



**Transcript:** #444 Float Tanks, Sensory Deprivation and Detoxing with Magnesium with Max Casa

**Dr. Wendy Myers:** Hi everyone. How are you doing? I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. And we have a great show for you today. We have Max Casa on the show, and he's going to be talking about float tanks, sensory deprivation, and detoxing with magnesium. And a really, really interesting show.

**Dr. Wendy Myers:** I love float tanks. I tried one. I don't know why it took me so long to get around to doing them because I've heard about them for so long. But last time I was in LA, I went to one. I was kind of stressed out and dealing with a bunch of stuff, and I went to one, and it was so transformative. It just helped me so much. I got addicted to them. I was in LA for about a month, and I was doing them almost every day when I was there because they were. I just felt so good when I was doing them.

**Dr. Wendy Myers:** So I wanted to do this show on float tanks and all their many benefits. And we talk about the kind of magnesium that's used in float tanks and what you want to use instead. We talk about different types of magnesium. We talk about what a float tank session looks like. What do you do when you get in them and get out of them? And we talk about the differences between different float tanks and Dr. Mercola uses float tanks. So a really, really interesting show today.

**Dr. Wendy Myers:** So I know you guys listening to this show are interested in detox and what, perhaps, your body's burden of toxins is. So I created a quiz called the Heavy Metals Quiz. You can check that out at [heavymetalsquiz.com](http://heavymetalsquiz.com). It's just a two-minute quiz. Asks you some lifestyle questions to deduce your relative body burden of toxins. And after you get your quiz results, you get a free video series that answers a lot of your frequently asked questions about detox location, where to start, how long it takes, et cetera, et cetera. So check that out at [heavymetalsquiz.com](http://heavymetalsquiz.com).

**Dr. Wendy Myers:** So our guest today, Max Casa, he's the alchemically alive sensei. That's hard to say. And he's an accomplished lifelong martial artist, a performance coach, and a

medicine man. So before becoming the founder of Max Vitality, Max trained day and night for over a decade, aiming to become the next top UFC featherweight prospect. So his drive to become the best led him down the rabbit hole of biohacking and all-around performance optimization. And so, after countless health obstacles, Max dedicated himself to finding the easiest and most effective recovery therapy. So Max discovered float therapy, also known as sensory deprivation, hoping it would aid in his physical recovery. And so, he soon realized that simply lying suspended in a silent, dark, salt water-filled tank not only healed his body but simultaneously enhanced his mind and deepened his connection with spirit. So now, Max aims to spread his knowledge on the benefits of floating, magnesium, minerals, and energy, in hopes of helping others strengthen and balance their mind, body, and spirit. You can learn more about Max and his work at [maxvitality.co](https://maxvitality.co).

**Dr. Wendy Myers:** So Max, thanks so much for coming on the show.

**Max Casa:** Pleasure to be here. Thanks for having me on, Wendy.

**Dr. Wendy Myers:** Yeah. Why don't you tell us about yourself and how you got into the health industry?

**Max Casa:** I originally got into it at a super young age. I've been a lifelong martial artist since the age of four. Unfortunately, my parents got me into it early on, and I was diagnosed with the generative neuromuscular disease at birth, called Charcot-Marie-Tooth, or CMT. And originally, they were hoping that getting me involved in something like martial arts would help my muscle strength, balance, and coordination. So really, it was either martial arts or ballet. And nothing against ballet, but thankfully, it was martial arts because it's become such a huge part of my life these past 20 years now.

**Max Casa:** But really, as I got older and started teaching and competing for more, I was just constantly looking for ways to optimize my mind and body, kind of get that leg up. So I started exploring different therapies, whether it was cryotherapy, yoga, or meditation. And then ultimately, one day, I ended up stumbling upon float therapy, and it totally changed my life. I went into Float Boston. It's a float center in Boston. And at the time, it was the only float center in all of New England. We're going back about eight years ago now.

