

239

00:10:09,350 --> 00:10:07,620

all interested in this topic but uh you

240

00:10:11,750 --> 00:10:09,360

know for me so there's actually no Navy

241

00:10:14,329 --> 00:10:11,760

Seal in my family but being raised in

242

00:10:15,949 --> 00:10:14,339

Coronado you're constantly surrounded by

243

00:10:18,110 --> 00:10:15,959

you know Navy sales training as you know

244

00:10:20,389 --> 00:10:18,120

they run down the beach and your friends

245

00:10:22,130 --> 00:10:20,399

parents you know go on deployments and

246

00:10:24,530 --> 00:10:22,140

your friends leave you know pretty much

247

00:10:27,889 --> 00:10:24,540

all throughout my childhood and so I had

248

00:10:30,170 --> 00:10:27,899

one family friend her dad was on

249

00:10:32,750 --> 00:10:30,180

multiple deployments and came back from

250

00:10:36,110 --> 00:10:32,760

one with his calf blown off and with

251
00:10:37,610 --> 00:10:36,120
some pretty obvious severe PTSD that you

252
00:10:39,290 --> 00:10:37,620
know did break up their family and you

253
00:10:42,590 --> 00:10:39,300
know had a lot of other really bad

254
00:10:46,009 --> 00:10:42,600
consequences and when my dad ran into

255
00:10:48,590 --> 00:10:46,019
him a few years later he after many many

256
00:10:50,930 --> 00:10:48,600
requests to have his leg amputated did

257
00:10:53,690 --> 00:10:50,940
not have his leg amputated and was doing

258
00:10:55,910 --> 00:10:53,700
a lot better and when we asked him what

259
00:10:58,370 --> 00:10:55,920
he was doing to heal himself his answer

260
00:11:01,250 --> 00:10:58,380
was float therapy on top of a couple

261
00:11:03,470 --> 00:11:01,260
other things and it turns out that that

262
00:11:05,990 --> 00:11:03,480
the Amphibious Base in Coronado they've

263
00:11:08,269 --> 00:11:06,000

got a couple float pods and they are

264

00:11:11,690 --> 00:11:08,279

putting these guys in there for anywhere

265

00:11:14,810 --> 00:11:11,700

from 30 minutes to four hours and at the

266

00:11:17,210 --> 00:11:14,820

time there was only like eight locations

267

00:11:19,250 --> 00:11:17,220

in all of North America where anyone in

268

00:11:21,170 --> 00:11:19,260

the public could go float and if the

269

00:11:22,850 --> 00:11:21,180

Navy Seals are doing it to us it's just

270

00:11:25,009 --> 00:11:22,860

extremely obvious that that is a

271

00:11:26,509 --> 00:11:25,019

validated therapy and why is it not

272

00:11:29,030 --> 00:11:26,519

available to the public

273

00:11:30,590 --> 00:11:29,040

and one of the things I I know your

274

00:11:33,769 --> 00:11:30,600

audience will enjoy and we can dig into

275

00:11:35,870 --> 00:11:33,779

this maybe later but other than the just

276
00:11:38,269 --> 00:11:35,880
anecdotal evidence from our Navy SEAL

277
00:11:41,389 --> 00:11:38,279
friend I won't share his name there were

278
00:11:43,069 --> 00:11:41,399
a couple articles and videos online of

279
00:11:45,110 --> 00:11:43,079
these different people in the Navy

280
00:11:48,530 --> 00:11:45,120
higher up talking about how they were

281
00:11:50,090 --> 00:11:48,540
using float therapy to treat PTSD and

282
00:11:51,889 --> 00:11:50,100
for advanced language learning and a

283
00:11:53,389 --> 00:11:51,899
couple other things and of course as

284
00:11:55,190 --> 00:11:53,399
soon as I start talking about that video

285
00:11:56,870 --> 00:11:55,200
more it was taken down within like the

286
00:11:58,370 --> 00:11:56,880
first year and now those videos are

287
00:11:59,990 --> 00:11:58,380
nowhere to be found and the Navy doesn't

288
00:12:01,670 --> 00:12:00,000

want you to know that they're probably

289

00:12:04,250 --> 00:12:01,680

still doing it

290

00:12:08,030 --> 00:12:04,260

um so when we learned that it was that

291

00:12:09,710 --> 00:12:08,040

powerful for our veterans and we have a

292

00:12:11,870 --> 00:12:09,720

franchise background in my family it

293

00:12:14,150 --> 00:12:11,880

just made sense to start offering this

294

00:12:16,550 --> 00:12:14,160

to the public and I think the public has

295

00:12:18,710 --> 00:12:16,560

been very receptive to it obviously with

296

00:12:21,050 --> 00:12:18,720

our expansion across the U.S and now

297

00:12:22,970 --> 00:12:21,060

into Canada but I rely on people like

298

00:12:24,949 --> 00:12:22,980

Justin to give me the neuroscience and

299

00:12:27,410 --> 00:12:24,959

the actual research to tell everyone

300

00:12:29,329 --> 00:12:27,420

that yes you feel incredible but you

301
00:12:30,650 --> 00:12:29,339
know why does that happen and we're

302
00:12:32,810 --> 00:12:30,660
going to continue to do everything we

303
00:12:35,930 --> 00:12:32,820
can to help give people a non-addictive

304
00:12:37,550 --> 00:12:35,940
approach to pain relief relaxation and

305
00:12:40,730 --> 00:12:37,560
better sleep

306
00:12:43,370 --> 00:12:40,740
right on yeah the example of your

307
00:12:45,530 --> 00:12:43,380
friend's father is definitely a powerful

308
00:12:48,470 --> 00:12:45,540
one and I definitely wanted to get into

309
00:12:50,750 --> 00:12:48,480
the advanced language learning thing but

310
00:12:53,269 --> 00:12:50,760
while we're still setting this up what

311
00:12:56,269 --> 00:12:53,279
is the real scope of the possible

312
00:12:59,030 --> 00:12:56,279
benefits from this therapy for those who

313
00:13:02,449 --> 00:12:59,040

have serious problems in the stress

314

00:13:04,730 --> 00:13:02,459

anxiety PTSD realm and also for those

315

00:13:08,030 --> 00:13:04,740

who don't I mean as you said just living

316

00:13:10,370 --> 00:13:08,040

a life these days requires maybe a

317

00:13:12,470 --> 00:13:10,380

little bit of oomph in the relaxation

318

00:13:14,210 --> 00:13:12,480

department but talk to us about that

319

00:13:17,210 --> 00:13:14,220

range of benefits there's obviously a

320

00:13:20,690 --> 00:13:17,220

lot of claims but what do we know Justin

321

00:13:24,110 --> 00:13:20,700

you know when I got into float research

322

00:13:25,970 --> 00:13:24,120

about a decade ago there was really not

323

00:13:27,889 --> 00:13:25,980

much in terms of peer-reviewed

324

00:13:31,550 --> 00:13:27,899

Publications

325

00:13:33,530 --> 00:13:31,560

in patients with mental health issues

326

00:13:35,509 --> 00:13:33,540

who were floating

327

00:13:38,150 --> 00:13:35,519

you know there was anecdotal data as

328

00:13:39,829 --> 00:13:38,160

Mandy alluded to there were some

329

00:13:41,030 --> 00:13:39,839

peer-reviewed papers and healthy

330

00:13:42,949 --> 00:13:41,040

subjects

331

00:13:44,930 --> 00:13:42,959

but the clinical populations were

332

00:13:47,690 --> 00:13:44,940

missing and that's really what I tried

333

00:13:51,290 --> 00:13:47,700

to fill that void by studying patients

334

00:13:53,269 --> 00:13:51,300

with PTSD anxiety across the Spectrum

335

00:13:57,470 --> 00:13:53,279

and depression

336

00:14:00,110 --> 00:13:57,480

and my colleague Dr side Khalsa is also

337

00:14:01,129 --> 00:14:00,120

studying anorexia nervosa so we've kind

338

00:14:06,590 --> 00:14:01,139

of

339

00:14:08,690 --> 00:14:06,600

mental health issues and we tried to you

340

00:14:11,090 --> 00:14:08,700

know first address the question of

341

00:14:14,210 --> 00:14:11,100

safety you know when you have mental

342

00:14:15,889 --> 00:14:14,220

health issues is it safe to go into this

343

00:14:18,530 --> 00:14:15,899

environment are you going to have

344

00:14:21,590 --> 00:14:18,540

potentially adverse effects

345

00:14:24,650 --> 00:14:21,600

and this was really most of our initial

346

00:14:26,750 --> 00:14:24,660

studies was really focused on safety and

347

00:14:29,810 --> 00:14:26,760

now we're kind of in the middle of doing

348

00:14:32,269 --> 00:14:29,820

these sort of longer term clinical

349

00:14:34,310 --> 00:14:32,279

studies of what are the benefits from

350

00:14:36,710 --> 00:14:34,320

floating repeatedly

351
00:14:38,990 --> 00:14:36,720
but to me when you look at the effects

352
00:14:41,210 --> 00:14:39,000
of just a single float session I think

353
00:14:44,870 --> 00:14:41,220
by themselves they're pretty impressive

354
00:14:47,269 --> 00:14:44,880
I do think the practice has benefit

355
00:14:48,829 --> 00:14:47,279
with multiple sessions but that research

356
00:14:51,050 --> 00:14:48,839
is still being conducted we're

357
00:14:53,810 --> 00:14:51,060
conducting one of the first nih-funded

358
00:14:55,910 --> 00:14:53,820
clinical trials to look at that but the

359
00:14:58,550 --> 00:14:55,920
data is already out and published on the

360
00:15:00,949 --> 00:14:58,560
effects of what happens when you float

361
00:15:03,769 --> 00:15:00,959
and you have these conditions

362
00:15:06,889 --> 00:15:03,779
and what we're seeing is within an hour

363
00:15:09,430 --> 00:15:06,899

of entering the pool

364

00:15:12,670 --> 00:15:09,440

your stress levels dramatically reduce

365

00:15:16,009 --> 00:15:12,680

and your muscle tension interestingly

366

00:15:18,790 --> 00:15:16,019

dramatically reduces and to me I think a

367

00:15:22,329 --> 00:15:18,800

lot of mental health issues could be

368

00:15:25,670 --> 00:15:22,339

subconsciously or unconsciously driven

369

00:15:28,250 --> 00:15:25,680

by muscle tension and this is one of the

370

00:15:30,650 --> 00:15:28,260

few interventions that really almost

371

00:15:32,449 --> 00:15:30,660

immediately relaxes all of that muscle

372

00:15:35,350 --> 00:15:32,459

tension especially in the back around

373

00:15:39,050 --> 00:15:35,360

the spinal cord and the neck

374

00:15:40,910 --> 00:15:39,060

and on top of this reduction in Stress

375

00:15:43,430 --> 00:15:40,920

and Anxiety

376

00:15:47,030 --> 00:15:43,440

you get this very interesting sort of

377

00:15:49,490 --> 00:15:47,040

boost or lift in mood patients who are

378

00:15:52,310 --> 00:15:49,500

depressed are suddenly feeling a lot

379

00:15:56,389 --> 00:15:52,320

less of that depression they feel a

380

00:15:59,150 --> 00:15:56,399

sense of peace and calm and serenity

381

00:16:01,009 --> 00:15:59,160

in ways that they often reported

382

00:16:02,470 --> 00:16:01,019

post-float

383

00:16:05,750 --> 00:16:02,480

were

384

00:16:07,790 --> 00:16:05,760

completely novel to them you know a lot

385

00:16:09,590 --> 00:16:07,800

of these patients I was studying we kind

386

00:16:12,230 --> 00:16:09,600

of first went after some of the most

387

00:16:13,250 --> 00:16:12,240

severely impaired patients in that

388

00:16:15,650 --> 00:16:13,260

Spectrum

389

00:16:18,590 --> 00:16:15,660

and they had been suffering not just for

390

00:16:21,230 --> 00:16:18,600

years but for decades and the way a lot

391

00:16:24,530 --> 00:16:21,240

of them described it was it gave them

392

00:16:27,110 --> 00:16:24,540

this sort of really amazing reset

393

00:16:29,509 --> 00:16:27,120

and when we followed it up for a day or

394

00:16:32,210 --> 00:16:29,519

two it persevered

395

00:16:34,610 --> 00:16:32,220

it wasn't as strong on day one or two as

396

00:16:38,449 --> 00:16:34,620

it was you know immediately post-float

397

00:16:40,689 --> 00:16:38,459

but there was still this residue of calm

398

00:16:43,970 --> 00:16:40,699

of peace

399

00:16:46,430 --> 00:16:43,980

and the stress and anxiety Then would

400

00:16:48,650 --> 00:16:46,440

start sort of percolating back up maybe

401
00:16:51,470 --> 00:16:48,660
by day three or four there's individual

402
00:16:53,449 --> 00:16:51,480
variability but to me the fact that you

403
00:16:54,470 --> 00:16:53,459
go into this environment for a single

404
00:16:56,150 --> 00:16:54,480
hour

405
00:16:58,129 --> 00:16:56,160
and you take somebody who's been

406
00:17:01,430 --> 00:16:58,139
chronically anxious and depressed for

407
00:17:03,710 --> 00:17:01,440
years and suddenly and magically they're

408
00:17:05,750 --> 00:17:03,720
feeling a little bit better like their

409
00:17:07,909 --> 00:17:05,760
old self again

410
00:17:10,909 --> 00:17:07,919
and you didn't have to do anything the

411
00:17:13,189 --> 00:17:10,919
environment did all the work for them so

412
00:17:16,010 --> 00:17:13,199
we've now studied this and replicated

413
00:17:18,710 --> 00:17:16,020

that effect five different times

414

00:17:21,350 --> 00:17:18,720

it's a highly reliable reduction in what

415

00:17:24,890 --> 00:17:21,360

we call State anxiety

416

00:17:26,870 --> 00:17:24,900

on average about a 14 point reduction on

417

00:17:29,810 --> 00:17:26,880

the Spielberg State anxiety inventory

418

00:17:31,430 --> 00:17:29,820

from pre to post float and we found this

419

00:17:33,650 --> 00:17:31,440

in all of the different types of

420

00:17:36,169 --> 00:17:33,660

patients we studied

421

00:17:39,529 --> 00:17:36,179

it seems to be this really great

422

00:17:42,110 --> 00:17:39,539

environment for inducing a state of

423

00:17:44,690 --> 00:17:42,120

homeostasis in the nervous system

424

00:17:47,270 --> 00:17:44,700

and there's very few Technologies I'm

425

00:17:50,810 --> 00:17:47,280

aware of that could do that as rapidly

426

00:17:53,090 --> 00:17:50,820

and as effectively as floating

427

00:17:56,150 --> 00:17:53,100

and the other part I should mention is

428

00:17:59,150 --> 00:17:56,160

we did measure safety in all of these

429

00:18:02,330 --> 00:17:59,160

trials and we were not seeing Adverse

430

00:18:04,250 --> 00:18:02,340

Events we were worried about this I did

431

00:18:06,049 --> 00:18:04,260

a lot of things to try to make this as

432

00:18:08,150 --> 00:18:06,059

safe as possible we had an intercom

433

00:18:09,890 --> 00:18:08,160

system where we could communicate with

434

00:18:13,010 --> 00:18:09,900

the patients we were monitoring their

435

00:18:15,880 --> 00:18:13,020

Vital Signs we were ready to address any

436

00:18:17,210 --> 00:18:15,890

safety issues but they didn't come up

437

00:18:19,490 --> 00:18:17,220

[Music]

