

A BRIEF GUIDE TO EARTHING

Get Grounded and Feel Better Fast!

- Recharge and Transform Yourself
- Reduce Inflammation, Pain and Stress
 - Improve Sleep and Energy
 - Look Better
 - Recover Faster
 - At Any Age



<https://earthinginstitute.net/>

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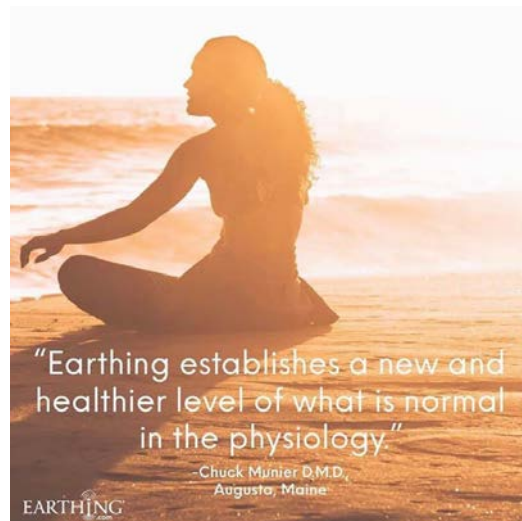
What is Earthing

Beneath your feet lies an amazing gift from Nature: the very Earth you live on, equipped with natural healing power that may just be the single-most effective medicine available.

Earthing, or grounding as it is often called, connects you to this overlooked natural energy that drains your body of inflammation, pain, stress, and fatigue. This discovery represents a health and healing breakthrough available to everyone.

Earthing is as simple as walking or sitting barefoot outdoors or, most conveniently, using grounding products indoors while sitting or sleeping. It's so easy, an effortless lifestyle add-on.

Earthing restores a lost electric connection to the Earth essential for health. People feel, sleep, and look better. They have less pain and stress. Earthing works for all ages, from babies to seniors. Earthing reunites you with an abandoned natural protector – Mother Earth's healing touch. Being grounded is a very natural state for the body.