**Max Casa:** And I remember, Wendy, when I got out of the tank, I was literally buzzing with this sensation of relaxation and pure inner peace that I had never experienced in my entire life. Never mind, at the time, I was in the middle of a fight camp, which was one of the most stressful things going on in my life at the time. So ultimately, I ended up floating more, reaping more of its incredible benefits, and delving deeper into the research on floating. And ultimately, ended up being inspired to start a business where we manufacture customized and install float therapy chambers all over the globe.

**Dr. Wendy Myers:** So awesome. I love float therapy. It's something that I've done before, and I don't think there's one here in Mexico. I haven't looked into it, but there might be. There are a lot of alternative therapies here and whatnot. But for anyone who doesn't know about it, what is float therapy, exactly?

**Max Casa:** Yeah. So we'll have to change it up. We'll have to get some tanks down in Mexico.

**Dr. Wendy Myers:** Yeah.

**Max Casa:** Oh yeah. But ultimately, if anyone's familiar, floating or sensory deprivation, it is a powerful healing tool that's totally taken, especially the west coast and Europe, by storm in the past couple of decades. But ultimately, what it involves is, getting in a big egg-shaped hot tub type tank with a lid over the top, oftentimes about the size of a small car. And inside this chamber is the most unique environment on the face of planet earth. Because there are 10 inches of water inside the tank, but those 10 inches of water are supersaturated with over a thousand pounds of therapeutic grade Epsom salt. And the benefits of Epsom salt alone have been well known and well documented for hundreds, even thousands of years. But ultimately, this creates a super saturated, incredibly buoyant salt water solution. So dense that I could literally take a bowling ball, put it in the water, and it would easily float to the top.

**Max Casa:** So ultimately, the solution enables effortless floating, but it's not just the thousand pounds of Epsom salt that make the chamber environment so unique. It's also that, inside that tank, it's totally void of all sensory inputs altogether. Meaning that, in a properly calibrated flotation environment, not even a single photon of light is entering the user's experience at all. There's no sound inside the chamber because not only is the tank itself sound resistant, but the user is also wearing ear plugs. There's no sense of smell, no sense of taste.

**Max Casa:** And there's not even a sensation of touch inside the chamber because the salt water solution and the air inside the tank are precisely heated and kept at a constant 94.5 degrees Fahrenheit. And what's so magical about 94.5 is actually the same exact temperature as the external layer of your skin. And oftentimes, what this translates to, is the saltwater solution in the air is actually skin receptor neutral. Meaning that the user's brain usually loses sensation within the first 30 minutes or so of entering the tank, of where their body ends and where the water begins. And these can be two profound, spiritual, and often life-changing experiences. But ultimately, floating is easy. It's getting inside the tank, closing the lid, flicking off the light, laying back, and floating.

**Dr. Wendy Myers:** Yeah. I had kind of an out-of-body experience, because I do meditation, and I went in the float tank and really had kind of this sense like I was one with the universe. I had this like somebody experience that I never had. I'd never really experienced that before. And it was because of these, I don't want to say

extreme, but these ideal kinds of conditions that you experience while on the float tank.

**Max Casa:** Totally. Yeah. And it's really almost a cheat to meditation in a way because it's cutting out all that external stimulation for you. You don't have to worry about the dog barking, the birds chirping, or someone coming into the room. You're sitting in there, and it's cutting all of that external stimulation out for you.

**Dr. Wendy Myers:** Yeah.

**Max Casa:** Again, we're talking about all of the senses. And a lot of people don't talk about this. We hear people all the time talk about all these stressors that are coming in from our diet, our lifestyle, EMS, and pollutants of all kinds, but so rarely does anyone talk about one of the largest stressors to our entire nervous system.

**Dr. Wendy Myers:** Yes.

**Max Casa:** And that's the fact that we're constantly being bombarded with over 10 million bits of sensory stimulation every single second of the day. And this is one of the largest stressors to our entire nervous system. And we really give ourselves the opportunity to disconnect and unplug from other external stimulation. We feel better as a result.