438

00:18:22,370 --> 00:18:19,500

so to me this is something incredible

439

00:18:25,010 --> 00:18:22,380

from a medical standpoint it's very rare

440

00:18:27,350 --> 00:18:25,020

to see something that could give such a

441

00:18:28,610 --> 00:18:27,360

reliable benefit and have so little

442

00:18:30,830 --> 00:18:28,620

downside

443

00:18:32,390 --> 00:18:30,840

and so with that that's why I started

444

00:18:35,270 --> 00:18:32,400

the non-profit the float research

445

00:18:37,070 --> 00:18:35,280

Collective the whole goal is to try to

446

00:18:39,710 --> 00:18:37,080

make the world more aware of these

447

00:18:41,210 --> 00:18:39,720

benefits and hopefully get the powers

448

00:18:43,549 --> 00:18:41,220

that be

449

00:18:45,710 --> 00:18:43,559

to start paying for this therapy so

450

00:18:49,490 --> 00:18:45,720

anybody could access it it's so simple

451

00:18:52,010 --> 00:18:49,500

it's so easy yet right now it's not as

452

00:18:55,190 --> 00:18:52,020

accessible as I would like it to be

453

00:18:57,350 --> 00:18:55,200

mm-hmm yes you make that point in one of

454

00:18:59,390 --> 00:18:57,360

your presentations that when it comes to

455

00:19:02,750 --> 00:18:59,400

the most vulnerable people who could

456

00:19:06,529 --> 00:19:02,760

benefit the most they often don't have

457

00:19:08,390 --> 00:19:06,539

the funds to do this out of pocket

458

00:19:10,490 --> 00:19:08,400

routinely

459

00:19:13,490 --> 00:19:10,500

and so if we could get insurance

460

00:19:15,770 --> 00:19:13,500

companies to recognize it and pay for it

461

00:19:18,169 --> 00:19:15,780

that would be a huge help for those most

462

00:19:20,870 --> 00:19:18,179

vulnerable people and I think anyone

463

00:19:22,250 --> 00:19:20,880

who's done this or knows a bit about it

464

00:19:24,289 --> 00:19:22,260

would look at it and be like well of

465

00:19:27,230 --> 00:19:24,299

course there's no negative effects

466

00:19:30,350 --> 00:19:27,240

you're just floating in this tank but of

467

00:19:32,510 --> 00:19:30,360

course with the vulnerable people you

468

00:19:34,730 --> 00:19:32,520

could induce Panic or claustrophobia

469

00:19:37,130 --> 00:19:34,740

these kinds of things which again it's

470

00:19:39,529 --> 00:19:37,140

kind of in your head but that's what

471

00:19:42,169 --> 00:19:39,539

we're dealing with is problems that

472

00:19:46,430 --> 00:19:42,179

exist in our head and I wanted to read

473

00:19:49,850 --> 00:19:46,440

this from one of your uh slides you say

474

00:19:52,250 --> 00:19:49,860

the challenges of the disengaged mind in

475

00:19:55,909 --> 00:19:52,260

11 studies we found that participants

476
00:19:58,310 --> 00:19:55,919
typically did not enjoy spending 6 to 15

477
00:20:00,770 --> 00:19:58,320
minutes in a room by themselves with

478
00:20:03,470 --> 00:20:00,780
nothing to do but think they enjoyed

479
00:20:06,830 --> 00:20:03,480
doing mundane external activities much

480
00:20:09,230 --> 00:20:06,840
more and actually many prefer to

481
00:20:10,970 --> 00:20:09,240
administer electric shocks to themselves

482
00:20:13,669 --> 00:20:10,980
instead of being alone with their own

483
00:20:15,350 --> 00:20:13,679
thoughts most people seem to prefer to

484
00:20:18,710 --> 00:20:15,360
be doing something rather than nothing

485
00:20:21,669 --> 00:20:18,720
even if that nothing is negative and

486
00:20:24,950 --> 00:20:21,679
obviously that's just kind of a comical

487
00:20:28,130 --> 00:20:24,960
realization from a study but how much of

488
00:20:31,310 --> 00:20:28,140

our mental problems arise from the fact

489

00:20:33,529 --> 00:20:31,320

that our culture doesn't really have a

490

00:20:36,289 --> 00:20:33,539

lot of respect or aptitude for

491

00:20:38,990 --> 00:20:36,299

meditation in some ways flotation seems

492

00:20:41,570 --> 00:20:39,000

like meditation on steroids or providing

493

00:20:43,909 --> 00:20:41,580

the opportunity to meditate but that's

494

00:20:46,730 --> 00:20:43,919

got to be a factor in why our culture

495

00:20:49,010 --> 00:20:46,740

has a lot of these problems right

496

00:20:50,630 --> 00:20:49,020

I couldn't agree more you know that's

497

00:20:53,090 --> 00:20:50,640

not from my study by the way that's

498

00:20:55,070 --> 00:20:53,100

Timothy Wilson this was a study that got

499

00:20:58,010 --> 00:20:55,080

published in a very prestigious Journal

500

00:21:01,909 --> 00:20:58,020

science right as I was building my

501
00:21:04,610 --> 00:21:01,919
laboratory my float Laboratory

502
00:21:06,169 --> 00:21:04,620
so you can imagine I'm seeing this study

503
00:21:08,570 --> 00:21:06,179
come out in the top Journal saying

504
00:21:12,230 --> 00:21:08,580
people can't spend 15 minutes alone with

505
00:21:14,330 --> 00:21:12,240
themselves without shocking themselves

506
00:21:16,070 --> 00:21:14,340
you know people hated to be by

507
00:21:18,169 --> 00:21:16,080
themselves in this it was really just

508
00:21:20,810 --> 00:21:18,179
sort of like a plain old room like an

509
00:21:22,789 --> 00:21:20,820
old Psychology office in the basement so

510
00:21:25,310 --> 00:21:22,799
not much stimulation but kind of very

511
00:21:27,430 --> 00:21:25,320
boring and obviously without their

512
00:21:30,470 --> 00:21:27,440
smartphones

513
00:21:31,970 --> 00:21:30,480

so I was worried I was concerned you

514

00:21:34,130 --> 00:21:31,980

know whether the patients could handle

515

00:21:36,830 --> 00:21:34,140

it a lot of the patients when I would

516

00:21:38,750 --> 00:21:36,840

say you could float in there for up to

517

00:21:40,669 --> 00:21:38,760

an hour or you could float in the pool

518

00:21:43,070 --> 00:21:40,679

for up to an hour and a half that was

519

00:21:45,529 --> 00:21:43,080

typically the two ranges of time that we

520

00:21:47,149 --> 00:21:45,539

looked at they would look at me and say

521

00:21:49,250 --> 00:21:47,159

you're nuts I'm going to go in there

522

00:21:51,770 --> 00:21:49,260

I'll be by myself for five minutes and

523

00:21:53,510 --> 00:21:51,780

then I am out of there

524

00:21:55,190 --> 00:21:53,520

they didn't think they could last five

525

00:21:57,590 --> 00:21:55,200

minutes in there

526

00:22:00,350 --> 00:21:57,600

and what's amazing to me is we just

527

00:22:01,730 --> 00:22:00,360

finished this NIH study and I could tell

528

00:22:03,950 --> 00:22:01,740

you guys this we haven't published it

529

00:22:06,169 --> 00:22:03,960

yet but when we left them to their own

530

00:22:07,490 --> 00:22:06,179

devices and said you flowed for as long

531

00:22:09,590 --> 00:22:07,500

as you want we're not going to tell you

532

00:22:11,990 --> 00:22:09,600

how long you could float for

533

00:22:14,450 --> 00:22:12,000

just float for as long as you want

534

00:22:15,770 --> 00:22:14,460

this same group of patients who

535

00:22:18,289 --> 00:22:15,780

originally didn't want to be in there

536

00:22:21,610 --> 00:22:18,299

for five minutes by themselves ended up

537

00:22:23,690 --> 00:22:21,620

spending 75 minutes on average

538

00:22:26,029 --> 00:22:23,700

her float

539

00:22:29,210 --> 00:22:26,039

so you know to me what this is telling

540

00:22:32,870 --> 00:22:29,220

me is we have a completely backward

541

00:22:36,049 --> 00:22:32,880

psychology about what happens when we're

542

00:22:38,649 --> 00:22:36,059

by ourselves with our own thoughts

543

00:22:42,110 --> 00:22:38,659

in a state where we're not

544

00:22:45,470 --> 00:22:42,120

immersed in this world around us

545

00:22:48,610 --> 00:22:45,480

and it turns out when we go internally

546

00:22:50,930 --> 00:22:48,620

there's this immense feeling of Peace

547

00:22:53,510 --> 00:22:50,940

but you have to do it in the right

548

00:22:55,669 --> 00:22:53,520

environment and what floating does is it

549

00:22:58,250 --> 00:22:55,679

tries to create that perfect environment

550

00:23:01,250 --> 00:22:58,260

I mean one thing you didn't talk about

551
00:23:02,990 --> 00:23:01,260
as much as we try to match the skin

552
00:23:05,510 --> 00:23:03,000
temperature

553
00:23:08,990 --> 00:23:05,520
of the outside body

554
00:23:09,890 --> 00:23:09,000
to both the water and the air

555
00:23:16,549 --> 00:23:09,900
temperature

556
00:23:18,169 --> 00:23:16,559
and what that does is you don't have to

557
00:23:20,930 --> 00:23:18,179
thermoregulate

558
00:23:22,669 --> 00:23:20,940
you don't feel too hot or too cold it

559
00:23:24,590 --> 00:23:22,679
feels perfect it's one of the few times

560
00:23:28,070 --> 00:23:24,600
in life where your skin doesn't have to

561
00:23:30,470 --> 00:23:28,080
thermoregulate and then suddenly

562
00:23:33,710 --> 00:23:30,480
you can't feel the boundaries between

563
00:23:35,870 --> 00:23:33,720

air body and water and your body will

564

00:23:38,330 --> 00:23:35,880

sort of just become one with this

565

00:23:40,370 --> 00:23:38,340

environment it becomes more or less what

566

00:23:43,310 --> 00:23:40,380

Richard Feynman called an out of Body

567

00:23:46,669 --> 00:23:45,230

that's what happened when he floated he

568

00:23:49,850 --> 00:23:46,679

talked about it as an out of body

569

00:23:52,370 --> 00:23:49,860

experience and what ends up happening is

570

00:23:53,990 --> 00:23:52,380

you go within body

571

00:23:55,970 --> 00:23:54,000

you know you use the word sensory

572

00:23:58,730 --> 00:23:55,980

deprivation and I hate that word because

573

00:24:01,130 --> 00:23:58,740

all of our research shows that when

574

00:24:04,310 --> 00:24:01,140

you're floating you feel the visceral

575

00:24:06,770 --> 00:24:04,320

body you feel the breath very intensely

576

00:24:08,450 --> 00:24:06,780

you could feel your heart beating

577

00:24:11,149 --> 00:24:08,460

sometimes you could feel the blood

578

00:24:13,610 --> 00:24:11,159

pulsating through your body

579

00:24:16,789 --> 00:24:13,620

it puts you into this very basic state

580

00:24:18,430 --> 00:24:16,799

of sentience and when you're focusing on

581

00:24:21,289 --> 00:24:18,440

things like the breath

582

00:24:23,049 --> 00:24:21,299

suddenly what people are trying to

583

00:24:25,010 --> 00:24:23,059

achieve in these sort of

584

00:24:27,169 --> 00:24:25,020

mindfulness-based meditations where

585

00:24:28,789 --> 00:24:27,179

they're focusing on the breath becomes

586

00:24:31,610 --> 00:24:28,799

Amplified

587

00:24:34,610 --> 00:24:31,620

and meditation as you said becomes so

588

00:24:37,250 --> 00:24:34,620

much easier in this environment

589

00:24:39,350 --> 00:24:37,260

and so you know to me

590

00:24:42,049 --> 00:24:39,360

I know I'm Meandering here but to get

591

00:24:45,230 --> 00:24:42,059

back to your original point

592

00:24:48,289 --> 00:24:45,240

people struggle with the idea of being

593

00:24:49,490 --> 00:24:48,299

with themselves because typically the

594

00:24:52,070 --> 00:24:49,500

environments that they're with

595

00:24:53,630 --> 00:24:52,080

themselves are in the outer world where

596

00:24:56,990 --> 00:24:53,640

they're sitting next to their smartphone

597

00:24:59,149 --> 00:24:57,000

where they're stimulated by life

598

00:25:01,870 --> 00:24:59,159

in this environment you are with

599

00:25:04,850 --> 00:25:01,880

yourself under the most perfect state of

600

00:25:08,090 --> 00:25:04,860

homeostasis your nervous system is

601
00:25:09,950 --> 00:25:08,100
really at peace and so suddenly when you

602
00:25:13,549 --> 00:25:09,960
go internally

603
00:25:15,549 --> 00:25:13,559
it's going to feel very different

604
00:25:18,950 --> 00:25:15,559
and this is what people don't understand

605
00:25:21,830 --> 00:25:18,960
I think there's a lot of hesitancy to

606
00:25:23,690 --> 00:25:21,840
try float therapy but once you're in the

607
00:25:25,370 --> 00:25:23,700
environment you realize it's actually

608
00:25:27,409 --> 00:25:25,380
quite simple

609
00:25:30,769 --> 00:25:27,419
in our intro video Justin if you

610
00:25:33,049 --> 00:25:30,779
remember for like the first six years we

611
00:25:35,149 --> 00:25:33,059
use the little phrase if you can't spend

612
00:25:37,909 --> 00:25:35,159
an hour alone with you what does that

613
00:25:39,830 --> 00:25:37,919

say about you and people were so

614

00:25:41,930 --> 00:25:39,840

offended that in the last year we

615

00:25:43,070 --> 00:25:41,940

finally just took that out because they

616

00:25:44,630 --> 00:25:43,080

just couldn't wrap their brains around

617

00:25:47,390 --> 00:25:44,640

the fact that they might be bored with

618

00:25:49,310 --> 00:25:47,400

their own thoughts I like that I think

619

00:25:52,250 --> 00:25:49,320

people could use a little gentle ribbing

620

00:25:55,370 --> 00:25:52,260

here and there I like the way you say

621

00:25:57,230 --> 00:25:55,380

that and so flotation tanks they have an

622

00:25:59,390 --> 00:25:57,240

interesting history too right I believe

623

00:26:01,610 --> 00:25:59,400

they were first developed by Eli Lilly

624

00:26:03,409 --> 00:26:01,620

who is probably even more famous for his

625

00:26:04,970 --> 00:26:03,419

research and trying to communicate with

626

00:26:07,250 --> 00:26:04,980

dolphins which ended up getting pretty

627

00:26:10,850 --> 00:26:07,260

weird with LSD and inner species

628

00:26:12,590 --> 00:26:10,860

relations but I'm not sure which of you

629

00:26:13,909 --> 00:26:12,600

would know more I'm sure you both know a

630

00:26:16,250 --> 00:26:13,919

little bit about the history but is

631

00:26:19,190 --> 00:26:16,260

there more to say about Eli Lilly and

632

00:26:21,950 --> 00:26:19,200

the Genesis of this flotation tank idea

633

00:26:24,230 --> 00:26:21,960

you meet John Lilly oh John Lilly my

634

00:26:26,510 --> 00:26:24,240

mistake yeah yeah Eli Lilly you know is

635

00:26:29,029 --> 00:26:26,520

a very giant name as well and

636

00:26:31,370 --> 00:26:29,039

pharmaceutical company now yes yes I

637

00:26:33,289 --> 00:26:31,380

think that's why I got my wires crossed

638

00:26:35,810 --> 00:26:33,299

I got a one-year-old at home hey

639

00:26:38,149 --> 00:26:35,820

forgiven but yeah John John Lilly is a

640

00:26:40,430 --> 00:26:38,159

figurehead in this it was really John

641

00:26:43,610 --> 00:26:40,440

Lilly and Jay Shirley both medical

642

00:26:46,430 --> 00:26:43,620

doctors who kind of invented the initial

643

00:26:48,110 --> 00:26:46,440

conception of floating back in the 1950s

644

00:26:49,310 --> 00:26:48,120

they were at the National Institute of

645

00:26:51,230 --> 00:26:49,320

Mental Health

646

00:26:54,350 --> 00:26:51,240

and sort of thinking about you know

647

00:26:56,450 --> 00:26:54,360

Consciousness and what happens to the

648

00:26:58,789 --> 00:26:56,460

brain when you could just shut off the

649

00:27:01,190 --> 00:26:58,799

outside world get rid of all forms of

650

00:27:02,810 --> 00:27:01,200

external stimulation get rid of all

651
00:27:04,730 --> 00:27:02,820
forms of input to the nervous system

652
00:27:07,610 --> 00:27:04,740
does the nervous system at that point

653
00:27:10,430 --> 00:27:07,620
cease to exist do you fall into a state

654
00:27:12,769 --> 00:27:10,440
of deep sleep or coma what happens

655
00:27:15,769 --> 00:27:12,779
and so they created these very elegant

656
00:27:18,769 --> 00:27:15,779
Contraptions very different than the

657
00:27:21,049 --> 00:27:18,779
float pools we have today where you're

658
00:27:25,010 --> 00:27:21,059
basically immersed in an eight foot tall

659
00:27:27,409 --> 00:27:25,020
vot of water completely immersed it's

660
00:27:30,649 --> 00:27:27,419
heated to skin temperature you're

661
00:27:33,909 --> 00:27:30,659
vertical not horizontal you're wearing

662
00:27:36,649 --> 00:27:33,919
this crazy alien-like Contraption helmet

663
00:27:38,990 --> 00:27:36,659

that has breathing tubes coming in to

664

00:27:42,230 --> 00:27:39,000

deliver oxygen breathing tubes going out