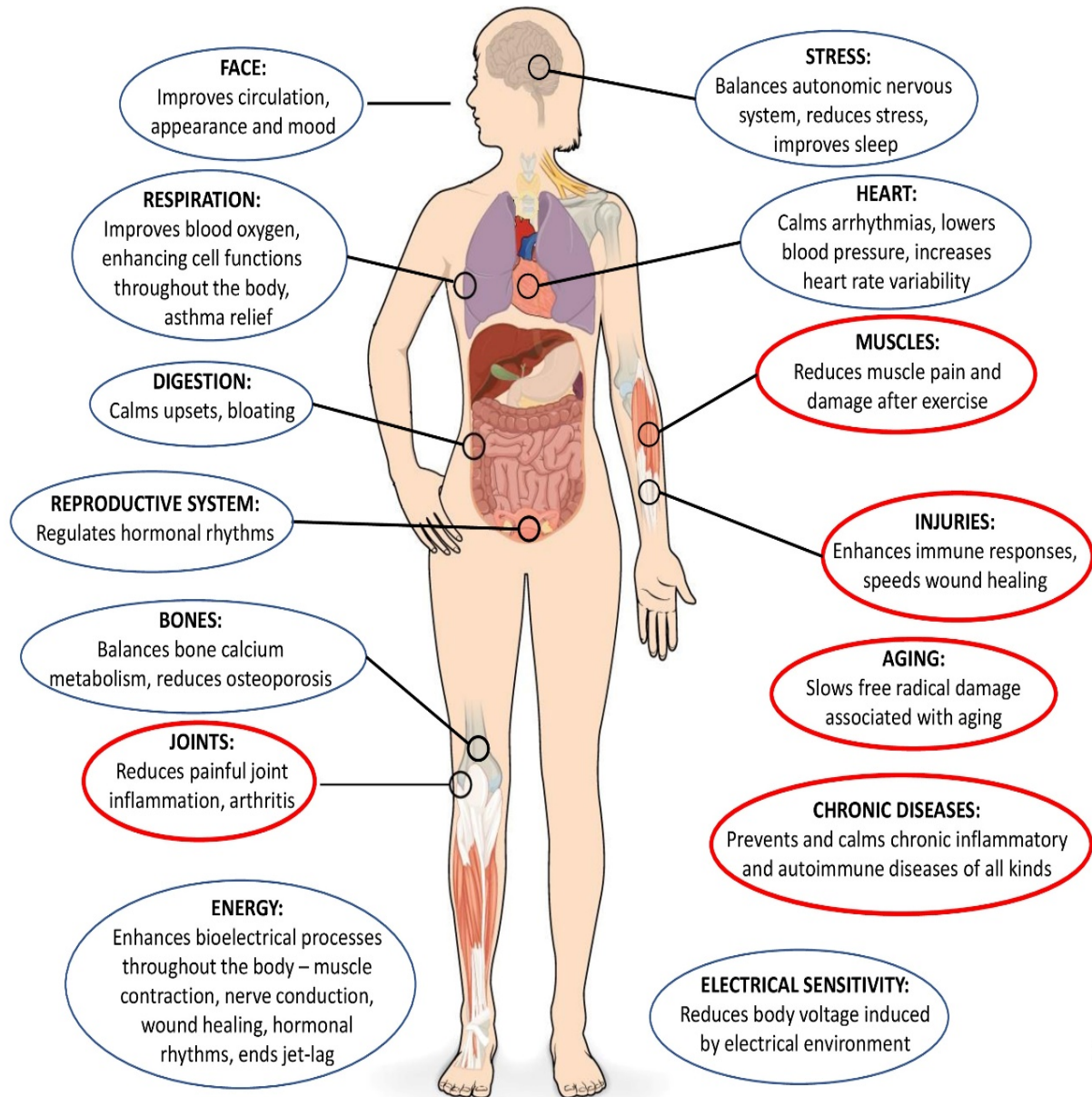


What Earthing can do for you

Your body absorbs the Earth's energy like a sponge. Here are some common benefits, based on nearly 20 years of research and feedback:

- **Reduces/eliminates chronic inflammation**
- **Reduces/eliminates pain**
- **Enhances immune responses, counteracts chronic inflammatory conditions**
- **Improves sleep**
- **Improves blood flow to nourish the entire body with vital oxygen and nutrition**
- **Improves energy**
- **Decreases stress in the body**
- **Reduces hormonal and menstrual symptoms**
- **Accelerates healing from trauma, injuries, and sports/exercise activity.**
- **Protects the body against possible health-disturbing electromagnetic fields (EMFs).**

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Diagram courtesy of Dr. James L. Oschman, Ph.D., author of “Energy Medicine”
Antioxidant/anti-inflammatory effects of Earthing encircled in red

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Planet Earth – A Battery Packed with Healing Power

“When I am grounded, I am resetting my entire biological clock so that it is in harmony with universal, cosmic rhythms and that is the basis of healing.”

– Deepak Chopra, M.D.

You get vitamin D when your body receives energy from the sun above. The Earth you live on gives you energy as well, from below, that contributes to health in a big way.

Your planet is like a battery endowed with natural subtle electric energy and shifting frequencies. Some people feel this energy as pleasant tingling or warmth in the feet when walking along the beach or on wet grass.

The surface of the planet, both the land and bodies of water, is teeming with this energy. Think of it as natural electricity, or “vitamin G” as some people call it.

Vitamin G – G for Ground or G for Good-for-the-Body.