**Dr. Wendy Myers:** Yeah. Yeah. It really, truly is profound. It's just that there's nothing like it. So for me, I wish I hadn't waited so long to try a float tank. I've lived in Los Angeles a long time, and they were around for years, and I'd heard about them; I just never went to try one. But I was in, I just had moved to Mexico, went to LA, and I was having, I was kind of stressed out, and I thought, "You know, I'm going to try one." And it was, I got so addicted. I went to one session, and I went almost every day. I was in LA for a month. I went almost every single day. I had to have my float at the end of my day. It just brought me so much peace. It made me feel so good. And I slept so much better. I just, I really love floating.

**Max Casa:** I love to hear that. Yeah. That's eerily similar to how I feel all the time.

**Dr. Wendy Myers:** Yeah.

**Max Casa:** I got to get my daily float.

**Dr. Wendy Myers:** Yes.

**Max Casa:** That's necessary.

**Dr. Wendy Myers:** And it was one of the benefits. Obviously, there are a lot of benefits of doing this, but what are the main benefits of floating, specifically?

**Max Casa:** I'm glad you asked. And ultimately, the way I like to break it down is that there are three main pillars of benefits that we find that are resulting in the profound effects that we're seeing in all the clinical research done on it. And ultimately, the first one is all the benefits we're getting from escaping the forces of gravity. Because a lot of people don't recognize it, this is another extreme stressor to our nervous system. And those two stressors alone, the combination of having to battle the force of gravity, and having to process external over-stimulation, utilize over 80% of our nervous system's energy every single day. So if we're not focusing on the 80%, we're kind of taking a roundabout way to optimize our health, in my opinion.

**Max Casa:** But we enter a true zero gravity environment. It's totally unlike laying on a mattress at the end of the night, where there are thousands of springs and pain points. Because when we enter a true zero gravity environment, what we see is that our blood vasculature can totally relax, and our capillaries can totally vasodilate. So as a result, we see a huge surge in blood flow, oxygen flow, and microcirculation to every part of the body, which is incredibly healing for thousands of ailments.

**Max Casa:** But on top of that, the second main aspect is all the benefits of sensory deprivation. And ultimately, when our brain power isn't being put towards processing the external world, we have so much more brain power and consciousness put towards whatever we really have to do. And oftentimes, that's relaxation, recovery, it's detox. It's reset, better than ever before.

**Max Casa:** And thirdly, the benefits of the magnesium being absorbed transdermally, through the hair follicles of your skin, during the entirety of every float session. And it's incredibly important. I've heard you talk about it extensively, but magnesium's the fourth, most abundant mineral in the human body. And well over 95% of Americans are extremely magnesium deficient. So again, we're talking about a mineral that's responsible for over 3,700 enzymatic reactions, but we only have 9,000 enzymes in the body. So this equates to over 42% of our electrical body being totally run independently on this magical mineral. And that's a big deal.

**Max Casa:** And we take into consideration that it's extremely difficult to get even a fraction of enough magnesium from our food, even for folks eating so-called magnesium-rich foods. The idea that we're getting enough is a fallacy because our soils, where our plants would actually be getting the magnesium, are incredibly depleted. It's due to factory farming. It's due to acid rain. And it's due to the fact that magnesium is just rapidly burned to combat stresses of all kinds, including heavy metals, including EMF. We can go down the line. But ultimately, when I talk to Dr. Mercola, he's crystal clear. He wasn't able to really move the dial on his red blood cell magnesium levels, the most accurate magnesium blood tests that we have to date, until he started introducing transdermal forms via the float tank at his house.

**Max Casa:** So ultimately, there are many benefits to floating, but to sum it up, the benefits of the zero gravity environment, the benefits of sensory deprivation, and the benefits of magnesium being absorbed directly into your bloodstream, where it could be used right away.