665

00:27:44,149 --> 00:27:42,240

to release the carbon dioxide and you're

666

00:27:45,649 --> 00:27:44,159

just sitting in that VOD of water it's

667

00:27:48,710 --> 00:27:45,659

very sci-fi

668

00:27:49,990 --> 00:27:48,720

and as you can imagine not very many

669

00:27:52,310 --> 00:27:50,000

people

670

00:27:54,850 --> 00:27:52,320

volunteered for this except NASA

671

00:27:57,350 --> 00:27:54,860

astronauts it turns out all the

672

00:28:00,890 --> 00:27:57,360

astronauts in training on the race to

673

00:28:03,169 --> 00:28:00,900

the moon in the 60s were doing this at J

674

00:28:05,529 --> 00:28:03,179

Shirley's tank at the VA hospital in

675

00:28:08,330 --> 00:28:05,539

Oklahoma City

676
00:28:10,730 --> 00:28:08,340
and it turned out your nervous system

677
00:28:15,169 --> 00:28:10,740
didn't shut off you went into a very

678
00:28:18,110 --> 00:28:15,179
sort of deep state of self-awareness of

679
00:28:21,230 --> 00:28:18,120
introspective thinking sometimes mind

680
00:28:23,810 --> 00:28:21,240
wandering imagination

681
00:28:25,549 --> 00:28:23,820
but he didn't cease to exist there you

682
00:28:27,950 --> 00:28:25,559
were the entire time

683
00:28:30,230 --> 00:28:27,960
it turns out the female astronauts in

684
00:28:32,570 --> 00:28:30,240
training were outlasting the men twofold

685
00:28:34,430 --> 00:28:32,580
some of those female astronauts could

686
00:28:37,490 --> 00:28:34,440
stay in this environment for upwards of

687
00:28:40,970 --> 00:28:37,500
12 hours straight

688
00:28:43,669 --> 00:28:40,980

the men were about six hours

689

00:28:46,190 --> 00:28:43,679

but anyways you know John Lilly

690

00:28:47,510 --> 00:28:46,200

was really fascinated by this state of

691

00:28:51,169 --> 00:28:47,520

consciousness

692

00:28:53,930 --> 00:28:51,179

and around the time Jay Shirley started

693

00:28:56,090 --> 00:28:53,940

his laboratory at the Oklahoma City VA

694

00:28:58,669 --> 00:28:56,100

John Lilly took off

695

00:29:01,430 --> 00:28:58,679

to the Virgin Islands and started his

696

00:29:04,789 --> 00:29:01,440

experiments with dolphins

697

00:29:08,570 --> 00:29:04,799

and started combining float tanks with

698

00:29:10,870 --> 00:29:08,580

psychedelic substances like LSD and

699

00:29:13,610 --> 00:29:10,880

eventually ketamine

700

00:29:15,950 --> 00:29:13,620

and wrote about it in his books he never

701
00:29:18,350 --> 00:29:15,960
published peer-reviewed scientific

702
00:29:20,870 --> 00:29:18,360
papers which always upset me about him

703
00:29:24,470 --> 00:29:20,880
on floating

704
00:29:26,810 --> 00:29:24,480
but he wrote some books and it became

705
00:29:29,330 --> 00:29:26,820
part of popular culture and then in the

706
00:29:30,950 --> 00:29:29,340
1980s they made a movie called Altered

707
00:29:33,409 --> 00:29:30,960
States

708
00:29:36,710 --> 00:29:33,419
which was really a fictional tell about

709
00:29:38,389 --> 00:29:36,720
John Lilly and his adventures in float

710
00:29:42,470 --> 00:29:38,399
tanks

711
00:29:44,029 --> 00:29:42,480
and it became somewhat of a cult classic

712
00:29:46,130 --> 00:29:44,039
and

713
00:29:48,289 --> 00:29:46,140

you know floating took off I would say a

714

00:29:50,510 --> 00:29:48,299

bit at that point in the 80s there was

715

00:29:51,950 --> 00:29:50,520

sort of an initial

716

00:29:54,289 --> 00:29:51,960

peaking of it

717

00:29:56,930 --> 00:29:54,299

and then it trailed off again after that

718

00:29:59,450 --> 00:29:56,940

and Lily passed away I think earlier

719

00:30:02,630 --> 00:29:59,460

this Millennium I think in the early

720

00:30:04,070 --> 00:30:02,640

2000s he was actually living in Maui at

721

00:30:07,389 --> 00:30:04,080

the time

722

00:30:10,070 --> 00:30:07,399

but you know he he was a very creative

723

00:30:14,090 --> 00:30:10,080

imaginative genius

724

00:30:16,190 --> 00:30:14,100

but also a bit of a Madman himself and

725

00:30:18,710 --> 00:30:16,200

and so we could get into that I have

726

00:30:20,389 --> 00:30:18,720

somewhat of a love hate relationship

727

00:30:22,010 --> 00:30:20,399

with John Lilly

728

00:30:23,930 --> 00:30:22,020

because I think he could have done so

729

00:30:26,330 --> 00:30:23,940

much more for the medical field and

730

00:30:28,730 --> 00:30:26,340

floating but he never really touted that

731

00:30:30,889 --> 00:30:28,740

part of it was more of a Consciousness

732

00:30:32,990 --> 00:30:30,899

exploration for him

733

00:30:35,450 --> 00:30:33,000

and he was a medical doctor and he was a

734

00:30:37,909 --> 00:30:35,460

scientist as well who published other

735

00:30:41,029 --> 00:30:37,919

things in peer-reviewed journals

736

00:30:43,430 --> 00:30:41,039

but for better or worse it was Lily and

737

00:30:46,610 --> 00:30:43,440

Shirley who initially conceived the idea

738

00:30:49,909 --> 00:30:46,620

and then Lily and Glenn Perry in the

739

00:30:51,649 --> 00:30:49,919

early 70s who invented what is the

740

00:30:54,169 --> 00:30:51,659

modern day conception of floating where

741

00:30:57,769 --> 00:30:54,179

you are floating horizontally on this

742

00:31:01,070 --> 00:30:57,779

pool of water saturated with Epsom salt

743

00:31:03,110 --> 00:31:01,080

mm-hmm yeah I mean the way you describe

744

00:31:05,450 --> 00:31:03,120

these are my favorite types of people

745

00:31:07,730 --> 00:31:05,460

the ones who push up against the

746

00:31:10,730 --> 00:31:07,740

boundaries and I don't know I guess

747

00:31:12,529 --> 00:31:10,740

somehow secure the funding to do such

748

00:31:14,990 --> 00:31:12,539

research because it is so rare to have

749

00:31:16,549 --> 00:31:15,000

that kind of outside the box stuff

750

00:31:20,029 --> 00:31:16,559

happening that's why we still talk about

751
00:31:22,490 --> 00:31:20,039
it today decades later because it's hard

752
00:31:23,389 --> 00:31:22,500
to find a guy like Lily doing work like

753
00:31:26,990 --> 00:31:23,399
this

754
00:31:29,269 --> 00:31:27,000
that's right and I feel like the one

755
00:31:33,950 --> 00:31:29,279
mistake Lily made

756
00:31:36,889 --> 00:31:33,960
is he was a well-respected scientist for

757
00:31:38,870 --> 00:31:36,899
many many years in the early days I

758
00:31:40,789 --> 00:31:38,880
think science started losing respect for

759
00:31:42,529 --> 00:31:40,799
him when he stopped publishing papers

760
00:31:45,649 --> 00:31:42,539
stopped doing research and it was all

761
00:31:47,510 --> 00:31:45,659
just sort of self-observation I

762
00:31:49,789 --> 00:31:47,520
appreciate that because it's courageous

763
00:31:52,010 --> 00:31:49,799

what he did he went to state

764

00:31:55,789 --> 00:31:52,020

subconscious that pretty much no one

765

00:31:57,289 --> 00:31:55,799

else on Earth will ever obtain but at

766

00:31:59,269 --> 00:31:57,299

the same time you know coming from a

767

00:32:01,190 --> 00:31:59,279

medical or clinical perspective he was a

768

00:32:02,210 --> 00:32:01,200

medical doctor he was a psychiatrist by

769

00:32:04,549 --> 00:32:02,220

training

770

00:32:06,529 --> 00:32:04,559

he had published Neuroscience papers on

771

00:32:09,710 --> 00:32:06,539

recording some of the first

772

00:32:11,570 --> 00:32:09,720

signals from the brains of monkeys

773

00:32:13,970 --> 00:32:11,580

he was getting published in prestigious

774

00:32:17,149 --> 00:32:13,980

journals and then he discovers you know

775

00:32:19,370 --> 00:32:17,159

floating and then started using really

776
00:32:21,409 --> 00:32:19,380
high doses of psychedelics and then kind

777
00:32:22,730 --> 00:32:21,419
of stopped doing all that research and

778
00:32:24,769 --> 00:32:22,740
stop publishing

779
00:32:26,870 --> 00:32:24,779
and never really

780
00:32:28,850 --> 00:32:26,880
thought of floating necessarily from a

781
00:32:31,909 --> 00:32:28,860
therapeutic perspective at the time the

782
00:32:33,110 --> 00:32:31,919
tanks were you know very enclosed and we

783
00:32:35,750 --> 00:32:33,120
could talk about that it takes them

784
00:32:38,389 --> 00:32:35,760
become much more spacious and open

785
00:32:40,010 --> 00:32:38,399
over the days so as you said Greg

786
00:32:41,750 --> 00:32:40,020
earlier some people might feel

787
00:32:44,389 --> 00:32:41,760
claustrophobic in those earlier

788
00:32:46,130 --> 00:32:44,399

iterations of floating so maybe Lily

789

00:32:48,350 --> 00:32:46,140

thought this is only for special people

790

00:32:50,450 --> 00:32:48,360

who could handle this environment

791

00:32:52,190 --> 00:32:50,460

but nowadays floating should be open to

792

00:32:55,789 --> 00:32:52,200

everybody especially now that there's

793

00:32:59,269 --> 00:32:55,799

open pools so there is no enclosure but

794

00:33:00,590 --> 00:32:59,279

anyways I I digress I think you know the

795

00:33:02,870 --> 00:33:00,600

point I'm trying to make about John

796

00:33:05,930 --> 00:33:02,880

Lilly is the clinical field of medicine

797

00:33:08,090 --> 00:33:05,940

never took floating seriously

798

00:33:09,769 --> 00:33:08,100

it's just starting to right now because

799

00:33:12,350 --> 00:33:09,779

we're publishing this stuff in

800

00:33:14,630 --> 00:33:12,360

peer-reviewed medical journals

801
00:33:16,850 --> 00:33:14,640
but until then it was always this far

802
00:33:18,710 --> 00:33:16,860
out wild Niche that was always

803
00:33:20,330 --> 00:33:18,720
associated with psychedelics it was

804
00:33:22,490 --> 00:33:20,340
never viewed as a therapeutic treatment

805
00:33:24,710 --> 00:33:22,500
and that's what upsets me is I feel like

806
00:33:26,450 --> 00:33:24,720
Lily could have done more to get it more

807
00:33:29,210 --> 00:33:26,460
respected in that regard

808
00:33:31,130 --> 00:33:29,220
that's true that Association is pretty

809
00:33:32,750 --> 00:33:31,140
strong but on the other hand even the

810
00:33:34,610 --> 00:33:32,760
psychedelics are having their time to

811
00:33:37,430 --> 00:33:34,620
shine with lots of research going on

812
00:33:40,850 --> 00:33:37,440
concerning these same types of

813
00:33:44,330 --> 00:33:40,860

conditions really of stress and PTSD and

814

00:33:46,730 --> 00:33:44,340

I would say that mushrooms or MDMA are

815

00:33:49,730 --> 00:33:46,740

probably still far better ways to go

816

00:33:51,710 --> 00:33:49,740

about it than opioids and benzos but

817

00:33:54,950 --> 00:33:51,720

having had a few of my own experiences

818

00:33:57,230 --> 00:33:54,960

they can still be a roll of the dice

819

00:34:00,070 --> 00:33:57,240

especially if you're going in with an

820

00:34:02,990 --> 00:34:00,080

already somewhat fragile state of mind

821

00:34:05,330 --> 00:34:03,000

so floating really does seem like the

822

00:34:07,430 --> 00:34:05,340

best of all of these options but maybe

823

00:34:09,950 --> 00:34:07,440

because of the Resurgence in taking

824

00:34:11,930 --> 00:34:09,960

psychedelics seriously there's a new

825

00:34:13,490 --> 00:34:11,940

attitude towards taking the float tank

826

00:34:16,250 --> 00:34:13,500

seriously too in that previous

827

00:34:18,589 --> 00:34:16,260

Association isn't a big deal anymore

828

00:34:22,129 --> 00:34:18,599

because it's all kind of coming out

829

00:34:23,930 --> 00:34:22,139

yeah isn't that funny full circle right

830

00:34:25,849 --> 00:34:23,940

um and it all kind of happened at the

831

00:34:28,369 --> 00:34:25,859

same time those initial float tanks in

832

00:34:31,669 --> 00:34:28,379

the 70s the Psychedelic movement in the

833

00:34:33,649 --> 00:34:31,679

late 60s going into the 70s and it all

834

00:34:35,329 --> 00:34:33,659

sort of washed away and now it's coming

835

00:34:37,250 --> 00:34:35,339

back again and

836

00:34:39,649 --> 00:34:37,260

you know psychedelics I think have

837

00:34:41,930 --> 00:34:39,659

therapeutic use there is no doubt the

838

00:34:45,230 --> 00:34:41,940

evidence-based specially for psilocybin

839

00:34:47,629 --> 00:34:45,240

and depression MDMA and PTSD

840

00:34:50,510 --> 00:34:47,639

is really quite impressive

841

00:34:52,669 --> 00:34:50,520

you need to be doing it in the right set

842

00:34:54,290 --> 00:34:52,679

and setting and in all of the

843

00:34:56,869 --> 00:34:54,300

peer-reviewed research that's coming out

844

00:34:59,089 --> 00:34:56,879

the past few years it's with a trained

845

00:35:01,730 --> 00:34:59,099

and licensed therapist

846

00:35:03,290 --> 00:35:01,740

for many hours I mean for a psilocybin

847

00:35:05,109 --> 00:35:03,300

session you'll be with them for eight

848

00:35:08,270 --> 00:35:05,119

hours so it's not your typical

849

00:35:09,589 --> 00:35:08,280

Psychotherapy session they're guiding

850

00:35:11,810 --> 00:35:09,599

you through the experience they're

851
00:35:14,510 --> 00:35:11,820
helping you process the emotions they're

852
00:35:17,510 --> 00:35:14,520
helping make sure you're not going into

853
00:35:20,270 --> 00:35:17,520
a quote-unquote bad trip but inevitably

854
00:35:22,730 --> 00:35:20,280
bad trips happen and psychedelics are

855
00:35:24,410 --> 00:35:22,740
quite intense especially for people with

856
00:35:27,349 --> 00:35:24,420
mental health issues

857
00:35:29,150 --> 00:35:27,359
the adverse event rate of these in the

858
00:35:31,010 --> 00:35:29,160
most recent study that came out were

859
00:35:33,950 --> 00:35:31,020
higher than 50 percent

860
00:35:36,470 --> 00:35:33,960
sometimes upwards of 75 or more are

861
00:35:39,050 --> 00:35:36,480
having Adverse Events

862
00:35:41,870 --> 00:35:39,060
so I think it you know I like the idea

863
00:35:44,089 --> 00:35:41,880

of psychedelic therapy I think floating

864

00:35:46,730 --> 00:35:44,099

is maybe perhaps a better Bridge or

865

00:35:49,250 --> 00:35:46,740

transition before you go there in some

866

00:35:51,349 --> 00:35:49,260

ways floating creates I would say the

867

00:35:53,390 --> 00:35:51,359

perfect set and set it

868

00:35:55,670 --> 00:35:53,400

and that's probably why Lily was

869

00:35:57,910 --> 00:35:55,680

combining psychedelics with floating I

870

00:36:01,250 --> 00:35:57,920

think that that was a big part of it

871

00:36:03,770 --> 00:36:01,260

ketamine was his drug of choice

872

00:36:05,569 --> 00:36:03,780

and ketamine with depression I think is

873

00:36:07,910 --> 00:36:05,579

popping up all over the country now

874

00:36:08,990 --> 00:36:07,920

you're seeing clinics opening at every

875

00:36:10,849 --> 00:36:09,000

corner

876

00:36:12,710 --> 00:36:10,859

and

877

00:36:15,890 --> 00:36:12,720

he thought floating combined with

878

00:36:19,130 --> 00:36:15,900

ketamine was the ultimate state

879

00:36:21,530 --> 00:36:19,140

sort of dissociative State really yeah

880

00:36:24,109 --> 00:36:21,540

but it turns out ketamine is one of the

881

00:36:28,010 --> 00:36:24,119

most addictive substances on earth right

882

00:36:30,109 --> 00:36:28,020

huge physiological withdrawal hmm

883

00:36:32,329 --> 00:36:30,119

and Lily spent the latter part of his

884

00:36:34,670 --> 00:36:32,339

life in that withdrawal and so I think

885

00:36:36,710 --> 00:36:34,680

what we're not aware of is whenever

886

00:36:38,870 --> 00:36:36,720

you're introducing a drug whether it's a

887

00:36:41,030 --> 00:36:38,880

psychedelic or a drug like ketamine

888

00:36:43,670 --> 00:36:41,040

which is really a dissociative

889

00:36:45,950 --> 00:36:43,680

there is the possibility for Adverse

890

00:36:47,270 --> 00:36:45,960

Events and there is the possibility for

891

00:36:49,250 --> 00:36:47,280

addiction

892

00:36:50,990 --> 00:36:49,260

and these are two of the things I'm

893

00:36:53,450 --> 00:36:51,000

trying to fight against with float

894

00:36:55,849 --> 00:36:53,460

therapy I feel like it doesn't have that

895

00:36:58,550 --> 00:36:55,859

same profile you don't have Adverse

896

00:37:01,910 --> 00:36:58,560

Events you don't see addiction with it

897

