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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Alternative Cures For Your Psyche – Sensory Deprivation Methods

By Mandy Robinson

Short periods of depriving your senses can be relaxing. Sensory deprivation can be achieved by

using such simple devices such as blindfolds and earmuffs. Devices that are more complex can cut the sense of smell, touch taste, sense of heat or cold and gravity. Sensory deprivation methods have been used in psychology experiments and for torture. Extensive deprivation from sensory experiences can result in hallucinations, depression, extreme anxiety, and strange thought processes.

1. Five Methods Of Sensory Deprivation

– Confined to a room with loud and/or hissing noises. – Deprivation of sleep. – Putting a hood over the head to keep out any sight or sense of light – Standing for long periods in a stressful position. – Deprivation of food and drink.

2. Float Tanks

One form of sensory deprivation to increase relaxation is called a float tank. This float tank is kept at skin temperature, and you are kept buoyant in a pool of water that is 25% saturated with Epsom salts. This makes the water denser and more buoyant than seawater. The float tank shuts out 90% of the environmental stimulation that affects the muscles, nervous system and sense organs of the body. Without the external stimulants, your body can relax and feel your body go to a deeply relaxed state.

Your ears are under water so sound is blocked out. Some float tanks have gentle music that is piped in to heighten the relaxation process. It makes you feel like you are floating on a sea of music. While relaxing in warm water, listening to gentle music your mind can focus on other thoughts and not just on your body that results in a state of relaxation more restful than sleep.

3. Stress Mechanics

Stress related chemicals such as adrenaline, cortisol, and lactate are removed from the blood stream and replaced by the endorphins. These endorphins are nature's own body drug that makes people happy. This increases feelings of well-being, relieves chronic pain and fatigue, and improves higher

brain function such as memory and learning. Best of all, no special training is required, just lie back, and let your mind and body go.

4. Theta State

While your body is in a state of total relaxation, your brain remains awake. It doesn't have to work on processing signals from your nervous system and sense organs so it can go into a slow dreamy state known as theta state. While your brain is in this mode, your creative and inspirational thought processes are enhanced. You find yourself in this theta state the whole time you are in the float tank. You can not reach the theta state unless you are sleeping, but in the float tank it is easily acquired.

5. Stress Reliever

Those of us who have demanding life styles can benefit from the float tank as it immediately can

reduce blood pressure and heart rate. Other tension related maladies such as migraines, insomnia and back pain are also helped. The mental and physical effects of being buoyant in the water improve your sense of well-being and your powers of self control. Unwanted habits and negative emotions seem to melt away with the tensions and stresses that accompany them.

6. Use In Sports

Athletes float to enhance performance and stamina. Carl Lewis prepared for the Seoul Olympics in 1988 and won the gold medal. The Dallas Cowboys are said to have been using float tanks since 1981 to help the physical and psychological skills of the team. The Australian Institute of Sports began using float tanks in 1983. They find that floating can maximize the benefits of fitness training. The deep relaxation of the float tank speeds up the growth and regeneration of muscle tissue. Floating has also been found to speed recovery from injuries and the endorphins that are released help reduce the pain.

7. Use In Medicine

Clinically, studies show that there are no negative side effects to using a float tank. Floating improves sleep and helps the body relax and increase efficiency day to day.

For more great sensory deprivation related articles and resources check out

<http://anxietyadvisor.info>

Alternative Treatments for Depression

By Jamie Lynn

Alternative treatments for depression are gaining in popularity as the side effects of common antidepressant medications are

becoming better understood.

Weight gain, dry mouth, constipation, headache, blurred vision and diarrhea are just a few of the many potential adverse reactions to prescription depression medications...alternative cures present a safer, often equally effective solution.

There are different manifestations of the depressive state.

Depression may be chronic and ongoing, showing itself in an overall decreased level of functioning. Depression may also be cyclical, with the individual suffering emotional extremes (i.e. elation or despair, euphoria or grief). Whatever form depression takes, the ultimate result is the same. It is an extremely serious condition that can impede an individual's self esteem, their ability to cope with stress and their capacity for meaningful relationships. However, although depression can be a severe physical and psychological condition, the good news is that it is very treatable.

Cognitive and behavioral therapy are two psychological treatment methods for depression. Cognitive therapy teaches the patient to recognize negative feelings and thinking patterns that spark the depression cycle. Behavioral therapy focuses on teaching the patient to reinforce positive behaviors and coping methods as they apply to everyday activities. Both treatments have measured success, but require great investment and commitment on the part of the patient.

Alternative treatments for depression can be used in conjunction with medication and other psychological approaches for a more holistic technique. Hypnotherapy is one example of a non-traditional approach to depression. There are many different forms of hypnotherapy available, each using a combination of breath, regression, sound and/or visual imagery. The main difference between hypnotherapy and other psychological treatment methods for depression is that hypnotherapy brings about quicker results than other methods by immediately addressing subconscious issues.

You might say that behavioral and cognitive therapy take a circuitous route to arrive at a cure, while hypnotherapy cuts right to the chase. Hypnotherapy can act as a catalyst for other psychological treatment methods for depression. It can jump start the patient on the road to recovery, while a combination of drugs and other psychological approaches can reinforce positive behaviors.

Alternative treatments for depression can also include

meditation. There are two schools of thought regarding this technique. The first is that meditation can help to calm the

heightened anxiety and worry that depression can bring about. Breathing exercises and repetitive mantras can help to address nervousness and unease. Others believe that the increased state of self-observation during meditation can bring about an even greater sense of despondency and should not be used without the guidance of an experienced meditation practitioner. Regardless, meditation remains one of the most popular alternative cures for depression.

The bottom line is that depression can have very serious mental, emotional and physical consequences. Alternative treatments for depression such as hypnotherapy and meditation can offer a safe, effective solution as well as help you avoid the potential side effects of prescription medications.

<http://www.meditation-techniques-and-alternative-healing.com>

Jamie Lynn has dedicated herself to teaching others the Power of Meditation and other alternative health/healing tips and techniques for the mind, body and spirit!

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