**Dr. Wendy Myers:** And is there a specific form of the magnesium flakes that you use in the float tanks versus Epsom salts, or what have you?

**Max Casa:** So typically, when I got into the industry, and still to date, nearly 100% of the float tanks that we find on the market are filled with Epsom salt. But really, as I started going down the rabbit hole, how could I optimize the float tank itself? We took all the steps. We totally EMF shielded our float tanks. We have powerful underwater sound transducers that omit the frequencies into the saltwater solution into every cell of the user's body. But ultimately, my mind went directly to how could I optimize the float tank solution itself? That's where things really started to get interesting. Because what I learned pretty early on is that, everyone's filling their float tanks with a thousand pounds of Epsom salt, but magnesium chloride has over 230% more magnesium by volume than Epsom salt. So for anyone at home, simply making that switch to tossing the Epsom salt, and going for the magnesium chloride, is a great way to really start moving the dial in our magnesium levels in the body.

**Max Casa:** But yeah, then we really started going down the rabbit hole of how could I possibly maximize how much magnesium is actually getting into the body during a float session. And that's when we started exploring, stacking that with different cofactors, and blending that into the float solution as well. And we now know that there are two powerful magnesium cofactors that can actually be absorbed transdermally as well, and one of them is potassium bicarbonate. And what this does, when it's mixed with the magnesium chloride in the float tank or in a bath, is it actually helps get more magnesium into the cells. And, more importantly, into the mitochondria. And this is very important because then, our body can use the magnesium to create things like ATP, our body's form of energy. On top of the potassium bicarbonate, we also started mixing boron into the float solution as well, which is another cofactor of magnesium I'm sure you're familiar with.

**Max Casa:** Boron is fascinating because when it's stacked with magnesium, it helps keep the magnesium in the cells longer. And it does this by slowing the metabolism of things that deplete our magnesium levels even more, like calcium. But ultimately, the purest magnesium chloride, blended with potassium bicarbonate and boron, gets more magnesium into the mitochondria and keeps it in the cells longer. And we even started blending in different enzymes that totally neutralize any harmful chemicals in the water itself, like chlorine and fluoride.

**Max Casa:** So we ended up making this blend and filling all of our float tanks in it. And even when seasoned floaters would come in, they would just be raving about the benefits and the difference of what they've experienced from bathing in Epsom

salt. And what they were saying is a huge decrease in the levels of state anxiety or stress. And anecdotally, when they would go to test their red blood cell magnesium levels, they were also seeing large increases in that.

**Dr. Wendy Myers:** That's great. That's not easy to raise, either. A lot of people attempt to do that with supplements and things like that. It just doesn't work so great.

**Max Casa:** Totally. Totally. We see a lot of people who are always asking, "What's the best magnesium supplement?" But a lot of the research on oral magnesium supplementation, it shows increases in urinary levels of magnesium and even shows increases in serum levels of magnesium. But when we look at how long it's taking oral supplementation to really move the dial on our red blood cell magnesium levels, oftentimes, it's taking well over nine to 12 months to move the dial at all. Just because it's low bioavailability, in the fact that it's burned so rapidly.

**Max Casa:** So we have an option now, and we know that we can get magnesium directly into the bloodstream, where it could be utilized right away by the body. And there's no wait time. We don't have to wait a year to be in to do this and start to reap the benefits of it. And the answer's transdermal magnesium.

**Dr. Wendy Myers:** Yeah. It's just that you can't compare how relaxed you feel after you do a float tank. And certainly, it's many reasons, but it's the magnesium as well, obviously. That you're relaxed, your muscles are relaxed, your nervous system is relaxed. You sleep better. You just feel so much better when you're getting that huge magnesium push into your body.

**Max Casa:** Totally. It's been my experience and the experience of many people. And yeah, it's not just anecdotal. We now know, we've captured in a laboratory, magnesium ions literally passing through the skin into the bloodstream right away during a float session. And the way it's doing it, just to get into it a little deeper, is passing through the hair follicles of the skin, which is super fascinating.