00:37:04,010 --> 00:37:01,920

it seems to be very safe and so I I

898

00:37:05,810 --> 00:37:04,020

think of safety a lot because the opioid

899

00:37:07,849 --> 00:37:05,820

epidemic we're in right now in the

900

00:37:10,550 --> 00:37:07,859

benzodiazepine epidemic we're in right

901
00:37:12,410 --> 00:37:10,560
now we're driven by medical doctors who

902
00:37:14,870 --> 00:37:12,420
weren't thinking about safety they were

903
00:37:17,390 --> 00:37:14,880
just riding these prescriptions not

904
00:37:19,970 --> 00:37:17,400
caring about what are the Ripple effects

905
00:37:23,089 --> 00:37:19,980
in society when people are now addicted

906
00:37:25,190 --> 00:37:23,099
to these substances mm-hmm Justin and I

907
00:37:26,089 --> 00:37:25,200
have taken maybe a little bit of solace

908
00:37:28,010 --> 00:37:26,099
in

909
00:37:30,349 --> 00:37:28,020
one of the guys on my board of advisors

910
00:37:32,510 --> 00:37:30,359
our buddy Dr Dan Engel he's working with

911
00:37:34,490 --> 00:37:32,520
the thank you life fund that is doing a

912
00:37:37,550 --> 00:37:34,500
lot of this psychedelic treatment with

913
00:37:39,710 --> 00:37:37,560

veterans and the amount of traction and

914

00:37:41,750 --> 00:37:39,720

fundraising and you know even some

915

00:37:44,030 --> 00:37:41,760

government awareness that this thank you

916

00:37:46,069 --> 00:37:44,040

life fund is getting is I mean

917

00:37:47,690 --> 00:37:46,079

incredible and again everything that

918

00:37:49,910 --> 00:37:47,700

Justin's saying if he can get that kind

919

00:37:52,310 --> 00:37:49,920

of attention with psychedelics then

920

00:37:53,750 --> 00:37:52,320

Justin's float research Collective

921

00:37:56,329 --> 00:37:53,760

should really follow the same trajectory

922

00:38:00,530 --> 00:37:56,339

if not better we're hoping yeah

923

00:38:03,190 --> 00:38:00,540

absolutely and going back to the comment

924

00:38:07,310 --> 00:38:03,200

you made Justin about

925

00:38:09,349 --> 00:38:07,320

relaxing our bodies regulation that is

926

00:38:11,270 --> 00:38:09,359

constantly happening that in the tank

927

00:38:13,910 --> 00:38:11,280

our bodies can kind of

928

00:38:16,730 --> 00:38:13,920

put that process on the back burner it

929

00:38:19,130 --> 00:38:16,740

made me think of an analogy possibly to

930

00:38:22,490 --> 00:38:19,140

fasting which is another Trend out there

931

00:38:25,849 --> 00:38:22,500

that our bodies in American society are

932

00:38:29,870 --> 00:38:25,859

constantly processing intake morning

933

00:38:31,790 --> 00:38:29,880

noon and night and we don't fast but you

934

00:38:35,089 --> 00:38:31,800

know it's getting trendy and when you

935

00:38:38,210 --> 00:38:35,099

let your body stop that constant intake

936

00:38:40,250 --> 00:38:38,220

process other things happen that seem

937

00:38:43,010 --> 00:38:40,260

beneficial and you could maybe say

938

00:38:46,010 --> 00:38:43,020

there's a parallel there to just our

939

00:38:48,530 --> 00:38:46,020

body's regulation of temperature and all

940

00:38:50,690 --> 00:38:48,540

these things that we're experiencing

941

00:38:53,690 --> 00:38:50,700

because of the constant input it allows

942

00:38:55,970 --> 00:38:53,700

in a sense our bodies to stop and take a

943

00:38:57,530 --> 00:38:55,980

breath while we're in that tank is that

944

00:38:59,329 --> 00:38:57,540

kind of uh you see what I'm saying there

945

00:39:01,310 --> 00:38:59,339

yeah yeah it's really a form of

946

00:39:03,589 --> 00:39:01,320

self-regulation right

947

00:39:05,690 --> 00:39:03,599

I call it like the patellar reflex you

948

00:39:08,150 --> 00:39:05,700

know you hit the knee with the hammer

949

00:39:11,630 --> 00:39:08,160

the whole leg comes up and in float

950

00:39:14,329 --> 00:39:11,640

therapy you go into that pool and your

951
00:39:16,130 --> 00:39:14,339
nervous system just relaxes

952
00:39:17,870 --> 00:39:16,140
and we're talking about both your

953
00:39:20,329 --> 00:39:17,880
Central and your peripheral nervous

954
00:39:22,010 --> 00:39:20,339
system we just published a paper last

955
00:39:25,490 --> 00:39:22,020
month showing that your blood pressure

956
00:39:27,650 --> 00:39:25,500
reduces by 10 to 13 points

957
00:39:30,349 --> 00:39:27,660
your heart rate variability in the high

958
00:39:33,349 --> 00:39:30,359
frequency domain significantly increases

959
00:39:35,630 --> 00:39:33,359
your respiration rate goes down

960
00:39:37,490 --> 00:39:35,640
you know to me these are physiological

961
00:39:39,829 --> 00:39:37,500
changes that are happening when you're

962
00:39:42,170 --> 00:39:39,839
in a float environment and just like

963
00:39:44,230 --> 00:39:42,180

with fasting right where you're reducing

964

00:39:46,730 --> 00:39:44,240

the input you're allowing the

965

00:39:48,470 --> 00:39:46,740

gastrointestinal system to enter into a

966

00:39:50,690 --> 00:39:48,480

state of homeostasis where it's not

967

00:39:53,450 --> 00:39:50,700

being stimulated by all these different

968

00:39:55,069 --> 00:39:53,460

food items coming in right um

969

00:39:57,710 --> 00:39:55,079

floating's kind of doing that for the

970

00:39:59,030 --> 00:39:57,720

nervous system floating is kind of in

971

00:40:00,050 --> 00:39:59,040

some ways I never thought of it like

972

00:40:02,030 --> 00:40:00,060

this but

973

00:40:04,010 --> 00:40:02,040

a fasting

974

00:40:06,950 --> 00:40:04,020

for the nervous system because you're

975

00:40:09,650 --> 00:40:06,960

being so stimulated all the time yes yes

976
00:40:11,150 --> 00:40:09,660
that's uh exactly what I was trying to

977
00:40:12,950 --> 00:40:11,160
get at it it seems like there's a little

978
00:40:15,589 --> 00:40:12,960
bit of an analogy there because our

979
00:40:17,450 --> 00:40:15,599
bodies can't help but process input the

980
00:40:20,030 --> 00:40:17,460
food you can control but the outside

981
00:40:21,950 --> 00:40:20,040
stimuli you can't control it from Cradle

982
00:40:24,230 --> 00:40:21,960
to grave you're always looking at

983
00:40:26,870 --> 00:40:24,240
something feeling something and it's

984
00:40:29,270 --> 00:40:26,880
nice for the body to get a rest in that

985
00:40:31,970 --> 00:40:29,280
regard and that's also probably why

986
00:40:33,890 --> 00:40:31,980
some people not that it's the main thing

987
00:40:35,630 --> 00:40:33,900
but some people have an out-of-body

988
00:40:38,990 --> 00:40:35,640

experience or some kind of

989

00:40:40,790 --> 00:40:39,000

disassociation and maybe it simulates

990

00:40:43,010 --> 00:40:40,800

something similar to the body being like

991

00:40:45,770 --> 00:40:43,020

Oh what am I dead what's going on here

992

00:40:48,170 --> 00:40:45,780

uh I'm not used to even pausing for a

993

00:40:49,910 --> 00:40:48,180

moment and now that I'm pausing maybe

994

00:40:52,010 --> 00:40:49,920

we're gonna float on to the great beyond

995

00:40:53,930 --> 00:40:52,020

or something like that but I do

996

00:40:56,270 --> 00:40:53,940

understand those experiences are I think

997

00:40:57,589 --> 00:40:56,280

are kind of rare don't freak out

998

00:40:59,329 --> 00:40:57,599

thinking that you're going to get in a

999

00:41:01,010 --> 00:40:59,339

tank and then uh be looking at yourself

1000

00:41:03,170 --> 00:41:01,020

from a third party perspective or

1001
00:41:06,170 --> 00:41:03,180
anything yeah like I said we didn't see

1002
00:41:08,690 --> 00:41:06,180
that we didn't see hallucinations I mean

1003
00:41:10,790 --> 00:41:08,700
once in a while people have visuals in

1004
00:41:13,730 --> 00:41:10,800
there like oftentimes auras or colors

1005
00:41:16,069 --> 00:41:13,740
they might see or they might hear some

1006
00:41:18,290 --> 00:41:16,079
sort of like sound in the background

1007
00:41:20,690 --> 00:41:18,300
some people describe it like almost like

1008
00:41:22,370 --> 00:41:20,700
a quiet Symphony of sorts sometimes

1009
00:41:26,210 --> 00:41:22,380
you'll hear your body noises that's

1010
00:41:28,069 --> 00:41:26,220
common yeah that's that's just normal

1011
00:41:29,630 --> 00:41:28,079
it's just always kind of in the

1012
00:41:31,490 --> 00:41:29,640
background we just don't know it till it

1013
00:41:33,109 --> 00:41:31,500

becomes very quiet

1014

00:41:36,470 --> 00:41:33,119

um I've heard people could hear their

1015

00:41:38,150 --> 00:41:36,480

eyelids closing wow that's something I

1016

00:41:40,010 --> 00:41:38,160

mean for when you mention the heartbeat

1017

00:41:42,650 --> 00:41:40,020

thing that was it for me is I've done

1018

00:41:45,230 --> 00:41:42,660

flotation tanks in the past and me and

1019

00:41:47,690 --> 00:41:45,240

my wife really enjoyed it now with the

1020

00:41:50,930 --> 00:41:47,700

one-year-old Mandy was kind enough to

1021

00:41:52,970 --> 00:41:50,940

let us have a float recently and we both

1022

00:41:55,790 --> 00:41:52,980

came out of there realizing man we have

1023

00:41:57,410 --> 00:41:55,800

not been able to relax in a while and

1024

00:41:59,329 --> 00:41:57,420

we're not as good at getting to that

1025

00:42:01,310 --> 00:41:59,339

relaxed state but it's clearly helpful

1026

00:42:03,770 --> 00:42:01,320

but in this most recent experience it

1027

00:42:06,589 --> 00:42:03,780

was definitely my own heartbeat that I

1028

00:42:07,849 --> 00:42:06,599

couldn't stop being distracted by while

1029

00:42:10,430 --> 00:42:07,859

but Mandy you were going to say

1030

00:42:12,230 --> 00:42:10,440

something yeah I mean the more you float

1031

00:42:14,870 --> 00:42:12,240

the better it gets so that first

1032

00:42:17,030 --> 00:42:14,880

experience usually is pretty

1033

00:42:18,410 --> 00:42:17,040

I don't say overwhelming but kind of

1034

00:42:20,150 --> 00:42:18,420

like Justin was saying though the first

1035

00:42:22,550 --> 00:42:20,160

time you go in you really do feel that

1036

00:42:25,490 --> 00:42:22,560

reset and the more that you float the

1037

00:42:28,130 --> 00:42:25,500

more your body becomes accustomed to

1038

00:42:30,650 --> 00:42:28,140

that sensory deprivation experience and

1039

00:42:32,150 --> 00:42:30,660

going back to where you said people can

1040

00:42:34,010 --> 00:42:32,160

sometimes have those out of body

1041

00:42:36,710 --> 00:42:34,020

experiences you know it's really

1042

00:42:38,930 --> 00:42:36,720

fascinating that I can have some of our

1043

00:42:40,609 --> 00:42:38,940

veterans or clients unlimited members

1044

00:42:42,950 --> 00:42:40,619

that come in literally every single day

1045

00:42:45,050 --> 00:42:42,960

and never have experiences like that

1046

00:42:46,970 --> 00:42:45,060

then I can have other people who come in

1047

00:42:49,790 --> 00:42:46,980

for the very first time they're

1048

00:42:52,310 --> 00:42:49,800

exhausted for whatever reason and like

1049

00:42:54,530 --> 00:42:52,320

I've had a woman who was in the flow pod

1050

00:42:58,250 --> 00:42:54,540

for not even 20 minutes

1051
00:43:00,530 --> 00:42:58,260
and she got out and she was so irritated

1052
00:43:02,390 --> 00:43:00,540
that we had let her sleep for so long

1053
00:43:03,650 --> 00:43:02,400
and we'd remind her you know it's a 60

1054
00:43:06,890 --> 00:43:03,660
Minute float you were in there for 20

1055
00:43:08,870 --> 00:43:06,900
minutes and she really really believed

1056
00:43:10,550 --> 00:43:08,880
that in that 20 minutes she had gotten

1057
00:43:13,010 --> 00:43:10,560
out of the flow pod she had gone home

1058
00:43:14,450 --> 00:43:13,020
fed her dog come back got back in the

1059
00:43:17,089 --> 00:43:14,460
flow pot and then we had forgotten about

1060
00:43:19,130 --> 00:43:17,099
her and just all of that can happen

1061
00:43:21,230 --> 00:43:19,140
within 20 minutes in your brain because

1062
00:43:23,329 --> 00:43:21,240
she finally just had a chance to

1063
00:43:24,770 --> 00:43:23,339

decompress I don't know that I could

1064

00:43:26,210 --> 00:43:24,780

even say that she was in the Deep Sleep

1065

00:43:27,109 --> 00:43:26,220

phase at that point but she might have

1066

00:43:28,790 --> 00:43:27,119

been

1067

00:43:30,410 --> 00:43:28,800

and I personally and I know a lot of

1068

00:43:32,569 --> 00:43:30,420

other float spot owners too have had

1069

00:43:34,730 --> 00:43:32,579

experiences where you know I felt like I

1070

00:43:36,349 --> 00:43:34,740

was living a parallel life I saw 20

1071

00:43:38,569 --> 00:43:36,359

years of my life if I had taken a

1072

00:43:41,329 --> 00:43:38,579

different Choice when I was younger and

1073

00:43:44,450 --> 00:43:41,339

you come out of that experience

1074

00:43:46,010 --> 00:43:44,460

I don't say relieved but it's just so it

1075

00:43:47,630 --> 00:43:46,020

just kind of nice to have those

1076

00:43:49,430 --> 00:43:47,640

experiences and go I don't know why I

1077

00:43:51,950 --> 00:43:49,440

was meant to see that I don't know why

1078

00:43:53,690 --> 00:43:51,960

that happened but it is kind of cool

1079

00:43:55,730 --> 00:43:53,700

that the more you float you can kind of

1080

00:43:58,490 --> 00:43:55,740

start to tap into whether it's a vision

1081

00:43:59,870 --> 00:43:58,500

whether it's lights or memories that you

1082

00:44:02,630 --> 00:43:59,880

can start to tap into some of that

1083

00:44:05,510 --> 00:44:02,640

within your subconscious yeah similar to

1084

00:44:07,970 --> 00:44:05,520

meditation everyone agrees universally

1085

00:44:10,670 --> 00:44:07,980

that it's great for relaxation and

1086

00:44:13,730 --> 00:44:10,680

Clarity of mind but then as you get more

1087

00:44:15,530 --> 00:44:13,740

developed in it people report some

1088

00:44:17,569 --> 00:44:15,540

pretty wild experiences and I'm sure

1089

00:44:19,670 --> 00:44:17,579

there's just a good parallel there but

1090

00:44:21,470 --> 00:44:19,680

while we're still in this first hour

1091

00:44:23,630 --> 00:44:21,480

here I wanted to come back to what you

1092

00:44:26,630 --> 00:44:23,640

said Mandy about Advanced language

1093

00:44:28,069 --> 00:44:26,640

learning because uh people are going to

1094

00:44:30,470 --> 00:44:28,079

wonder why we didn't bring that back up

1095

00:44:32,690 --> 00:44:30,480

if we don't now but it's interesting

1096

00:44:34,730 --> 00:44:32,700

because there's a great book called

1097

00:44:36,349 --> 00:44:34,740

psychic discoveries from behind the Iron

1098

00:44:38,750 --> 00:44:36,359

Curtain about all the Mind research

1099

00:44:41,030 --> 00:44:38,760

going on in the USSR while our guys were

1100

00:44:43,430 --> 00:44:41,040

doing the MK Ultra stuff and they talk

1101

00:44:46,069 --> 00:44:43,440

about out using certain

1102

00:44:48,290 --> 00:44:46,079

brain States in conjunction with in

1103

00:44:51,410 --> 00:44:48,300

their case classical music to learn

1104

00:44:53,990 --> 00:44:51,420

languages almost overnight and this is

1105

00:44:56,210 --> 00:44:54,000

not exactly the same thing but that book

1106

00:44:58,010 --> 00:44:56,220

made me aware of the possibility of

1107

00:45:00,650 --> 00:44:58,020

putting ourselves in certain states

1108

00:45:03,710 --> 00:45:00,660

where we retain much more information

1109

00:45:06,349 --> 00:45:03,720

much faster and apparently there's an

1110

00:45:09,410 --> 00:45:06,359

element of this with how the seals were

1111

00:45:11,270 --> 00:45:09,420

using the tank right yeah so it's kind

1112

00:45:14,510 --> 00:45:11,280

of funny you talk about people have used

1113

00:45:15,770 --> 00:45:14,520

it in historical purposes not only for

1114

00:45:17,990 --> 00:45:15,780

advanced language learning and

1115

00:45:20,569 --> 00:45:18,000

relaxation but the reason Justin and I

1116

00:45:22,130 --> 00:45:20,579

kind of have a negative reaction to the

1117

00:45:24,290 --> 00:45:22,140

word sensory deprivation is because

1118

00:45:25,849 --> 00:45:24,300

before if you looked it up online it

1119

