

The following is MY personal experience with Float Therapy. Specifically, my first float. I suffer from moderate to severe fibromyalgia as well as chronic spinal conditions. My wife and I had gone up to Whistler for a short, 2 night vacation for our anniversary. I had not been to Whistler for about 7 years - and during those 7 years, my Fibromyalgia had apparently gotten a lot worse than I had realized. I forgot about the change in altitude, and the negative effects that it would have on me as a result of my illnesses.

Within a few hours of getting to Whistler, I was in agony and going through my own personal hell. My pain was easily at a 9 out of 10, but I was doing my best to hide it from my wife. Of course, I didn't do a very good job of it.

We happened across a large display with pamphlets in it - and one of them was for a place called "West Coast Float". My wife read the pamphlet and then gave it to me. It was a Float Therapy location, just a few minutes walk from us. The promises and claims in the pamphlet seemed too good to be true, but it was getting to the point that we had to try to do something to decrease my pain levels, or go home and forfeit the rest of our trip.

So - off we went to the Float Centre.

It was a strange experience at first, and I won't go into all of the details... But amazingly, I actually fell asleep in the float tank.

When I came out after 90 minutes, I was absolutely astonished at how I felt.

My Fibromyalgia pain had decreased by approximately 90%, and my chronic back pain had decreased by approximately 50%. I could MOVE! I felt loose, relaxed, and for the first time in a long time, I felt like a normal person. The main effects of that first float lasted for about 10 hours before the pain started to melt back in. However, there was a marked decrease in my pain and stress//anxiety levels for about 3 days. We were able to not only continue our anniversary trip, but I was actually able to enjoy myself without my chronic medical conditions being in the forefront.

When I got back to the Coast, I immediately looked for a Float Centre near me. I found **Cloud 9 Float Spa** in Coquitlam, and I have continued to float since. In fact, I am involved in an international Fibromyalgia Floatation Project - a clinic trial of sorts.

I have gotten to know the owner of that particular Float Centre - **Travis McLaren** - , and he wants to try to introduce floating to the Chronic Pain Community as much as I do. He has very generously made floating very affordable for people living with pain. Wanting to try to help people - like myself.

Warmest Regards,

Jason Stratman

Founder & Administrator

The Many Faces Of Fibromyalgia & Chronic Pain