**Max Casa:** But again, we only see this when we're bathing in a solution that is extremely concentrated. We're not talking about a couple pounds of Epsom salt in a foot soak at the end of the night. We're talking about 1000 pounds of magnesium salts in just 10 inches of water. So we see it passing through the hair follicles when we're in a solution that is extremely concentrated, that is over 90 degrees Fahrenheit. And we're in that solution for at least 30 minutes. And that's really the key there. So it's not just popping our feet in or taking a dip in the ocean. You have to go a little bit deeper than that.

**Dr. Wendy Myers:** Yeah. And is that working by osmosis, where the concentration is really high in the water? So it gets pushed into the less concentrated tissues in your body, through your skin.

**Max Casa:** Totally. Mixed with the fact that our body actually has a natural fail-safe mechanism through the skin, which is another reason that I highly prefer transdermal forms of magnesium is because we don't have to worry about just flooding our system with magnesium and having no clue if it's going to stick. Our body's super intelligent, as you know. And we're in a solution like that: our body will open up our pores and hair follicles to allow more magnesium into the bloodstream, so it can be utilized. And then what we see is, when our body's kind of had enough, and our magnesium status for the day is kind of topped off, you'll actually close off those mechanisms that stop allowing more magnesium in, which is super interesting. And yeah, so a huge advocate of leveraging that natural fail-safe mechanism through the skin.

**Dr. Wendy Myers:** And so, you have your own brand of magnesium that you sell. Correct? For putting in the float tanks, and putting in people's baths, if they wish.

**Max Casa:** Totally. And that's how it started. It started by looking to optimize the float solution, but then we realized that maybe not everyone has access, or is in the spot currently, to implement that or bring a float tank into their apartment living room, or something like that. Maybe they don't have access to a float center nearby. So we just wanted to lower that barrier to entry and also allow people to reap one of the most powerful benefits of floating, the transdermal magnesium.

**Max Casa:** So we ended up taking that powerful bath blend that we were filling our float tanks with, bagging it up, and then putting an affordable price tag on it. And now we sell that out. And what we see people do is, either in between their float sessions to revitalize in between, or just to top off their magnesium levels at the end of a hard day, even just two tablespoons of this stuff, with all the co-factors, super powerful blend. It doesn't take pounds and pounds or bags of this stuff in a bath. It just takes two tablespoons, whether in a foot soak at the end of the night or a full body bath. And people are reaping incredible benefits.

**Dr. Wendy Myers:** That's great. Yeah. And so, what is your website again, where people can get that?

**Max Casa:** It's [www.maxvitality.co](http://www.maxvitality.co).

**Dr. Wendy Myers:** Okay, fantastic.

**Max Casa:** Yeah. My favorite way to do it is at the end of the night. I have a little foot soak. I'm actually in the process. So I'm down here on a self-sustaining farm in Hawaii. I've been kind of shuffling, scavenger around on the beaches. I'm looking for a piece of flat lava rock. And me and my six-year-old daughter are on a project of building our own foot soak out of lava rock down here on the island.

**Max Casa:** Because foot soak is my favorite way to really do that. Because the pores are the largest on the bottom of our feet. So it really takes a really small amount of magnesium. You can get a really dense solution. You just put your feet in. So



after this podcast, I'll throw my feet in just 20 or 30 minutes in there. Feet in there. Not only are they the largest pores in the body, but they are also the nerve endings to every major organ in the body, in the bottom of the feet. So we sit in there, 30 minutes or so a night. Especially as a martial artist, being up on my feet a lot it's a great way to not just get more magnesium into the system but also relax and its own self-care.