00:45:28,250 --> 00:45:25,859

would actually show as a form of War

1120

00:45:30,650 --> 00:45:28,260

torture and that's obviously not what

1121

00:45:33,230 --> 00:45:30,660

we're doing here but one of the videos

1122

00:45:35,089 --> 00:45:33,240

that I was referencing earlier when our

1123

00:45:37,190 --> 00:45:35,099

buddy the Navy SEAL was talking to us

1124

00:45:39,950 --> 00:45:37,200

about floating he had said that within

1125

00:45:42,710 --> 00:45:39,960

the flow pod they had like a Rosetta

1126
00:45:44,870 --> 00:45:42,720
Stone language learning program and it

1127
00:45:46,730 --> 00:45:44,880
was able to take their six-month

1128
00:45:49,370 --> 00:45:46,740
language learning program down to six

1129
00:45:51,950 --> 00:45:49,380
weeks and the reasoning behind it was

1130
00:45:54,589 --> 00:45:51,960
that these guys cannot sleep they have

1131
00:45:55,970 --> 00:45:54,599
PTSD they're usually add they're

1132
00:45:58,010 --> 00:45:55,980
focusing on a lot of other things

1133
00:45:59,510 --> 00:45:58,020
they've got all their buddies within the

1134
00:46:02,150 --> 00:45:59,520
room the last thing that they're trying

1135
00:46:03,710 --> 00:46:02,160
to do is maybe not trying to but they

1136
00:46:06,109 --> 00:46:03,720
have a hard time with their memory

1137
00:46:08,329 --> 00:46:06,119
retention and you know going back into

1138
00:46:10,490 --> 00:46:08,339

the classroom and so putting these

1139

00:46:12,710 --> 00:46:10,500

people into this state where not only

1140

00:46:14,210 --> 00:46:12,720

their memory was a lot better because

1141

00:46:15,770 --> 00:46:14,220

they can sleep at night and because

1142

00:46:18,050 --> 00:46:15,780

they're more relaxed and they don't have

1143

00:46:19,550 --> 00:46:18,060

the distractions but there's some kind

1144

00:46:22,309 --> 00:46:19,560

of memory enhancement that can happen

1145

00:46:24,230 --> 00:46:22,319

better when you drop into that Theta

1146

00:46:26,329 --> 00:46:24,240

wave state and one of the things Justin

1147

00:46:29,150 --> 00:46:26,339

will probably talk about too is going

1148

00:46:31,670 --> 00:46:29,160

from Theta down to the Delta wave

1149

00:46:34,069 --> 00:46:31,680

but that video specifically you can find

1150

00:46:36,290 --> 00:46:34,079

the transcript of it online but you

1151
00:46:37,910 --> 00:46:36,300
cannot find that video anywhere and so

1152
00:46:40,190 --> 00:46:37,920
I've always just relied on that

1153
00:46:41,930 --> 00:46:40,200
testimonial from our Navy Seals and I'm

1154
00:46:44,089 --> 00:46:41,940
talking to many of them who will agree

1155
00:46:45,890 --> 00:46:44,099
that that happens and so one of the

1156
00:46:47,930 --> 00:46:45,900
things that true rest float Spas are

1157
00:46:49,670 --> 00:46:47,940
trying to do is say great we're going to

1158
00:46:51,770 --> 00:46:49,680
take French and Spanish and these

1159
00:46:54,109 --> 00:46:51,780
different languages and see if we can

1160
00:46:56,030 --> 00:46:54,119
start to integrate it into our business

1161
00:46:58,250 --> 00:46:56,040
model to help people learn languages

1162
00:47:00,109 --> 00:46:58,260
faster which will be great for people

1163
00:47:02,630 --> 00:47:00,119

that are in high school and college and

1164

00:47:04,010 --> 00:47:02,640

even just want to go on vacation or you

1165

00:47:05,630 --> 00:47:04,020

know they're trying to listen to some

1166

00:47:07,130 --> 00:47:05,640

language learning program in their car

1167

00:47:08,750 --> 00:47:07,140

while they're driving and they can't

1168

00:47:10,730 --> 00:47:08,760

figure out why it's not working because

1169

00:47:12,950 --> 00:47:10,740

you are far over stimulated in your car

1170

00:47:14,870 --> 00:47:12,960

listening to a podcast that if you're in

1171

00:47:17,050 --> 00:47:14,880

a sensory deprivation tank

1172

00:47:19,730 --> 00:47:17,060

and one of the things I'm actually

1173

00:47:21,710 --> 00:47:19,740

personally trying to Grapple with right

1174

00:47:23,750 --> 00:47:21,720

now is whether or not I do that through

1175

00:47:25,550 --> 00:47:23,760

virtual reality I know there are a lot

1176

00:47:26,990 --> 00:47:25,560

of positives to virtual reality and I

1177

00:47:29,329 --> 00:47:27,000

know there's a lot of negatives to

1178

00:47:30,650 --> 00:47:29,339

virtual reality and so it's something

1179

00:47:32,510 --> 00:47:30,660

that we're definitely going to do in the

1180

00:47:34,390 --> 00:47:32,520

next six months I'm just not sure of the

1181

00:47:37,069 --> 00:47:34,400

modality of it yet

1182

00:47:39,290 --> 00:47:37,079

that's very interesting yeah I mean VR

1183

00:47:40,910 --> 00:47:39,300

is a tool like anything else and it has

1184

00:47:43,250 --> 00:47:40,920

many applications and it's worth

1185

00:47:44,930 --> 00:47:43,260

exploring if there are more positive

1186

00:47:47,510 --> 00:47:44,940

ones because we hear so much about the

1187

00:47:51,470 --> 00:47:47,520

negative ones it'd be nice to see it

1188

00:47:54,650 --> 00:47:51,480

used in a good way and Dr Feinstein I

1189

00:47:56,349 --> 00:47:54,660

wanted to ask you a little bit about uh

1190

00:47:59,690 --> 00:47:56,359

something Mandy had mentioned to me

1191

00:48:01,250 --> 00:47:59,700

where when you were studying brain waves

1192

00:48:04,490 --> 00:48:01,260

during floating you found people

1193

00:48:06,770 --> 00:48:04,500

entering the Delta brainwave state but

1194

00:48:09,410 --> 00:48:06,780

while they're awake which apparently is

1195

00:48:12,410 --> 00:48:09,420

pretty unheard of and we've mentioned

1196

00:48:14,210 --> 00:48:12,420

time a few times that is to me one of

1197

00:48:17,089 --> 00:48:14,220

the most mind-blowing things people

1198

00:48:20,750 --> 00:48:17,099

should experience is just how when you

1199

00:48:23,210 --> 00:48:20,760

are in that environment you can't get a

1200

00:48:24,890 --> 00:48:23,220

grip on time you know that you paid for

1201
00:48:26,450 --> 00:48:24,900
an hour and of course people who have

1202
00:48:28,970 --> 00:48:26,460
these in their house it's great because

1203
00:48:31,790 --> 00:48:28,980
you can just do it however you however

1204
00:48:33,530 --> 00:48:31,800
long you want but you know you paid for

1205
00:48:34,910 --> 00:48:33,540
an hour so you're trying to relax and

1206
00:48:36,829 --> 00:48:34,920
you're like man I need to get to this

1207
00:48:39,170 --> 00:48:36,839
relaxed State because the clock is

1208
00:48:41,210 --> 00:48:39,180
ticking and then you kind of

1209
00:48:43,190 --> 00:48:41,220
get there and you're just like well how

1210
00:48:46,250 --> 00:48:43,200
close am I to the end and it's a kind of

1211
00:48:49,250 --> 00:48:46,260
a puzzle and it's just weird how in an

1212
00:48:51,109 --> 00:48:49,260
hour 60 minutes this is time you lose

1213
00:48:53,089 --> 00:48:51,119

all grasp of it but that might relate

1214

00:48:55,309 --> 00:48:53,099

here to this Delta wave brain State

1215

00:48:58,010 --> 00:48:55,319

thing while people are awake it's just

1216

00:49:01,190 --> 00:48:58,020

another odd thing that seems to happen

1217

00:49:03,349 --> 00:49:01,200

but we don't have much research or even

1218

00:49:05,270 --> 00:49:03,359

much observation of this occurring this

1219

00:49:06,650 --> 00:49:05,280

Delta brainwave State while people are

1220

00:49:09,950 --> 00:49:06,660

awake is that right

1221

00:49:11,329 --> 00:49:09,960

it's true you know my colleague Joel

1222

00:49:14,809 --> 00:49:11,339

frolick

1223

00:49:18,349 --> 00:49:14,819

just finished analyzing these data and

1224

00:49:21,109 --> 00:49:18,359

this was only possible because of my

1225

00:49:24,050 --> 00:49:21,119

other colleague Ricardo Jill DeCosta who

1226
00:49:26,710 --> 00:49:24,060
has a startup company called neuroverse

1227
00:49:30,349 --> 00:49:26,720
that made these very small Wireless

1228
00:49:32,569 --> 00:49:30,359
waterproof EEG systems it'd be

1229
00:49:34,790 --> 00:49:32,579
impossible to measure brain signals in

1230
00:49:37,550 --> 00:49:34,800
this environment otherwise

1231
00:49:41,089 --> 00:49:37,560
and what was amazing when Joel analyzed

1232
00:49:45,530 --> 00:49:41,099
these data is yes these people were

1233
00:49:46,970 --> 00:49:45,540
conscious awake and in the midst of a

1234
00:49:50,809 --> 00:49:46,980
very prominent

1235
00:49:52,790 --> 00:49:50,819
state of Delta wave activation

1236
00:49:54,950 --> 00:49:52,800
which is very rare you normally only see

1237
00:49:57,550 --> 00:49:54,960
that in deep Sleep that's kind of the

1238
00:50:02,630 --> 00:49:57,560

most common time you see delta waves

1239

00:50:04,849 --> 00:50:02,640

deep dreamless non-rem sleep

1240

00:50:07,370 --> 00:50:04,859

so to me that's really fascinating that

1241

00:50:09,589 --> 00:50:07,380

you could achieve such a state while

1242

00:50:11,870 --> 00:50:09,599

awake there's evidence that this could

1243

00:50:14,990 --> 00:50:11,880

happen in other domains including

1244

00:50:18,589 --> 00:50:15,000

psychedelics it turns out DMT is

1245

00:50:20,809 --> 00:50:18,599

producing a lot of delta waves but also

1246

00:50:22,309 --> 00:50:20,819

a lot of other waves in floating it's

1247

00:50:24,069 --> 00:50:22,319

mostly

1248

00:50:28,010 --> 00:50:24,079

Delta

1249

00:50:30,109 --> 00:50:28,020

slow brainwave State one to three Cycles

1250

00:50:32,210 --> 00:50:30,119

a second

1251
00:50:36,290 --> 00:50:32,220
so to me that's really fascinating

1252
00:50:38,510 --> 00:50:36,300
finding and it does suggest

1253
00:50:40,910 --> 00:50:38,520
that floating is

1254
00:50:43,089 --> 00:50:40,920
inducing a very unique state of

1255
00:50:45,950 --> 00:50:43,099
consciousness

1256
00:50:48,829 --> 00:50:45,960
Greg it's annoying in a good way to

1257
00:50:51,349 --> 00:50:48,839
businesses like true rest because I've

1258
00:50:52,910 --> 00:50:51,359
been marketing the Theta brainwave State

1259
00:50:55,609 --> 00:50:52,920
and researching the Theta brainwave

1260
00:50:57,049 --> 00:50:55,619
state for seven years now because that's

1261
00:50:58,790 --> 00:50:57,059
what all the research was pointing to

1262
00:51:01,010 --> 00:50:58,800
that everyone spends their time in Theta

1263
00:51:02,210 --> 00:51:01,020

wave so when this research just came out

1264

00:51:03,890 --> 00:51:02,220

at the last

1265

00:51:06,170 --> 00:51:03,900

float conference

1266

00:51:07,670 --> 00:51:06,180

I was mind blown and then I had to go do

1267

00:51:09,710 --> 00:51:07,680

all the research to find well what is

1268

00:51:11,630 --> 00:51:09,720

actually happening in the Delta wave and

1269

00:51:13,250 --> 00:51:11,640

to Justin's Point there's not really any

1270

00:51:15,470 --> 00:51:13,260

research to tell you what is happening

1271

00:51:17,690 --> 00:51:15,480

with your Consciousness in that state

1272

00:51:20,390 --> 00:51:17,700

because there's just not any other way

1273

00:51:22,130 --> 00:51:20,400

to achieve it really

1274

00:51:23,990 --> 00:51:22,140

or anesthesia you could get it through

1275

00:51:25,910 --> 00:51:24,000

anesthesia

1276

00:51:28,250 --> 00:51:25,920

a little riskier a little bit riskier

1277

00:51:30,710 --> 00:51:28,260

but you're not conscious yeah and

1278

00:51:33,829 --> 00:51:30,720

hopefully you come back to consciousness

1279

00:51:35,329 --> 00:51:33,839

with anesthesia but that's right it's

1280

00:51:36,710 --> 00:51:35,339

funny you mentioned the DMT thing

1281

00:51:38,809 --> 00:51:36,720

because I once interviewed Rick

1282

00:51:41,329 --> 00:51:38,819

Strassman and you know he's famous for

1283

00:51:43,309 --> 00:51:41,339

his DMT research and he made the comment

1284

00:51:45,589 --> 00:51:43,319

yeah we were giving this to people in

1285

00:51:47,510 --> 00:51:45,599

the cold sterile environment of a

1286

00:51:50,809 --> 00:51:47,520

doctor's office and maybe that wasn't

1287

00:51:53,510 --> 00:51:50,819

the best environment for intravenous DMT

1288

00:51:55,370 --> 00:51:53,520

and I would have to agree

1289

00:51:58,130 --> 00:51:55,380

um set and setting are obviously very

1290

00:52:00,770 --> 00:51:58,140

key but to come back a little bit more

1291

00:52:02,150 --> 00:52:00,780

to the opioids and the benzos that you

1292

00:52:04,250 --> 00:52:02,160

talk about in in one of your

1293

00:52:07,309 --> 00:52:04,260

presentation in the data around just how

1294

00:52:09,530 --> 00:52:07,319

much of it is being used apparently we

1295

00:52:12,589 --> 00:52:09,540

have one million deaths in America since

1296

00:52:15,109 --> 00:52:12,599

1999 over a hundred thousand just in the

1297

00:52:17,870 --> 00:52:15,119

last year you also mentioned that when

1298

00:52:21,230 --> 00:52:17,880

the sacklers brought Valium to Market at

1299

00:52:24,349 --> 00:52:21,240

its peak in the 70s Americans consumed 2

1300

00:52:26,390 --> 00:52:24,359

billion tablets of it and where it gets

1301

00:52:28,370 --> 00:52:26,400

really interesting was this statistic

1302

00:52:31,190 --> 00:52:28,380

that one in eight Americans have used

1303

00:52:34,190 --> 00:52:31,200

benzos in the last year and 20 percent

1304

00:52:36,290 --> 00:52:34,200

have admitted to misusing them and when

1305

00:52:39,410 --> 00:52:36,300

you ask these people why they misuse

1306

00:52:42,230 --> 00:52:39,420

these drugs there's a pie chart of their

1307

00:52:44,870 --> 00:52:42,240

answers elaborate on some of that

1308

00:52:48,049 --> 00:52:44,880

information the answers they gave and

1309

00:52:51,170 --> 00:52:48,059

how it lines up with flotation benefits

1310

00:52:54,170 --> 00:52:51,180

you know if I could recall that slide I

1311

00:52:57,230 --> 00:52:54,180

think over half of the time the reason

1312

00:53:00,349 --> 00:52:57,240

people are misusing benzos oftentimes

1313

00:53:03,049 --> 00:53:00,359

drugs like Xanax valium's another one

1314

00:53:07,069 --> 00:53:03,059

Ativan or lorazepam

1315

00:53:09,170 --> 00:53:07,079

is because they are trying to relax and

1316

00:53:10,970 --> 00:53:09,180

relieve tension this is probably the

1317

00:53:13,250 --> 00:53:10,980

most common reason

1318

00:53:15,230 --> 00:53:13,260

and I think this is what people in

1319

00:53:17,329 --> 00:53:15,240

society need they need to take a load

1320

00:53:19,730 --> 00:53:17,339

off they've been stressed all day

1321

00:53:21,589 --> 00:53:19,740

they have a ton on their plate and so

1322

00:53:23,990 --> 00:53:21,599

they're looking for a quick fix to relax

1323

00:53:26,569 --> 00:53:24,000

and relieve their tension and benzo's

1324

00:53:29,089 --> 00:53:26,579

work highly effectively at doing that

1325

00:53:31,670 --> 00:53:29,099

within an hour or two of taking a benzo

1326
00:53:33,650 --> 00:53:31,680
you're feeling less tension you're

1327
00:53:36,230 --> 00:53:33,660
feeling more relaxed

1328
00:53:38,569 --> 00:53:36,240
and you know to me that's really

1329
00:53:40,370 --> 00:53:38,579
fascinating because that's what we were

1330
00:53:42,950 --> 00:53:40,380
finding in our data with the anxious

1331
00:53:45,710 --> 00:53:42,960
patients who were floating and the

1332
00:53:50,510 --> 00:53:45,720
stress patients who were really floating

1333
00:53:52,609 --> 00:53:50,520
to relieve their tension and to relax

1334
00:53:54,950 --> 00:53:52,619
and there's other reasons too I think

1335
00:53:57,710 --> 00:53:54,960
about a quarter said they were doing it

1336
00:54:00,650 --> 00:53:57,720
to help with sleep and insomnia and

1337
00:54:02,930 --> 00:54:00,660
there's now some data mostly anecdotal

1338
00:54:05,329 --> 00:54:02,940

but some published data to suggest that

1339

00:54:07,609 --> 00:54:05,339

floating will improve the quality of

1340

00:54:09,260 --> 00:54:07,619

your sleep and make it easier to

1341

00:54:10,370 --> 00:54:09,270

transition into sleep

1342

00:54:13,430 --> 00:54:10,380

[Music]

1343

00:54:16,670 --> 00:54:13,440

so I think there are a lot of overlaps

1344

00:54:19,069 --> 00:54:16,680

between the benefits of floating and

1345

00:54:20,690 --> 00:54:19,079

why people are misusing drugs like

1346

00:54:22,370 --> 00:54:20,700

benzos one thing we haven't talked about

1347

00:54:25,250 --> 00:54:22,380

maybe we'll talk about it in the second

1348

00:54:27,470 --> 00:54:25,260

hour is the other clinical condition

1349

00:54:29,450 --> 00:54:27,480

that people are floating for is pain

1350

00:54:31,490 --> 00:54:29,460

especially back pain

1351
00:54:33,349 --> 00:54:31,500
and back pain is ubiquitous I think

1352
00:54:34,490 --> 00:54:33,359
almost all of us feel it at some point

1353
00:54:36,170 --> 00:54:34,500
in life

1354
00:54:38,329 --> 00:54:36,180
but you know you're just fighting the

1355
00:54:40,130 --> 00:54:38,339
forces of gravity and oftentimes you

1356
00:54:43,250 --> 00:54:40,140
could have back pain for no obvious

1357
00:54:45,290 --> 00:54:43,260
reasons other than that and floating is

1358
00:54:47,450 --> 00:54:45,300
one of the few places that you're in the

1359
00:54:51,290 --> 00:54:47,460
zero gravity-like state

1360
00:54:53,990 --> 00:54:51,300
and you're able to decompress the spinal

1361
00:54:57,349 --> 00:54:54,000
cord all those muscles around the spinal

1362
00:54:59,210 --> 00:54:57,359
cord relax the tension is released and

1363
00:55:02,870 --> 00:54:59,220

now the spinal cord could actually

1364

00:55:05,210 --> 00:55:02,880

decompress from the forces of gravity

1365

00:55:07,030 --> 00:55:05,220

and that's a really unique State and a

1366

00:55:10,069 --> 00:55:07,040

lot of patients with chronic back pain

1367

00:55:11,150 --> 00:55:10,079

are reporting immediate benefits from

1368

00:55:13,730 --> 00:55:11,160

floating

1369

00:55:15,849 --> 00:55:13,740

that will often persevere once again for

1370

00:55:18,049 --> 00:55:15,859

a day or two sometimes

1371

00:55:20,270 --> 00:55:18,059

so I think it's something that needs to

1372

00:55:23,990 --> 00:55:20,280

be looked into more the research isn't

1373

00:55:25,790 --> 00:55:24,000

as large and vast in that domain as what

1374

00:55:28,250 --> 00:55:25,800

I've been studying with the anxiety

1375

00:55:31,370 --> 00:55:28,260

disorders and PTSD

1376

00:55:33,650 --> 00:55:31,380

but I think it's another area of study

1377

00:55:36,710 --> 00:55:33,660

and a lot of those patients were also

1378

00:55:38,809 --> 00:55:36,720

using opioids to combat their pain

1379

00:55:42,109 --> 00:55:38,819

and would talk about the effects of

1380

00:55:45,109 --> 00:55:42,119

floating as being as good as taking an

1381

00:55:47,809 --> 00:55:45,119

opioid except they don't feel zombified

1382

00:55:51,109 --> 00:55:47,819

after they're not sedated they come out

1383

00:55:52,910 --> 00:55:51,119

of afloat clear-headed clear-minded and

1384

00:55:55,490 --> 00:55:52,920

excited to Take On The World so it's

1385

00:55:58,250 --> 00:55:55,500

very different than that sort of sedated

1386

00:56:01,069 --> 00:55:58,260

or zombified state that comes from

1387

00:56:02,089 --> 00:56:01,079

benzos and opioids

1388

00:56:04,130 --> 00:56:02,099

um

1389

00:56:05,990 --> 00:56:04,140

yes and we should get into back pain but

1390

00:56:09,890 --> 00:56:06,000

I asked you about the drugs to lead up

1391

00:56:13,010 --> 00:56:09,900

to this very ambitious goal you have of

1392

00:56:15,710 --> 00:56:13,020

running a study comparing a single float

1393

00:56:18,349 --> 00:56:15,720

session to a single dose of these drugs

1394

00:56:22,069 --> 00:56:18,359

and just putting them head to head

1395

00:56:25,010 --> 00:56:22,079

against each other I don't know if this

1396

00:56:26,809 --> 00:56:25,020

set of studies has started yet or not

1397

00:56:29,030 --> 00:56:26,819

but talk to us about that goal and what

1398

00:56:32,930 --> 00:56:29,040

you would expect it to show

1399

00:56:35,809 --> 00:56:32,940

so these drugs are highly addictive we

1400

00:56:37,190 --> 00:56:35,819

know that now oxycodone Xanax highly

1401
00:56:39,349 --> 00:56:37,200
addictive millions of people are

1402
00:56:41,329 --> 00:56:39,359
physiologically addicted there's

1403
00:56:42,589 --> 00:56:41,339
overdoses happening all the time as you

1404
00:56:44,329 --> 00:56:42,599
alluded to

1405
00:56:46,670 --> 00:56:44,339
and

1406
00:56:49,370 --> 00:56:46,680
the reason people are using these drugs

1407
00:56:51,589 --> 00:56:49,380
it's very clear is for short-term very

1408
00:56:53,690 --> 00:56:51,599
immediate rapid relief

1409
00:56:56,390 --> 00:56:53,700
of pain and anxiety

1410
00:56:58,609 --> 00:56:56,400
this is why they're being abused this is

1411
00:57:00,170 --> 00:56:58,619
why they're so addictive and they also

1412
00:57:02,569 --> 00:57:00,180
have you know intense withdrawal

1413
00:57:06,589 --> 00:57:02,579

symptoms once the body becomes addicted

1414

00:57:10,609 --> 00:57:06,599

to it but anyways to me there's never

1415

00:57:12,950 --> 00:57:10,619

been a single study that has tried to

1416

00:57:14,329 --> 00:57:12,960

take on what I call the behemoths of big

1417

00:57:17,569 --> 00:57:14,339

Pharma

1418

00:57:19,670 --> 00:57:17,579

you know why is it that a doctor has a

1419

00:57:22,250 --> 00:57:19,680

patient in front of them who's

1420

00:57:25,010 --> 00:57:22,260

complaining about issues related to pain

1421

00:57:27,049 --> 00:57:25,020

or anxiety or stress

1422

00:57:29,089 --> 00:57:27,059

and the first thing they do is write

1423

00:57:31,069 --> 00:57:29,099

that prescription on the pill PAD why is

1424

00:57:32,030 --> 00:57:31,079

that well it turns out there's never

1425

00:57:34,549 --> 00:57:32,040

been

1426
00:57:37,130 --> 00:57:34,559
a peer-reviewed head-to-head clinical

1427
00:57:38,630 --> 00:57:37,140
trial showing that there's a behavioral

1428
00:57:41,569 --> 00:57:38,640
intervention

1429
00:57:45,049 --> 00:57:41,579
that could have that same pain relief or

1430
00:57:46,849 --> 00:57:45,059
Anxiety Relief as these pills

1431
00:57:48,950 --> 00:57:46,859
and to me this is mind-boggling I'm

1432
00:57:50,809 --> 00:57:48,960
talking about meditation I'm talking

1433
00:57:54,049 --> 00:57:50,819
about Psychotherapy I'm talking about

1434
00:57:55,849 --> 00:57:54,059
yoga and acupuncture go across the

1435
00:57:57,950 --> 00:57:55,859
entire spectrum of Behavioral

1436
00:58:00,170 --> 00:57:57,960
interventions non-pharmacological

1437
00:58:01,670 --> 00:58:00,180
interventions and no one's ever tried to

1438
00:58:03,710 --> 00:58:01,680

go head to head

1439

00:58:06,170 --> 00:58:03,720

against these guys

1440

00:58:08,390 --> 00:58:06,180

and to me I feel like this is a travesty

1441

00:58:11,750 --> 00:58:08,400

because that's going to be the only way

1442

00:58:14,210 --> 00:58:11,760

to get doctors to start prescribing

1443

00:58:16,370 --> 00:58:14,220

another alternative instead of these

1444

00:58:17,809 --> 00:58:16,380

highly addictive pills and so that's

1445

00:58:20,390 --> 00:58:17,819

what I'm proposing that's what my

1446

00:58:22,670 --> 00:58:20,400

non-profit is proposing to do we need to

1447

00:58:24,470 --> 00:58:22,680

fundraise for this you know going up

1448

00:58:26,809 --> 00:58:24,480

against people who could spend hundreds

1449

00:58:28,069 --> 00:58:26,819

of millions of dollars to get drugs

1450

00:58:30,470 --> 00:58:28,079

approved

1451
00:58:32,809 --> 00:58:30,480
and then get them spread through the

1452
00:58:35,150 --> 00:58:32,819
entire medical system this is not going

1453
00:58:37,609 --> 00:58:35,160
to be an easy task but I think it's one

1454
00:58:39,710 --> 00:58:37,619
that we have to do if we're going to

1455
00:58:43,270 --> 00:58:39,720
change the field of medicine which is

1456
00:58:47,349 --> 00:58:43,280
really going in the wrong trajectory

1457
00:58:50,210 --> 00:58:47,359
yeah I really see floating as part of a

1458
00:58:54,710 --> 00:58:50,220
holistic toolbox that could put a

1459
00:58:56,569 --> 00:58:54,720
serious dent in the drug only solution

1460
00:58:58,730 --> 00:58:56,579
that we have today

1461
00:59:00,349 --> 00:58:58,740
yeah absolutely and

1462
00:59:03,770 --> 00:59:00,359
you know we have to celebrate small

1463
00:59:05,809 --> 00:59:03,780

achievements Society is large and I

1464

00:59:07,630 --> 00:59:05,819

think there's so many people that could

1465

00:59:10,309 --> 00:59:07,640

stand to benefit from floating

1466

00:59:12,049 --> 00:59:10,319

especially given all the stress right

1467

00:59:16,010 --> 00:59:12,059

now in society

1468

00:59:19,730 --> 00:59:16,020

and Mandy I just found out reached her 1

1469

00:59:22,190 --> 00:59:19,740

millionth float right yeah ah

1470

00:59:23,930 --> 00:59:22,200

so a million people have now floated a

1471

00:59:26,390 --> 00:59:23,940

true rest to me you know I'd like that

1472

00:59:28,970 --> 00:59:26,400

number to be a billion eventually right

1473

00:59:30,530 --> 00:59:28,980

oh we'll get that we'll get there but

1474

00:59:32,809 --> 00:59:30,540

the problem is most people have never

1475

00:59:34,730 --> 00:59:32,819

heard of floating and have often never

1476

00:59:37,130 --> 00:59:34,740

tried it and to me this is something

1477

00:59:39,109 --> 00:59:37,140

people need to understand could become

1478

00:59:41,990 --> 00:59:39,119

part of the routine like you said the

1479

00:59:44,210 --> 00:59:42,000

holistic package of how to live life in

1480

00:59:47,030 --> 00:59:44,220

modern times and I think floating could

1481

00:59:50,750 --> 00:59:47,040

be a very Central piece to that

1482

00:59:52,609 --> 00:59:50,760

yeah absolutely I totally agree Greg do

1483

00:59:55,190 --> 00:59:52,619

we have time at some point for Justin to

1484

00:59:56,750 --> 00:59:55,200

talk at some point of how he left the

1485

00:59:58,670 --> 00:59:56,760

Laureate Institute for brain research

1486

01:00:00,410 --> 00:59:58,680

and why he went off on his own yeah

1487

01:00:01,609 --> 01:00:00,420

let's do it right now Justin I think

1488

01:00:04,130 --> 01:00:01,619

that's a good story

1489

01:00:06,530 --> 01:00:04,140

all right I don't want to get into

1490

01:00:09,349 --> 01:00:06,540

too many details but I'm happy to kind

1491

01:00:10,549 --> 01:00:09,359

of give the the 10 000 foot View

1492

01:00:11,690 --> 01:00:10,559

sure

1493

01:00:14,690 --> 01:00:11,700

you know

1494

01:00:16,430 --> 01:00:14,700

to me this idea of disseminating float

1495

01:00:19,309 --> 01:00:16,440

therapy

1496

01:00:22,430 --> 01:00:19,319

what I've shown very clearly in my data

1497

01:00:25,130 --> 01:00:22,440

is a very safe intervention especially

1498

01:00:27,109 --> 01:00:25,140

you know when done in the confines of

1499

01:00:28,970 --> 01:00:27,119

the open pool I say that because we

1500

01:00:29,990 --> 01:00:28,980

haven't had a chance to study the closed

1501
01:00:32,510 --> 01:00:30,000
pools yet

1502
01:00:34,670 --> 01:00:32,520
but I I just want to put that disclaimer

1503
01:00:36,530 --> 01:00:34,680
for patients who might be listening to

1504
01:00:38,450 --> 01:00:36,540
this podcast

1505
01:00:40,670 --> 01:00:38,460
all of our research was done in the open

1506
01:00:42,770 --> 01:00:40,680
pool and I think it's important that

1507
01:00:45,710 --> 01:00:42,780
this environment create a safe space for

1508
01:00:47,690 --> 01:00:45,720
you you need to feel safe that's a key

1509
01:00:49,430 --> 01:00:47,700
part I think of the therapeutic process

1510
01:00:50,450 --> 01:00:49,440
and I think you've alluded to that Greg

1511
01:00:53,270 --> 01:00:50,460
that

1512
01:00:55,849 --> 01:00:53,280
some tank designs could make you feel

1513
01:00:57,410 --> 01:00:55,859

unsafe and that that's not good you know

1514

01:01:00,289 --> 01:00:57,420

to me that's the key part of the

1515

01:01:01,849 --> 01:01:00,299

therapeutic process

1516

01:01:04,370 --> 01:01:01,859

but you know

1517

01:01:06,230 --> 01:01:04,380

this idea that I wanted to disseminate

1518

01:01:09,170 --> 01:01:06,240

this to the world

1519

01:01:11,030 --> 01:01:09,180

is so Central to you know my purpose and

1520

01:01:12,829 --> 01:01:11,040

meaning of doing science and research

1521

01:01:16,789 --> 01:01:12,839

you know when I got into this when I

1522

01:01:19,190 --> 01:01:16,799

decided to pursue my PhD and study this

1523

01:01:21,170 --> 01:01:19,200

at a serious level at the Laureate

1524

01:01:24,530 --> 01:01:21,180

Institute for brain research it was with

1525

01:01:26,870 --> 01:01:24,540

that altruistic motive that anxiety is

1526

01:01:31,130 --> 01:01:26,880

ubiquitous and the current treatments

1527

01:01:34,430 --> 01:01:31,140

are not working they're not satisfactory

1528

01:01:36,829 --> 01:01:34,440

and I want to find some solution that

1529

01:01:38,750 --> 01:01:36,839

could help bend the curve a little bit

1530

01:01:41,030 --> 01:01:38,760

and I don't want to say floating is

1531

01:01:43,069 --> 01:01:41,040

going to be a cure-all

1532

01:01:44,990 --> 01:01:43,079

I think floating like you said Greg

1533

01:01:48,289 --> 01:01:45,000

could be a catalyst for so many other

1534

01:01:51,950 --> 01:01:48,299

things but it could certainly provide a

1535

01:01:54,770 --> 01:01:51,960

very potent temporary relief from the

1536

01:01:57,170 --> 01:01:54,780

suffering that is so ubiquitous in our

1537

01:02:00,049 --> 01:01:57,180

society pain Stress and Anxiety those

1538

01:02:01,609 --> 01:02:00,059

that Triad covers so much of our

1539

01:02:03,349 --> 01:02:01,619

suffering

1540

01:02:05,270 --> 01:02:03,359

and if we could just provide these

1541

01:02:07,670 --> 01:02:05,280

respites I think there's going to be

1542

01:02:10,730 --> 01:02:07,680

wiggle room and opening to expand the

1543

01:02:12,650 --> 01:02:10,740

benefit to other areas of life

1544

01:02:14,030 --> 01:02:12,660

but you know to me that's what I'm

1545

01:02:15,890 --> 01:02:14,040

trying to do with the float research

1546

01:02:17,270 --> 01:02:15,900

Collective is we're trying to get the

1547

01:02:19,430 --> 01:02:17,280

evidence base

1548

01:02:21,230 --> 01:02:19,440

to get the field of medicine to take

1549

01:02:25,849 --> 01:02:21,240

this seriously

1550

01:02:28,370 --> 01:02:25,859

and to try to actually engage in a way

1551

01:02:31,010 --> 01:02:28,380

that this could be covered so no matter

1552

01:02:34,789 --> 01:02:31,020

who you are you could walk to your

1553

01:02:37,309 --> 01:02:34,799

neighborhood float shop and go float and

1554

01:02:39,349 --> 01:02:37,319

it will be paid for or subsidized by the

1555

01:02:41,210 --> 01:02:39,359

government or health insurance that's my

1556

01:02:43,010 --> 01:02:41,220

vision here

1557

01:02:45,170 --> 01:02:43,020

and wouldn't that be great because

1558

01:02:47,329 --> 01:02:45,180

everyone in society I think could stand

1559

01:02:49,730 --> 01:02:47,339

to benefit from this respite from

1560

01:02:51,109 --> 01:02:49,740

reality and it's just really available

1561

01:02:55,069 --> 01:02:51,119

to everybody

1562

01:02:56,750 --> 01:02:55,079

so that's kind of you know my goal and

1563

01:02:57,829 --> 01:02:56,760

at the Laureate Institute for brain

1564

01:02:59,569 --> 01:02:57,839

research

1565

01:03:02,030 --> 01:02:59,579

I

1566

01:03:04,190 --> 01:03:02,040

saw the iterative approach that was

1567

01:03:08,390 --> 01:03:04,200

being taken you know we just finished

1568

01:03:11,630 --> 01:03:08,400

our NIH study where we were looking at

1569

01:03:13,670 --> 01:03:11,640

the safety of floating across 75

1570

01:03:16,730 --> 01:03:13,680

patients with severe anxiety and

1571

01:03:19,910 --> 01:03:16,740

depression across multiple float

1572

01:03:22,190 --> 01:03:19,920

sessions everyone floated six times

1573

01:03:23,930 --> 01:03:22,200

and we just wanted to assess over the

1574

01:03:26,270 --> 01:03:23,940

course of that six sessions were there

1575

01:03:29,270 --> 01:03:26,280

any Adverse Events that could come up

1576

01:03:30,170 --> 01:03:29,280

with multiple float sessions and once

1577

01:03:32,030 --> 01:03:30,180

again

1578

01:03:34,130 --> 01:03:32,040

the answer was no

1579

01:03:35,569 --> 01:03:34,140

we weren't seeing Adverse Events but

1580

01:03:37,609 --> 01:03:35,579

that was the whole point of the study

1581

01:03:39,170 --> 01:03:37,619

the study wasn't to take on big Pharma

1582

01:03:42,950 --> 01:03:39,180

you see

1583

01:03:45,049 --> 01:03:42,960

and the idea is I'm trying to make this

1584

01:03:47,510 --> 01:03:45,059

research happen faster I don't think I

1585

01:03:49,549 --> 01:03:47,520

could have done this big Pharma study at

1586

01:03:52,730 --> 01:03:49,559

the Laureate Institute

1587

01:03:54,349 --> 01:03:52,740

and you talked earlier about big Pharma

1588

01:03:58,010 --> 01:03:54,359

I didn't get into this but the powers

1589

01:03:59,990 --> 01:03:58,020

that be are vast and extensive yeah and

1590

01:04:01,970 --> 01:04:00,000

Psychiatry by the way is basically

1591

01:04:03,950 --> 01:04:01,980

funded by big Pharma that the whole

1592

01:04:07,130 --> 01:04:03,960

field of psychiatry

1593

01:04:09,890 --> 01:04:07,140

is pretty much entirely funded by big

1594

01:04:12,410 --> 01:04:09,900

Pharma because that's what psychiatrists

1595

01:04:15,470 --> 01:04:12,420

most often do is they will prescribe

1596

01:04:17,630 --> 01:04:15,480

pills that's oftentimes what separates

1597

01:04:19,609 --> 01:04:17,640

them from psychologists not to say that

1598

01:04:21,829 --> 01:04:19,619

psychiatrists can't do amazing therapy

1599

01:04:23,690 --> 01:04:21,839

but the vast majority are just

1600

01:04:27,170 --> 01:04:23,700

prescribing and that's because big

1601

01:04:28,670 --> 01:04:27,180

Pharma wants that

1602

01:04:31,250 --> 01:04:28,680

so to me

1603

01:04:32,690 --> 01:04:31,260

I was going to face these powers that

1604

01:04:34,690 --> 01:04:32,700

you spoke about

1605

01:04:36,950 --> 01:04:34,700

and this study going head-to-head

1606

01:04:40,430 --> 01:04:36,960

against benzos

1607

01:04:42,170 --> 01:04:40,440

was not going to happen hmm

1608

01:04:44,150 --> 01:04:42,180

and so that's what I'm trying to do

1609

01:04:46,250 --> 01:04:44,160

that's why I left that's why I created

1610

01:04:48,589 --> 01:04:46,260

the float research Collective is I want

1611

01:04:51,470 --> 01:04:48,599

to get this approved as a medical

1612

01:04:54,170 --> 01:04:51,480

treatment as quickly as possible so that

1613

01:04:56,150 --> 01:04:54,180

everybody out there who's suffering from

1614

01:04:58,670 --> 01:04:56,160

these ubiquitous conditions stands to

1615

01:05:00,470 --> 01:04:58,680

benefit that's the whole idea here

1616

01:05:02,150 --> 01:05:00,480

and Justin I think the reason I wanted

1617

01:05:04,010 --> 01:05:02,160

you to share that you know to a degree

1618

01:05:05,510 --> 01:05:04,020

is because you know you talk about these

1619

01:05:08,390 --> 01:05:05,520

different studies that have the NIH

1620

01:05:10,130 --> 01:05:08,400

backing which is obviously huge but the

1621

01:05:11,750 --> 01:05:10,140

float research Collective does not and

1622

01:05:14,990 --> 01:05:11,760

so you know the fundraising power that's

1623

01:05:17,630 --> 01:05:15,000

needed to make this head-to-head study

1624

01:05:20,450 --> 01:05:17,640

happen is extremely important because it

1625

01:05:22,069 --> 01:05:20,460

does not have that kind of NIH backing

1626

01:05:23,930 --> 01:05:22,079

that the library has on some of these

1627

01:05:25,849 --> 01:05:23,940

studies that have already happened

1628

01:05:28,190 --> 01:05:25,859

yeah the system is not going to want

1629