**Dr. Wendy Myers:** Nice. Yeah. You don't seem relaxed at all.

**Max Casa:** I'm glad it's showing.

**Dr. Wendy Myers:** Yeah. And so, how often should people float? How often should they get in the float tank?

**Max Casa:** So ultimately, it just goes back to what they're looking to get out of the experience. Maybe if someone's dealing with a more traumatic condition, whether it's a concussion, a broken ankle, or a hurt back, I always recommend floating as many times as possible within the first week or two. Really just to zap that inflammation at its core and accelerate the healing. But with that being said, if someone's goals are more related to reducing levels of state anxiety, stress levels, or even just sleeping better, we now know that the short-term anxiety effects of floating have been shown to last anywhere from 24 to 36 hours, after a single float session. So using that data, floating anywhere from a couple times a week to a couple times a month, can be extremely effective for all that.

**Dr. Wendy Myers:** So there's nothing going on in this tank. There's no water. There's no light. There's no sound. There are no, essentially, inputs. So what do you do in the tank? Like, what does a session look like when you like to get in and get out of the float tank?

**Max Casa:** Depends who you're asking. Some people go in there and splash around. I'm just kidding. But usually, I go in there, and it brings up this interesting concept of passive floats, where people just will go into the float tank and set their intention to surrender to the silent darkness. Which is a beautiful thing to do because those are the two of the most powerful medicines on the face of planet earth, the silent darkness. When you go in there, it's incredibly healing. Like we say, when we give our bodies, our brains, and our nervous systems the opportunity to disconnect from all the world's external stimulation and you give it a respite, if we want to battle the force of gravity, we realize that our body has a natural and innate ability to heal itself. And that's what we see inside the tank. So silent darkness is a great way to do that.

**Max Casa:** What we also see, on the other hand, is this whole emerging field in the float industry of active floats. And maybe you're not just going into the silent darkness with the intention of surrender. Maybe you're now leveraging those powerful underwater sound transducers on the back of the tank. And now,

there's an ox core that comes out of the back of the tank, and simply, just plug your phone into it. And what we see is that sometimes clients are going in there and blasting powerful frequencies during their float session. Maybe if someone's resistant to getting ready for the silent darkness, they can flick on the multicolor chromotherapy light from the top of the tank. Maybe get the benefits of red light therapy while they're also escaping the force of gravity and soaking up magnesium through the skin.

**Max Casa:** But whether it's powerful frequencies or guided meditations during your session. There have also been some fascinating studies. My fiancé is a hypnotist, really high level, and there's been a lot of fascinating studies showing that hypnosis, when done under sensory deprivation, is five times more effective. Just fascinating. It's ultimately because now, without all the external distractions, your subconscious can really focus all of its awareness on the messages that are coming in.

**Max Casa:** On top of this, even one last one is the fact that our Seals, our Navy Seals, have been leveraging sensory deprivation floating as an accelerated learning environment. And what they've found is, they're going into the tank now and maybe kind of Hooked on Phonics style, teaching them another language.

**Dr. Wendy Myers:** And teaching them Russian. Teaching them Russian there.

**Max Casa:** Yeah, exactly. All of it. So they're in the tank and listening to these languages. And what they were seeing before is, before, it was taking over six months to teach these Seals a language. Now they've been able to speed learn it, with the help of sensory deprivation, in just six weeks. So that's literally almost one-fifth of the time, which is fascinating.

**Max Casa:** There are so many emerging fields here and ways to go about it. I'm a fan of the silent darkness myself. But depending on what you're looking to get out of the float, there are many different ways we can go about this.

**Dr. Wendy Myers:** Well, I'm just going to find a floating place because I'm trying to learn Spanish because I live in Mexico. So thanks for that idea.

**Max Casa:** Yeah, no doubt. That's awesome.

**Dr. Wendy Myers:** And so, what would you recommend for someone that's trying to do a detox? Obviously, people who listen to the show are trying to detox their bodies. How does float facilitate detoxification?