01:05:30,589 --> 01:05:28,200

this study done because we already kind

1630

01:05:32,510 --> 01:05:30,599

of have a fair indication of what it

1631

01:05:35,089 --> 01:05:32,520

might show and they don't want anything

1632

01:05:37,549 --> 01:05:35,099

to compete with their profits for these

1633

01:05:40,010 --> 01:05:37,559

pills so yeah I mean I think that's a

1634

01:05:43,190 --> 01:05:40,020

story it's going to resonate a lot with

1635

01:05:45,109 --> 01:05:43,200

this audience who likes to see people go

1636

01:05:47,870 --> 01:05:45,119

Rogue and and try to fight the big

1637

01:05:50,270 --> 01:05:47,880

machine really just in the interest of

1638

01:05:52,010 --> 01:05:50,280

giving people something that is going to

1639

01:05:54,109 --> 01:05:52,020

help improve their lives and improve

1640

01:05:57,289 --> 01:05:54,119

their situations that they don't have

1641

01:06:00,650 --> 01:05:57,299

access to otherwise so yeah I appreciate

1642

01:06:03,289 --> 01:06:00,660

that and as we're starting to do the

1643

01:06:05,089 --> 01:06:03,299

wrap up stuff Mandy I also wanted to

1644

01:06:07,250 --> 01:06:05,099

talk to you a little bit about what you

1645

01:06:09,470 --> 01:06:07,260

do with franchising now I looked at the

1646

01:06:12,230 --> 01:06:09,480

numbers and it seems a bit lofty for the

1647

01:06:14,750 --> 01:06:12,240

average person to get involved in but no

1648

01:06:16,430 --> 01:06:14,760

franchise really seems cheap I almost

1649

01:06:18,289 --> 01:06:16,440

went down the path of opening the Jimmy

1650

01:06:19,970 --> 01:06:18,299

John's or buying a vending machine route

1651

01:06:22,730 --> 01:06:19,980

back in the day when I was sad and

1652

01:06:25,910 --> 01:06:22,740

desperate but so many of us are working

1653

01:06:28,010 --> 01:06:25,920

in areas we don't feel fulfilled by or

1654

01:06:29,029 --> 01:06:28,020

maybe we work maybe we're working in

1655

01:06:31,910 --> 01:06:29,039

companies

1656

01:06:33,710 --> 01:06:31,920

where we know we're doing active harm in

1657

01:06:37,010 --> 01:06:33,720

the world to a degree but we got to get

1658

01:06:38,990 --> 01:06:37,020

a bag somehow I would think if a person

1659

01:06:41,630 --> 01:06:39,000

wanted to become an entrepreneur be

1660

01:06:43,609 --> 01:06:41,640

their own boss and feel good about their

1661

01:06:45,829 --> 01:06:43,619

product and their contribution to the

1662

01:06:48,289 --> 01:06:45,839

world this would not be a bad way to go

1663

01:06:50,589 --> 01:06:48,299

give us the pitch in terms of what's

1664

01:06:53,569 --> 01:06:50,599

involved with being a true rest

1665

01:06:55,130 --> 01:06:53,579

franchisee the benefits and ultimately

1666

01:06:56,750 --> 01:06:55,140

it's profitability

1667

01:06:58,309 --> 01:06:56,760

yeah I'm glad you want to know more

1668

01:07:00,170 --> 01:06:58,319

about that I mean

1669

01:07:01,789 --> 01:07:00,180

when anyone ever asks me I've been in

1670

01:07:03,230 --> 01:07:01,799

this industry far longer than I already

1671

01:07:05,510 --> 01:07:03,240

thought I would be

1672

01:07:07,670 --> 01:07:05,520

and there's three reasons why you know

1673

01:07:10,130 --> 01:07:07,680

one is what we're doing is just

1674

01:07:11,809 --> 01:07:10,140

incredible I mean between the

1675

01:07:13,490 --> 01:07:11,819

conversations I have with Justin and

1676

01:07:15,529 --> 01:07:13,500

anyone else that's doing research or

1677

01:07:16,970 --> 01:07:15,539

even wants to talk about floating I mean

1678

01:07:19,069 --> 01:07:16,980

it's my favorite topic I just can't

1679

01:07:20,750 --> 01:07:19,079

imagine doing work right I talk about

1680

01:07:23,329 --> 01:07:20,760

anything else

1681

01:07:25,370 --> 01:07:23,339

but on the business side of it I know

1682

01:07:28,010 --> 01:07:25,380

every single morning that I'm waking up

1683

01:07:30,289 --> 01:07:28,020

helping people leave the corporate

1684

01:07:32,329 --> 01:07:30,299

ladder that is a complete grind where

1685

01:07:34,430 --> 01:07:32,339

they're totally burnt out and they don't

1686

01:07:35,930 --> 01:07:34,440

see really any upside or way to move

1687

01:07:38,029 --> 01:07:35,940

forward and help them become

1688

01:07:39,589 --> 01:07:38,039

entrepreneurs but it's also what you

1689

01:07:41,270 --> 01:07:39,599

know keeps me up at night is for the

1690

01:07:43,250 --> 01:07:41,280

people that you know maybe do struggle a

1691

01:07:45,710 --> 01:07:43,260

little bit more aren't seeing you know

1692

01:07:47,510 --> 01:07:45,720

the strongest gift card sales what can I

1693

01:07:50,329 --> 01:07:47,520

do in every single given moment to help

1694

01:07:52,309 --> 01:07:50,339

those people achieve their goals

1695

01:07:53,870 --> 01:07:52,319

and then the last third thing which we

1696

01:07:55,670 --> 01:07:53,880

don't really need to talk about but just

1697

01:07:57,770 --> 01:07:55,680

a personal statement is because my dad

1698

01:07:59,690 --> 01:07:57,780

is a CEO and I won't step away until I

1699

01:08:02,210 --> 01:07:59,700

get to see him retire which I would hope

1700

01:08:05,210 --> 01:08:02,220

to see all my franchisees

1701

01:08:08,569 --> 01:08:05,220

um but every single person that is open

1702

01:08:10,849 --> 01:08:08,579

to True rest so all 44 locations they

1703

01:08:13,490 --> 01:08:10,859

floated at some point and they believed

1704

01:08:15,289 --> 01:08:13,500

in it in that first float so much that

1705

01:08:17,510 --> 01:08:15,299

they've invested over half a million

1706

01:08:19,910 --> 01:08:17,520

dollars or more into opening up their

1707

01:08:21,590 --> 01:08:19,920

location now there's SBA Loans in all

1708

01:08:23,269 --> 01:08:21,600

other ways that you can fund it for

1709

01:08:25,370 --> 01:08:23,279

probably less than two hundred thousand

1710

01:08:26,930 --> 01:08:25,380

but all in all if you're looking at half

1711

01:08:29,090 --> 01:08:26,940

a million you've got to really believe

1712

01:08:30,410 --> 01:08:29,100

in float therapy you've got to love it

1713

01:08:32,749 --> 01:08:30,420

you've got to want to get out of what

1714

01:08:34,249 --> 01:08:32,759

you're doing and it's the topic you talk

1715

01:08:36,349 --> 01:08:34,259

about in the grocery store I mean when

1716

01:08:37,669 --> 01:08:36,359

anyone asks you what you do

1717

01:08:39,289 --> 01:08:37,679

um you know we ask if you're down to

1718

01:08:41,930 --> 01:08:39,299

float you know and those are the kind of

1719

01:08:44,510 --> 01:08:41,940

things that you know my franchisees want

1720

01:08:46,490 --> 01:08:44,520

to spend their life doing so you know

1721

01:08:48,829 --> 01:08:46,500

the process itself takes about maybe

1722

01:08:50,990 --> 01:08:48,839

nine months from being interested to

1723

01:08:53,150 --> 01:08:51,000

actually getting your doors open and

1724

01:08:55,309 --> 01:08:53,160

then whether it's a single location like

1725

01:08:57,349 --> 01:08:55,319

we have in San Diego that my mom runs

1726

01:09:00,110 --> 01:08:57,359

and it's a little two-pod spawn she

1727

01:09:02,329 --> 01:09:00,120

floats all of her veterans and you know

1728

01:09:03,890 --> 01:09:02,339

all of her other clients or you know my

1729

01:09:05,689 --> 01:09:03,900

Pittsburgh franchisees that are going to

1730

01:09:08,450 --> 01:09:05,699

build five locations and they have

1731

01:09:11,030 --> 01:09:08,460

full-time jobs but they really wanted to

1732

01:09:13,130 --> 01:09:11,040

bring something other than what they

1733

01:09:15,110 --> 01:09:13,140

were doing into the world and to kind of

1734

01:09:16,789 --> 01:09:15,120

help their Pittsburgh

1735

01:09:18,590 --> 01:09:16,799

friends and family that they saw were

1736

01:09:20,990 --> 01:09:18,600

really suffering there's a lot of ways

1737

01:09:22,490 --> 01:09:21,000

to franchise with us so you gotta just

1738

01:09:23,689 --> 01:09:22,500

love float therapy and you want to be an

1739

01:09:24,829 --> 01:09:23,699

entrepreneur and I'll help you do the

1740

01:09:26,829 --> 01:09:24,839

rest

1741

01:09:29,930 --> 01:09:26,839

love it love it

1742

01:09:31,490 --> 01:09:29,940

and Justin it's always good to hit this

1743

01:09:33,709 --> 01:09:31,500

sort of stuff at the end so it's fresh

1744

01:09:35,689 --> 01:09:33,719

in the minds of people out there but

1745

01:09:37,849 --> 01:09:35,699

give us a little more about the float

1746

01:09:40,010 --> 01:09:37,859

research Collective itself and some of

1747

01:09:42,229 --> 01:09:40,020

your main goals the fundraiser and how

1748

01:09:44,630 --> 01:09:42,239

people who have enjoyed this could help

1749

01:09:45,590 --> 01:09:44,640

the mission if this stuff resonates with

1750

01:09:47,990 --> 01:09:45,600

them

1751
01:09:50,570 --> 01:09:48,000
absolutely you know this has been new

1752
01:09:53,030 --> 01:09:50,580
for me I'm not a social media person if

1753
01:09:54,770 --> 01:09:53,040
anyone saw my TED Talk I I don't like

1754
01:09:57,050 --> 01:09:54,780
social media at all I think it's the end

1755
01:09:59,090 --> 01:09:57,060
of us but there's a purpose for getting

1756
01:10:01,250 --> 01:09:59,100
messages out and I think that's a very

1757
01:10:04,729 --> 01:10:01,260
important part and so we did start

1758
01:10:08,030 --> 01:10:04,739
social media this past year all of our

1759
01:10:11,030 --> 01:10:08,040
accounts are at float research that's

1760
01:10:14,390 --> 01:10:11,040
the handle and we also have a website

1761
01:10:19,130 --> 01:10:16,370
talks all about what we've been

1762
01:10:21,050 --> 01:10:19,140
discussing it shows a repository of all

1763
01:10:23,090 --> 01:10:21,060

the peer-reviewed papers that we've been

1764

01:10:24,830 --> 01:10:23,100

talking about and a lot of the ones I've

1765

01:10:26,810 --> 01:10:24,840

published are open access so you could

1766

01:10:28,850 --> 01:10:26,820

get the PDF there and actually read it

1767

01:10:30,950 --> 01:10:28,860

for yourself

1768

01:10:33,290 --> 01:10:30,960

we also have a you know a major

1769

01:10:35,810 --> 01:10:33,300

fundraiser that we just launched four

1770

01:10:37,490 --> 01:10:35,820

months ago so it's still fresh we're

1771

01:10:39,830 --> 01:10:37,500

trying to get it really getting some

1772

01:10:43,250 --> 01:10:39,840

steam now but that's to raise 10 million

1773

01:10:47,090 --> 01:10:43,260

dollars to do these head-to-head studies

1774

01:10:48,410 --> 01:10:47,100

against benzos and opioids and you know

1775

01:10:50,990 --> 01:10:48,420

we could use all the help we could get

1776

01:10:52,970 --> 01:10:51,000

honestly we even have the ability to

1777

01:10:55,010 --> 01:10:52,980

sign up fundraising teams if you want to

1778

01:10:57,470 --> 01:10:55,020

help us get to that goal rather than

1779

01:10:58,550 --> 01:10:57,480

just giving a one-off donation but

1780

01:11:01,970 --> 01:10:58,560

either way

1781

01:11:04,510 --> 01:11:01,980

that website can be found on basically

1782

01:11:06,830 --> 01:11:04,520

any of our social media sites on

1783

01:11:10,490 --> 01:11:06,840

clinicalfloat.org or if you want to go

1784

01:11:13,390 --> 01:11:10,500

directly to it it's clinicalfloat dot

1785

01:11:19,729 --> 01:11:15,709

f-u-n-r-a-i-s-e dot org that's our

1786

01:11:22,490 --> 01:11:19,739

fundraiser great great and it is so

1787

01:11:25,430 --> 01:11:22,500

unfortunate that it takes that much

1788

01:11:27,410 --> 01:11:25,440

money to do this stuff but it's the game

1789

01:11:28,910 --> 01:11:27,420

we play it's how things are structured

1790

01:11:31,550 --> 01:11:28,920

and the people who have that kind of

1791

01:11:33,470 --> 01:11:31,560

money in one lump sum

1792

01:11:36,410 --> 01:11:33,480

you know don't want to spend it on this

1793

01:11:39,050 --> 01:11:36,420

and that is how we're in this situation

1794

01:11:42,169 --> 01:11:39,060

so it's a noble thing to try to do it

1795

01:11:46,310 --> 01:11:42,179

Grassroots and get the funding required

1796

01:11:49,250 --> 01:11:46,320

to show that this is a alternative with

1797

01:11:51,590 --> 01:11:49,260

really no consequence and I also just

1798

01:11:54,110 --> 01:11:51,600

wanted to mention before we go something

1799

01:11:56,810 --> 01:11:54,120

you said in that presentation

1800

01:11:59,030 --> 01:11:56,820

regarding how you guys can kind of work

1801
01:12:01,630 --> 01:11:59,040
together the Synergy between you both

1802
01:12:06,709 --> 01:12:01,640
which is kind of this cloud-based system

1803
01:12:08,510 --> 01:12:06,719
because you can get more data from all

1804
01:12:10,669 --> 01:12:08,520
the float centers that are out there if

1805
01:12:12,470 --> 01:12:10,679
you can get just 10 percent of them to

1806
01:12:15,470 --> 01:12:12,480
sign up you said you can get thousands

1807
01:12:17,450 --> 01:12:15,480
of data points that's that's a really

1808
01:12:20,209 --> 01:12:17,460
creative and interesting way to get

1809
01:12:22,490 --> 01:12:20,219
strong scientific data based on the

1810
01:12:24,470 --> 01:12:22,500
network that's already there right

1811
01:12:27,050 --> 01:12:24,480
that's right you know that was another

1812
01:12:28,729 --> 01:12:27,060
thing that excited me about starting the

1813
01:12:30,770 --> 01:12:28,739

float research Collective is here we

1814

01:12:33,410 --> 01:12:30,780

have this burgeoning network of float

1815

01:12:35,810 --> 01:12:33,420

centers who are all very excited by the

1816

01:12:38,209 --> 01:12:35,820

potential of this novel technology

1817

01:12:40,130 --> 01:12:38,219

and they want to learn why it's working

1818

01:12:44,030 --> 01:12:40,140

how it's working who it's working for

1819

01:12:45,770 --> 01:12:44,040

and so we could set up very easily a

1820

01:12:48,290 --> 01:12:45,780

cloud-based system where all you would

1821

01:12:51,169 --> 01:12:48,300

need is you know an iPhone or a tablet

1822

01:12:54,169 --> 01:12:51,179

or some app there's different ways we're

1823

01:12:56,689 --> 01:12:54,179

exploring this actually and

1824

01:12:59,030 --> 01:12:56,699

very quickly float centers could have

1825

01:13:01,310 --> 01:12:59,040

all of their patrons who go in the float

1826

01:13:04,070 --> 01:13:01,320

fill out some questionnaires and it

1827

01:13:06,169 --> 01:13:04,080

would be that simple to collect massive

1828

01:13:08,870 --> 01:13:06,179

amounts of data and we could talk about

1829

01:13:11,149 --> 01:13:08,880

safety on a much larger scale

1830

01:13:13,550 --> 01:13:11,159

I could talk about what are the base

1831

01:13:16,070 --> 01:13:13,560

rates of Adverse Events that happen less

1832

01:13:18,290 --> 01:13:16,080

than you know 0.05 percent of the time

1833

01:13:19,669 --> 01:13:18,300

when you have tens of thousands of data

1834

01:13:21,649 --> 01:13:19,679

points

1835

01:13:24,050 --> 01:13:21,659

and so I think from a safety standpoint

1836

01:13:26,090 --> 01:13:24,060

from a dissemination standpoint we need

1837

01:13:28,370 --> 01:13:26,100

the system in place and that's one of

1838

01:13:30,950 --> 01:13:28,380

the other things we're fundraising for

1839

01:13:32,930 --> 01:13:30,960

yeah that was a really creative idea I

1840

01:13:34,550 --> 01:13:32,940

thought kind of a gorilla way to get the

1841

01:13:36,649 --> 01:13:34,560

network going because it's already

1842

01:13:38,990 --> 01:13:36,659

halfway in place you just need to

1843

01:13:41,990 --> 01:13:39,000

collect that data with some cloud-based

1844

01:13:44,630 --> 01:13:42,000

system and get people to participate but

1845

01:13:47,149 --> 01:13:44,640

man this has been really enjoyable you

1846

01:13:49,430 --> 01:13:47,159

know I had a little uncertainty about

1847

01:13:51,350 --> 01:13:49,440

filling two hours with the float tank

1848

01:13:53,149 --> 01:13:51,360

conversation but I thought it was really

1849

01:13:56,390 --> 01:13:53,159

great and I think people are are going

1850

01:14:00,169 --> 01:13:56,400

to enjoy it and especially anything that

1851

01:14:02,750 --> 01:14:00,179

kind of is a thorn in the side of the

1852

01:14:05,209 --> 01:14:02,760

pill pushers I think our people are

1853

01:14:07,550 --> 01:14:05,219

going to support and appreciate are

1854

01:14:09,290 --> 01:14:07,560

there any other links or or follow-up

1855

01:14:10,970 --> 01:14:09,300

info to give people before we really

1856

01:14:12,890 --> 01:14:10,980

call it in

1857

01:14:14,510 --> 01:14:12,900

one of the things I'd love to share I

1858

01:14:18,169 --> 01:14:14,520

should have mentioned it earlier at some

1859

01:14:20,750 --> 01:14:18,179

point but as a node to the true rest

1860

01:14:23,030 --> 01:14:20,760

origin story every true rest across the

1861

01:14:26,030 --> 01:14:23,040

country offers free floats to Veterans

1862

01:14:27,290 --> 01:14:26,040

on the 11th of every single month so no

1863

01:14:29,330 --> 01:14:27,300

matter where you are across the country

1864

01:14:31,669 --> 01:14:29,340

if you're a veteran and some locations

1865

01:14:33,290 --> 01:14:31,679

even expand that to First Responders

1866

01:14:34,370 --> 01:14:33,300

you can always get a free flow to True

1867

01:14:36,709 --> 01:14:34,380

rest

1868

01:14:38,870 --> 01:14:36,719

um I love that Mandy and you know I

1869

01:14:40,910 --> 01:14:38,880

worked at the VA in San Diego for many

1870

01:14:43,669 --> 01:14:40,920

years and it was heartbreaking

1871

01:14:45,709 --> 01:14:43,679

I'll never forget the look on a couple

1872

01:14:48,350 --> 01:14:45,719

of my patients faces who had

1873

01:14:50,330 --> 01:14:48,360

post-traumatic stress disorder and

1874

01:14:52,370 --> 01:14:50,340

they'd come to me at the Rock Bottom you

1875

01:14:54,350 --> 01:14:52,380

know by the time they got to me their

1876

01:14:56,330 --> 01:14:54,360

why for significant other had basically

1877

01:14:57,890 --> 01:14:56,340

said I'm going to divorce you if you

1878

01:14:59,390 --> 01:14:57,900

don't get help they've lost their

1879

01:15:01,669 --> 01:14:59,400

friends they were in the throes of

1880

01:15:04,370 --> 01:15:01,679

addiction they're in the cusp of suicide

1881

01:15:06,350 --> 01:15:04,380

and they get to me I diagnose them with

1882

01:15:08,270 --> 01:15:06,360

PTSD

1883

01:15:10,130 --> 01:15:08,280

and then I have to look them in the eye

1884

01:15:12,350 --> 01:15:10,140

and say there's a four-month wait list

1885

01:15:13,490 --> 01:15:12,360

for psychotherapy

1886

01:15:15,649 --> 01:15:13,500

um

1887

01:15:17,390 --> 01:15:15,659

you know to me that's an atrocity they

1888

01:15:18,590 --> 01:15:17,400

need help that day that's why they got

1889

01:15:20,810 --> 01:15:18,600

to me

1890

01:15:22,490 --> 01:15:20,820

and I would have loved to been able to

1891

01:15:25,790 --> 01:15:22,500

say to them hey

1892

01:15:28,790 --> 01:15:25,800

just go float right now

1893

01:15:30,830 --> 01:15:28,800

and until you could get Psychotherapy I

1894

01:15:33,890 --> 01:15:30,840

want you to continue to float every

1895

01:15:36,530 --> 01:15:33,900

single week that's what it should be and

1896

01:15:38,570 --> 01:15:36,540

to me there should be a float tank at

1897

01:15:42,410 --> 01:15:38,580

every VA hospital in this country no

1898

01:15:43,790 --> 01:15:42,420

excuses yeah for sure I'm glad you got

1899

01:15:45,410 --> 01:15:43,800

to mention a little bit about your

1900

01:15:47,990 --> 01:15:45,420

experience working with people who have

1901

01:15:49,669 --> 01:15:48,000

seen the horrors of War because there's

1902

01:15:52,370 --> 01:15:49,679

certainly a lot of talk these days about

1903

01:15:54,410 --> 01:15:52,380

heightened geopolitical tensions and the

1904

01:15:56,630 --> 01:15:54,420