**Max Casa:** Totally. Yeah. It's absolutely one of the best ways. I'd say in my opinion. One, when we look at the fact that we talked about, not only is the zero gravity environment creating this relaxation, the blood vasculature, and this vasodilation effect of our capillaries. Which allows a surge in blood flow and

microcirculation to different parts of the body. It's incredibly powerful for detoxing.

**Max Casa:** But at the same time, magnesium sulfate's known to be incredibly detoxing. We hear people talk about it when they're referring to maybe loose stools after an Epsom cell bath or anything like that; it's almost notorious for this. People always ask, "How do I stop loose stools or something after a float?" And I would say, why would you want to? Because this is your body's way of detoxing all of these heavy metals and all these toxins that have been stuck in the body and the intestine for who knows how long? And it's. Finally, the magnesium mixed with the sulfate, being absorbed through the skin, allows our body to complete its natural process, which is detoxing.

**Max Casa:** On top of this, as we talked about, the transdural magnesium that's being absorbed, magnesium binds to many of the same receptor sites as many of these heavy metals. Whether it's lead, aluminum, or mercury, just to name a few, it's binding to the same receptors. So oftentimes, it can displace them and chelate them through the phase one detox pathway.

**Max Casa:** But if our magnesium levels are proficient, and our receptors are already full with what they prefer, which is magnesium, having to worry about the harmful effects of some of these heavy metals, kind of becomes secondhand. So we can really get the magnesium into the receptor sites and bump up our red blood cell magnesium levels. We have to worry about that a little bit less. So I feel that's one of the first things we should be doing here.

**Dr. Wendy Myers:** Yeah. I think your body works much better when you fix the magnesium deficiency. I don't think people realize how many systems it impacts. I mean, every system to a degree in the body, when you don't have enough cellular magnesium. And so it's just, this is just a great way to increase that. And so, do you have a float tank center in Hawaii where people can go to?

**Max Casa:** The float tank actually didn't make the move with me yet. So I moved down here a few months ago. I've been using one for almost the past decade now. It acted almost like my bed. So it's been quite the transition. But it'll be coming soon.

**Max Casa:** We don't currently have a center.

**Dr. Wendy Myers:** Okay.

**Max Casa:** But what we do is we own a company where we manufacture, customize, and install the float therapy chambers themselves.

**Dr. Wendy Myers:** Okay, great.

**Max Casa:** So we install those in residential homes and businesses all across the globe. And then, we introduced our alchemically alive magnesium bath blend that we had

talked about a little bit earlier. Which again has the purest magnesium chloride on earth. Just far more magnesium than Epsom salt, with powerful cofactors, like potassium bicarbonate and boron, to get more magnesium into the mitochondria and keep the magnesium in the cells longer. Along with different enzymes that actually neutralize and off-gas any harmful chemicals in the bath water itself.

**Max Casa:** The salts, actually, totally blasted with intraceutical frequencies. I'm not sure if you're familiar with intraceuticals at all.

**Dr. Wendy Myers:** Yes. Mm-hmm.

**Max Casa:** But it's blasted with magnesium frequencies. It's blasted with heart-opening frequencies with grounding frequencies. And on top of this, the salt itself is actually alchemically alive. This means that the life force energy of the salt is incredibly higher than any of the other salts that we'll find on the shelf. So even again, as I said, just a couple tablespoons of this stuff, in a foot soak, or full body bath at the end of the night, is a great way to top off our mineral levels, and help detox more effectively, and raise the vibe of our entire life.

**Dr. Wendy Myers:** Yeah. And so, if someone wants to get a float tank, they can contact you on [maxvitality.co](http://maxvitality.co) if they want to get a customized float tank in their home, which you would not regret. Definitely, not at all. Because I haven't, I don't think I've ever done any kind of spa treatment or any other kind of Korean spa that I've gone to. I haven't done any session that's as pleasurable, or as may be beneficial, as doing a float tank. I mean that you really feel unbelievable after you do a float.

**Max Casa:** I agree. As I said, I've explored, much like yourself, I explored many of the powerful healing tools on earth, and floating was absolutely, if not the most powerful tool I'd ever experienced, one of them, for sure. That's why I ended up investing so much time into the research on floating.

**Dr. Wendy Myers:** Yeah. You mentioned you worked with Dr. Mercola for his tank. Any other health gurus that you've installed tanks for?

**Max Casa:** We've been installing tanks in the homes of so many of the world's top biohackers and athletes. So it's been such a pleasure working with them. And that's kind of why leveraging their great minds with my decent mind, to really put all this awareness and energy, on not just how to optimize the float tank itself, as we talked about. All the additions we put on EMF shielding the tank, make sure the pump in the tank is releasing no EMF at all to keep those calcium channels pristine. But also, leveraging these minds and putting them into how can we optimize the float tank solution itself? And what ended up coming down to is Vitality Salts, the bag we've created, and filling all of our float tanks with that powerful blend of salt, and all the cofactors, to maximize magnesium absorption and maximize the benefits of floating.

**Dr. Wendy Myers:** Yeah. Fantastic. Yeah. So everyone check out floats. There are a lot of different float tanks around the country. But if I think, for anyone who's really serious about their health, I think, getting one in their home is just an amazing idea. And if you can't afford a float, the second best is getting your salts, your magnesium salts. So is there any kind of closing thoughts that you have, or anything that we haven't talked about?

**Max Casa:** I feel we delved in deeply on various topics, but one last one. A large piece of my philosophy is that because people are always asking, how could I heal from X, Y, and Z conditions? And it's important that when we're talking about any disease, at the root of that disease, what we find is an energy deficiency in the tissue. And oftentimes, this energy deficiency results from our body using minerals to create ATP energy in the body. It is oftentimes a result of magnesium, and sometimes even a copper deficiency, at the root core. So what we see is that we can really start moving the dial on our red blood cell magnesium levels. Our body can more effectively make things like ATP and create more energy. And now, it has more energy to go into these tissues and starts to heal on a deeper level.

**Max Casa:** So ultimately, just putting a little bit more awareness, all of us. Even if we can't go out to a float center nearby or invest in a float tank right now, that's totally cool. But really, just taking the message of, we are the Guinea pig generation. There's so much external stimulation that we're constantly being bombarded with, by all of our senses, every second of the day. So even if I can't take some time to go out into a float tank, whether it's taking some time in meditation, whether it's putting the screens down, putting the phones down, getting away from the screens, or just going on a walk in nature, it's also a great way to disconnect from the outside world, and reconnect with your inner being inside.

**Max Casa:** So making sure we're taking some strides. It doesn't have to be floating. Take some strides to connect to your inner being on a different level. And also help those magnesium levels, and the best way to do it is transdermal. So if anyone's interested, we got that Vitality Salts blend on our [site](#). Feel free to check us out. Message me there. You can also find me @MaxxCasa, M-A-X-X-C-A-S-A, on [Instagram](#). And I look forward to connecting more with you guys then.

**Dr. Wendy Myers:** Okay. Fantastic. Well, Max, thanks so much for coming to the show. I'm really glad that you reached out to me to talk about this. Because I love floats. I highly recommend them. I need to figure out a place to go do them now that you've reminded me. But yeah, they're just so pleasurable, healthy for you, and a great way to reduce stress, which so many people are dealing with these days.

**Dr. Wendy Myers:** So everyone, thanks for tuning in. I'm Dr. Wendy Myers of [myersdetox.com/](http://myersdetox.com/). Thanks so much for tuning in to the Meyers Detox podcast. And it is such a pleasure every week to bring you experts from around the world to help upgrade your health and improve your happiness because you deserve to feel

good. And so, it's a pleasure every week to help you do that and find some of those pieces of the puzzle you're missing, improving your health. So thanks for tuning in, and I'll talk to you guys next week.