prospect of World War III and maybe a

1905

01:15:59,990 --> 01:15:56,640

lot of us have been desensitized through

1906

01:16:02,870 --> 01:16:00,000

movies and even video games sure as to

1907

01:16:05,870 --> 01:16:02,880

just how horrible those experiences are

1908

01:16:08,330 --> 01:16:05,880

and how difficult it is to truly recover

1909

01:16:10,970 --> 01:16:08,340

if you're lucky enough to survive the

1910

01:16:13,130 --> 01:16:10,980

experience itself and you've done a

1911

01:16:15,830 --> 01:16:13,140

noble thing working with these most

1912

01:16:18,169 --> 01:16:15,840

vulnerable often forgotten people who

1913

01:16:21,050 --> 01:16:18,179

you know took a major risk the biggest

1914

01:16:22,370 --> 01:16:21,060

risk you could take to try to do what

1915

01:16:25,490 --> 01:16:22,380

they thought was right

1916

01:16:27,770 --> 01:16:25,500

yeah I appreciate that and I appreciate

1917

01:16:29,570 --> 01:16:27,780

all the veterans I think it is a

1918

01:16:32,030 --> 01:16:29,580

tremendous thing that they have to

1919

01:16:33,830 --> 01:16:32,040

encounter in terms of stress to the

1920

01:16:35,510 --> 01:16:33,840

nervous system very few could say

1921

01:16:36,649 --> 01:16:35,520

they've ever encountered what they have

1922

01:16:38,990 --> 01:16:36,659

and so

1923

01:16:40,010 --> 01:16:39,000

it's up to us as a society to take care

1924

01:16:42,290 --> 01:16:40,020

of them

1925

01:16:44,149 --> 01:16:42,300

I really believe that and to me there's

1926

01:16:46,729 --> 01:16:44,159

no excuse that they're not floating

1927

01:16:49,149 --> 01:16:46,739

every single week especially as they

1928

01:16:52,550 --> 01:16:49,159

come back from war

1929

01:16:55,850 --> 01:16:52,560

well said I agree well you are both

1930

01:16:59,270 --> 01:16:55,860

doing important work to help people

1931

01:17:01,790 --> 01:16:59,280

recover and optimize and non-invasive

1932

01:17:04,370 --> 01:17:01,800

risk-free ways and I salute you for it

1933

01:17:09,290 --> 01:17:04,380

keep up the great work and take care

1934

01:17:15,410 --> 01:17:12,110

all right there we have it surely an

1935

01:17:18,229 --> 01:17:15,420

unexpected topic as I mentioned a lot of

1936

01:17:20,270 --> 01:17:18,239

the podcasts I listen to or have in the

1937

01:17:23,270 --> 01:17:20,280

past talk about floating a fair amount

1938

01:17:25,490 --> 01:17:23,280

so I wasn't sure about doing this one

1939

01:17:27,709 --> 01:17:25,500

but Mandy being a listener I think made

1940

01:17:30,530 --> 01:17:27,719

it fun because she knew what sort of

1941

01:17:32,810 --> 01:17:30,540

angles we might appreciate and after

1942

01:17:35,390 --> 01:17:32,820

hearing Justin talk about the state of

1943

01:17:38,149 --> 01:17:35,400

our culture and his very specific aim of

1944

01:17:40,070 --> 01:17:38,159

putting floating up against big pharma's

1945

01:17:42,709 --> 01:17:40,080

harshest prescriptions

1946

01:17:44,750 --> 01:17:42,719

it dipped me over into the green maybe

1947

01:17:47,689 --> 01:17:44,760

not as many people know about floating

1948

01:17:50,030 --> 01:17:47,699

as I might think and if they do maybe

1949

01:17:52,370 --> 01:17:50,040

they've yet to actually try it

1950

01:17:54,169 --> 01:17:52,380

and speaking of that I can't get too far

1951

01:17:56,770 --> 01:17:54,179

into this without mentioning a very

1952

01:17:59,870 --> 01:17:56,780

generous offer from Mandy and that's 50

1953

01:18:01,310 --> 01:17:59,880

off of float session at participating

1954

01:18:04,130 --> 01:18:01,320

locations

1955

01:18:06,350 --> 01:18:04,140

so obviously a franchise owner has a

1956

01:18:10,910 --> 01:18:06,360

little say in what they do but if you go

1957

01:18:14,030 --> 01:18:10,920

to True rest.com slash VIP you will find

1958

01:18:17,270 --> 01:18:14,040

a list of multiple locations across 13

1959

01:18:19,850 --> 01:18:17,280

or so states that will let you come and

1960

01:18:21,890 --> 01:18:19,860

have a session for half price

1961

01:18:24,530 --> 01:18:21,900

so that's the quick and easy way but if

1962

01:18:26,930 --> 01:18:24,540

you find a true rest location in your

1963

01:18:29,630 --> 01:18:26,940

area that isn't on that list

1964

01:18:31,550 --> 01:18:29,640

Mandy went a step further and provided

1965

01:18:35,030 --> 01:18:31,560

me with a link where you can basically

1966

01:18:37,910 --> 01:18:35,040

buy yourself a 50 off a first float gift

1967

01:18:39,770 --> 01:18:37,920

card that would work at any location

1968

01:18:41,990 --> 01:18:39,780

so it's a little complicated but you got

1969

01:18:44,630 --> 01:18:42,000

to do a search and see if there's even a

1970

01:18:47,990 --> 01:18:44,640

true rest around you at all if there is

1971

01:18:50,450 --> 01:18:48,000

see if that location is on the VIP list

1972

01:18:51,410 --> 01:18:50,460

and if so it's as easy as scheduling it

1973

01:18:54,370 --> 01:18:51,420

through

1974

01:18:57,530 --> 01:18:54,380

that list of locations at trueress.com

1975

01:18:59,689 --> 01:18:57,540

VIP or you can just scroll down to your

1976

01:19:01,550 --> 01:18:59,699

show notes and go at it from there

1977

01:19:03,169 --> 01:19:01,560

and that's where you will find that link

1978

01:19:05,930 --> 01:19:03,179

for the

1979

01:19:08,810 --> 01:19:05,940

50 off a first float that works anywhere

1980

01:19:10,790 --> 01:19:08,820

that is a true rest location

1981

01:19:13,130 --> 01:19:10,800

it's always a little frustrating when we

1982

01:19:15,169 --> 01:19:13,140

don't get these sorts of offers set up

1983

01:19:17,630 --> 01:19:15,179

until after the interview

1984

01:19:20,209 --> 01:19:17,640

because you want to feature them more

1985

01:19:22,370 --> 01:19:20,219

prominently so everyone is aware

1986

01:19:24,229 --> 01:19:22,380

but sometimes this is just how it shakes

1987

01:19:26,630 --> 01:19:24,239

out because this kind of thing is not

1988

01:19:29,570 --> 01:19:26,640

usually top of mind for me

1989

01:19:31,250 --> 01:19:29,580

so I didn't think to ask Mandy until the

1990

01:19:33,950 --> 01:19:31,260

interview was over and when she came

1991

01:19:36,410 --> 01:19:33,960

back with this 50 off thing I just

1992

01:19:38,270 --> 01:19:36,420

thought wow that was a lot more generous

1993

01:19:40,669 --> 01:19:38,280

than I expected

1994

01:19:43,189 --> 01:19:40,679

we could all benefit from carving out a

1995

01:19:45,350 --> 01:19:43,199

little time for introspection relaxation

1996

01:19:48,470 --> 01:19:45,360

and de-stressing from an environment

1997

01:19:50,570 --> 01:19:48,480

that is pretty rough on our mental state

1998

01:19:52,490 --> 01:19:50,580

and physiology

1999

01:19:54,950 --> 01:19:52,500

so treat yourself it's not really going

2000

01:19:58,310 --> 01:19:54,960

to get any easier or cheaper

2001
01:19:59,810 --> 01:19:58,320
most likely than with this offer and I

2002
01:20:02,030 --> 01:19:59,820
just go back to thinking about our

2003
01:20:03,470 --> 01:20:02,040
battle with the bad guys being a battle

2004
01:20:06,649 --> 01:20:03,480
to control

2005
01:20:07,669 --> 01:20:06,659
the energy field as Lynn McTaggart might

2006
01:20:10,310 --> 01:20:07,679
call it

2007
01:20:11,930 --> 01:20:10,320
but you know the general polarity of the

2008
01:20:13,850 --> 01:20:11,940
Consciousness field

2009
01:20:15,890 --> 01:20:13,860
and all of our thoughts and actions

2010
01:20:18,470 --> 01:20:15,900
contribute to it and it's always been

2011
01:20:21,649 --> 01:20:18,480
manipulated to skew negative

2012
01:20:24,169 --> 01:20:21,659
well if I can tell or remind tens of

2013
01:20:26,450 --> 01:20:24,179

thousands of people about floating

2014

01:20:29,209 --> 01:20:26,460

and then a few thousand actually take

2015

01:20:31,250 --> 01:20:29,219

the next step and check it out and from

2016

01:20:33,590 --> 01:20:31,260

there they come out feeling more at

2017

01:20:36,530 --> 01:20:33,600

peace less overwhelmed with it all less

2018

01:20:39,410 --> 01:20:36,540

prone to negative expressions of emotion

2019

01:20:41,689 --> 01:20:39,420

more zen-like let's say

2020

01:20:43,669 --> 01:20:41,699

it might be a small thing but it might

2021

01:20:45,590 --> 01:20:43,679

have big impacts maybe it could end up

2022

01:20:46,610 --> 01:20:45,600

being like a butterfly effect kind of

2023

01:20:49,970 --> 01:20:46,620

thing

2024

01:20:50,990 --> 01:20:49,980

but any positive impact on the field is

2025

01:20:52,669 --> 01:20:51,000

good

2026

01:20:55,130 --> 01:20:52,679

and that's how I'm thinking about this

2027

01:20:57,950 --> 01:20:55,140

one and how effective it could be

2028

01:21:00,770 --> 01:20:57,960

plus maybe some folks feel passionately

2029

01:21:02,990 --> 01:21:00,780

enough to contribute to the fundraiser

2030

01:21:05,149 --> 01:21:03,000

it's awfully expensive to do a

2031

01:21:07,189 --> 01:21:05,159

head-to-head study that will be accepted

2032

01:21:08,990 --> 01:21:07,199

across the medical community

2033

01:21:11,630 --> 01:21:09,000

but we know how the game is played

2034

01:21:13,610 --> 01:21:11,640

studies that upset big pharma's profits

2035

01:21:16,729 --> 01:21:13,620

just don't get funded

2036

01:21:19,970 --> 01:21:16,739

and the bar for credible evidence is set

2037

01:21:22,550 --> 01:21:19,980

so high that very few can clear it

2038

01:21:25,310 --> 01:21:22,560

so yeah I'm rooting for Dr Feinstein and

2039

01:21:27,290 --> 01:21:25,320

I wholeheartedly support his mission

2040

01:21:29,090 --> 01:21:27,300

I just started kind of thinking along

2041

01:21:30,890 --> 01:21:29,100

those lines and it seemed like there's

2042

01:21:33,350 --> 01:21:30,900

actually a lot more potential for this

2043

01:21:36,169 --> 01:21:33,360

to make an impact than I first thought

2044

01:21:38,750 --> 01:21:36,179

hell maybe even some of the THC Upper

2045

01:21:40,850 --> 01:21:38,760

Crust decides to open their own float

2046

01:21:43,250 --> 01:21:40,860

rest locations

2047

01:21:44,870 --> 01:21:43,260

the possibility for a big domino effect

2048

01:21:46,910 --> 01:21:44,880

is there

2049

01:21:49,070 --> 01:21:46,920

people giving themselves a break

2050

01:21:52,729 --> 01:21:49,080

spreading the word to anyone they know

2051

01:21:54,890 --> 01:21:52,739

on opioids or benzodiazepines

2052

01:21:56,930 --> 01:21:54,900

or people who are just curious doing a

2053

01:21:58,550 --> 01:21:56,940

little business with a network that's

2054

01:21:59,750 --> 01:21:58,560

being helpful to the world and

2055

01:22:02,870 --> 01:21:59,760

supporting

2056

01:22:04,790 --> 01:22:02,880

a leader in that sphere being Justin who

2057

01:22:07,610 --> 01:22:04,800

is trying to go up against big Pharma

2058

01:22:11,209 --> 01:22:07,620

directly and on their terms

2059

01:22:13,070 --> 01:22:11,219

it's bold I like it I'm happy to use an

2060

01:22:14,870 --> 01:22:13,080

episode of this show to try and help

2061

01:22:18,050 --> 01:22:14,880

with those things

2062

01:22:20,149 --> 01:22:18,060

sadly sometimes Solutions are less

2063

01:22:22,850 --> 01:22:20,159

exciting than the problems but we need

2064

01:22:25,430 --> 01:22:22,860

both if we want to get anywhere

2065

01:22:27,649 --> 01:22:25,440

so the first hour is great and the

2066

01:22:28,490 --> 01:22:27,659

second hour doesn't disappoint we talked

2067

01:22:31,010 --> 01:22:28,500

about

2068

01:22:33,229 --> 01:22:31,020

the benefits of visualizing your goals

2069

01:22:36,410 --> 01:22:33,239

clearly and how floating can help

2070

01:22:38,870 --> 01:22:36,420

lengthening the hypnagogic state

2071

01:22:40,910 --> 01:22:38,880

the healing properties of water and

2072

01:22:43,310 --> 01:22:40,920

epsom salt in general

2073

01:22:45,590 --> 01:22:43,320

the history of strategies used by big

2074

01:22:48,350 --> 01:22:45,600

Pharma when they want to fight dirty

2075

01:22:51,350 --> 01:22:48,360

some resistance trouble and roadblocks

2076
01:22:54,649 --> 01:22:51,360
to wider adoption from the big machine

2077
01:22:57,410 --> 01:22:54,659
the benefits of ego Detachment reports

2078
01:22:59,870 --> 01:22:57,420
of triggering what's interpreted as womb

2079
01:23:03,950 --> 01:22:59,880
memories thoughts and considerations

2080
01:23:07,250 --> 01:23:03,960
with tank design infrared panels CO2

2081
01:23:10,010 --> 01:23:07,260
modulation and the IMAX tank possibility

2082
01:23:12,830 --> 01:23:10,020
and Dr Feinstein's work with James

2083
01:23:16,010 --> 01:23:12,840
Nestor when James was writing the book

2084
01:23:18,649 --> 01:23:16,020
breathe which I have raved about before

2085
01:23:21,169 --> 01:23:18,659
all interesting stuff join Plus for a

2086
01:23:23,330 --> 01:23:21,179
second hour of every show eight bucks a

2087
01:23:26,630 --> 01:23:23,340
month cancel anytime start with a seven

2088
01:23:29,149 --> 01:23:26,640

day free trial the higher sidechats.com

2089

01:23:32,930 --> 01:23:29,159

that said in higher side news how about

2090

01:23:36,590 --> 01:23:32,940

that pre-roll message huh the great THC

2091

01:23:38,270 --> 01:23:36,600

outline auction of 2023 is almost upon

2092

01:23:40,430 --> 01:23:38,280

us

2093

01:23:43,250 --> 01:23:40,440

I don't know what these are worth to

2094

01:23:45,950 --> 01:23:43,260

anyone or how high or low some of these

2095

01:23:47,689 --> 01:23:45,960

auctions might go but I know I'm not

2096

01:23:49,850 --> 01:23:47,699

going to raise the price of plus and

2097

01:23:51,530 --> 01:23:49,860

I've done all I can do to try to convert

2098

01:23:53,209 --> 01:23:51,540

more people to it

2099

01:23:56,270 --> 01:23:53,219

and I don't want to go down the ads

2100

01:23:58,370 --> 01:23:56,280

route though so many people have been

2101

01:24:01,130 --> 01:23:58,380

kind not to give me

2102

01:24:03,530 --> 01:24:01,140

a lot of about even the prospect of

2103

01:24:04,550 --> 01:24:03,540

doing it for the free show only of

2104

01:24:06,770 --> 01:24:04,560

course

2105

01:24:09,110 --> 01:24:06,780

but the thought of auctioning off these

2106

01:24:11,510 --> 01:24:09,120

outlines came to me and it feels a

2107

01:24:14,209 --> 01:24:11,520

little cringy to sign something and

2108

01:24:16,550 --> 01:24:14,219

assume it's valuable to anyone

2109

01:24:18,530 --> 01:24:16,560

but my wife reminded me of the time I

2110

01:24:21,649 --> 01:24:18,540

got her a signed script from an episode

2111

01:24:23,570 --> 01:24:21,659

of The Office as a gift once and how I

2112

01:24:27,050 --> 01:24:23,580

have a set list from They Might Be

2113

01:24:30,110 --> 01:24:27,060

Giants back in the day still framed

2114

01:24:31,550 --> 01:24:30,120

and so she made me feel less cringy

2115

01:24:33,770 --> 01:24:31,560

about it

2116

01:24:37,370 --> 01:24:33,780

besides I started looking into moving

2117

01:24:39,950 --> 01:24:37,380

costs and got some serious sticker shock

2118

01:24:41,149 --> 01:24:39,960

I know gas is expensive but the moving

2119

01:24:43,130 --> 01:24:41,159

industry

2120

01:24:45,110 --> 01:24:43,140

seems a little bit like a racket

2121

01:24:47,450 --> 01:24:45,120

surprise surprise

2122

01:24:50,990 --> 01:24:47,460

and I did Rip this Band-Aid off in the

2123

01:24:52,729 --> 01:24:51,000

joint session but we have settled on

2124

01:24:55,010 --> 01:24:52,739

Tampa Florida

2125

01:24:57,649 --> 01:24:55,020

that's right people it checks a majority

2126

01:25:00,470 --> 01:24:57,659

of our boxes Florida is probably the

2127

01:25:03,590 --> 01:25:00,480

largest concentration of family on both

2128

01:25:06,590 --> 01:25:03,600

sides more than Missouri even at this

2129

01:25:08,810 --> 01:25:06,600

point it's an income tax-free State we

2130

01:25:11,810 --> 01:25:08,820

avoid the harsh Winters they at least

2131

01:25:13,970 --> 01:25:11,820

have a medical dispensary system

2132

01:25:14,930 --> 01:25:13,980

and we have the whole East Coast to

2133

01:25:17,390 --> 01:25:14,940

explore

2134

01:25:19,970 --> 01:25:17,400

really the last part of the country that

2135

01:25:22,250 --> 01:25:19,980

I'm largely ignorant of I think I've

2136

01:25:25,010 --> 01:25:22,260

covered the continental U.S a lot more

2137

01:25:27,350 --> 01:25:25,020

than the vast majority of people

2138

01:25:29,689 --> 01:25:27,360

but everywhere on the east coast south

2139

01:25:32,209 --> 01:25:29,699

of Boston and north of Florida I've just

2140

01:25:35,090 --> 01:25:32,219

never really had a reason to visit

2141

01:25:37,130 --> 01:25:35,100

so yes I know Florida is humid I know

2142

01:25:39,709 --> 01:25:37,140

Bill Gates just released a shitload of

2143

01:25:42,950 --> 01:25:39,719

GMO mosquitoes down there if it was a

2144

01:25:45,350 --> 01:25:42,960

perfect place I'd be there already

2145

01:25:47,750 --> 01:25:45,360

but after a lot of consideration the

2146

01:25:50,149 --> 01:25:47,760

pros definitely seem to outweigh the

2147

01:25:52,550 --> 01:25:50,159

cons as my wife and I see it

2148

01:25:53,750 --> 01:25:52,560

so the fact that we finally settled on a

2149

01:25:56,870 --> 01:25:53,760

place

2150

01:25:59,030 --> 01:25:56,880

became the Catalyst for the wheels

2151
01:26:02,270 --> 01:25:59,040
turning as to how I could get a little

2152
01:26:05,390 --> 01:26:02,280
bit of uh extra cash in hand

2153
01:26:09,830 --> 01:26:05,400
and thus the great THC outline auction

2154
01:26:12,410 --> 01:26:09,840
of 2023 was born if a THC outline is of

2155
01:26:14,990 --> 01:26:12,420
any interest to you pop on over to eBay

2156
01:26:16,790 --> 01:26:15,000
and see what we got starting February

2157
01:26:19,430 --> 01:26:16,800
1st

2158
01:26:21,709 --> 01:26:19,440
and I suppose that's all she wrote big

2159
01:26:24,050 --> 01:26:21,719
thanks again to our guests

2160
01:26:25,189 --> 01:26:24,060
share this interview with anyone who

2161
01:26:29,030 --> 01:26:25,199
might benefit from the information

2162
01:26:30,470 --> 01:26:29,040
anyone in mental or physical pain or

2163
01:26:32,810 --> 01:26:30,480

exhaustion

2164

01:26:34,669 --> 01:26:32,820

the system certainly treats us bad

2165

01:26:36,649 --> 01:26:34,679

enough we could all treat ourselves a

2166

01:26:38,450 --> 01:26:36,659

little bit better thanks for listening

2167

01:26:41,090 --> 01:26:38,460

and I'll see you soon maybe in Mount

2168

01:26:43,370 --> 01:26:41,100

Shasta if I'm lucky but I've done my

2169

01:26:46,310 --> 01:26:43,380

part your move big Pharma faithful

2170

01:26:56,450 --> 01:26:46,320

stressed and unrested masses and Turners

2171

01:27:03,229 --> 01:27:00,530

process stuff that makes you fat

2172

01:27:05,470 --> 01:27:03,239

yeah it's a weak and sickly people

2173

01:27:08,330 --> 01:27:05,480

making industry

2174

01:27:22,570 --> 01:27:08,340

don't tell me

2175

01:27:22,580 --> 01:27:27,709

[Music]

2176
01:27:38,870 --> 01:27:28,740
wrong

2177
01:27:41,750 --> 01:27:38,880
[Music]

2178
01:27:44,030 --> 01:27:41,760
got an addiction to the digital

2179
01:27:47,090 --> 01:27:44,040
technology

2180
01:27:50,750 --> 01:27:47,100
every now and then I try to quit and

2181
01:27:54,740 --> 01:27:50,760
leave it be but it's too hard to turn it

2182
01:28:11,209 --> 01:28:00,990
[Music]

2183
01:28:39,850 --> 01:28:15,490
I don't have to face it that's right

2184
01:28:55,669 --> 01:28:43,210
discipline is right

2185
01:29:03,290 --> 01:28:59,090
so many arms expanding off the big

2186
01:29:07,250 --> 01:29:03,300
conspiracy and every one of them has got

2187
01:29:11,030 --> 01:29:07,260
a couple hooks into me try to forget and

2188
01:29:12,530 --> 01:29:11,040

I ignore but I'm just out of luck

2189

01:29:14,220 --> 01:29:12,540

I don't have

2190

01:29:22,850 --> 01:29:14,230

to have that