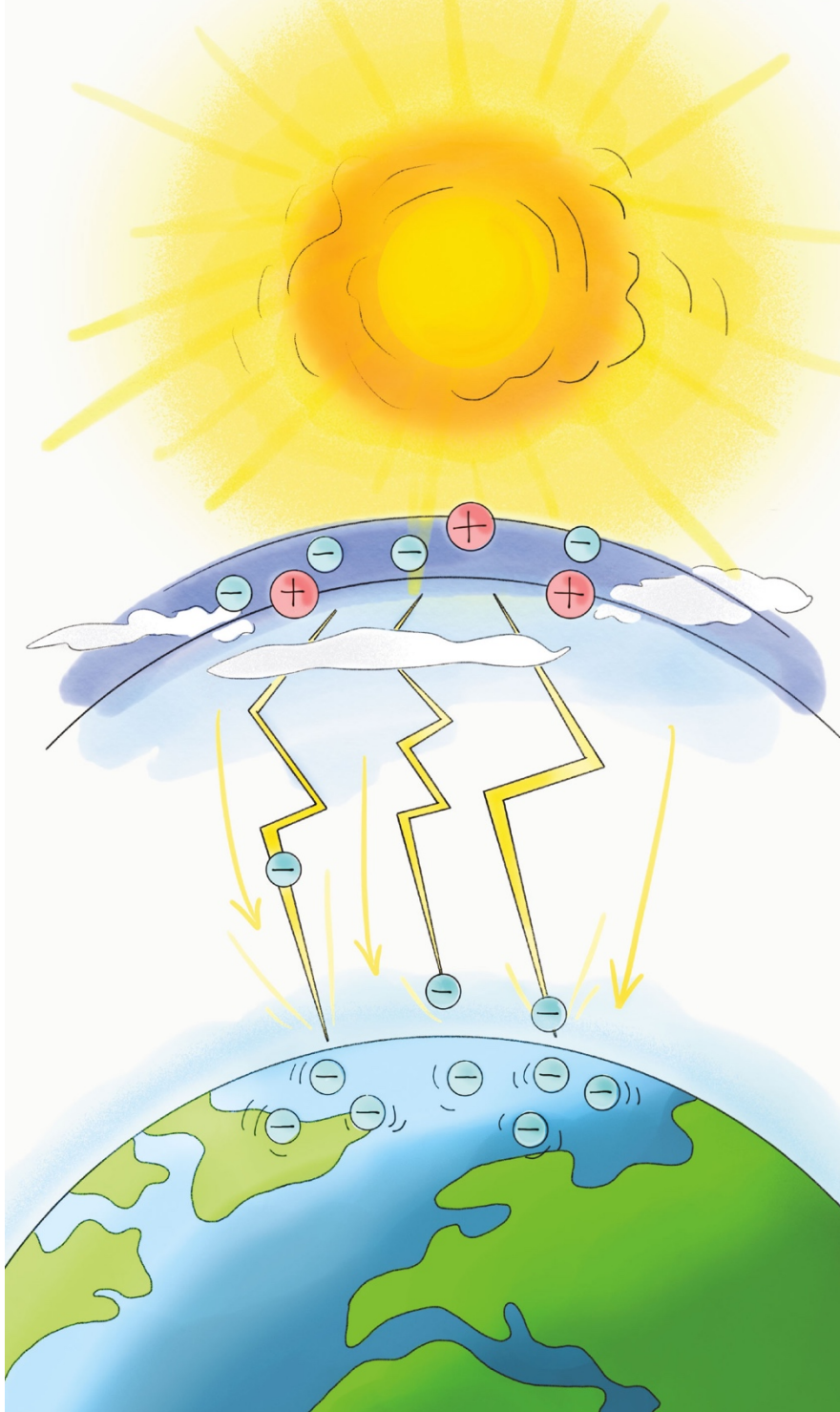
But we’re disconnected

Unlike other creatures in Nature, and our own ancestors, modern human society is disconnected. We get little or no vitamin G.

- In past civilizations, humans walked barefoot or with footwear of animal hides (leather). Such ordinary activity grounded them. Today, we generally do not go barefoot outside except as kids romping in the yard, when we’re out on a picnic, or when we’re on holiday at the beach.
- Over the last half-century, shoe manufacturers replaced traditional leather soled shoes that allow the Earth’s energy through. Now, 95% of shoes have synthetic soles that block it.
- Past cultures were also connected when they slept on hides. We sleep on elevated beds. Many of us live and work in high rises, well above the ground.

Today’s generations lack an energy hook-up with our planet. We’ve lost our electrical roots. We’re vitamin G deficient, so to speak. **This disconnection is a grossly overlooked cause of the global epidemic of chronic illness and pain.** Billions of people live with inflammation, pain, and disease PRECISELY because they are deficient. Their bodies are on fire. They don’t know why. Nor do their doctors.

How Does **EARTHING** Work?



THE EARTH IS LIKE A GIGANTIC BATTERY

constantly recharged by the sun. In upper regions of the atmosphere (about 60 miles/100 kilometers) called the ionosphere, the sun's rays split air molecules into positively- and negatively-charged ions.

Electrons are sub-atomic particles that give the negative ions their negative charge. The electrons are transferred down to the Earth via lightning and rain, a highly-complex phenomenon that creates the planet's negative surface charge.

Living things in Nature have a constant connection with the Earth and absorb the energetic electrons, which help keep the biological machinery of global life – on land and in the sea – running in rhythm and balance.

Illustration by Miss Alex Finley

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HUMANS ARE THE EXCEPTION.

Unlike other creatures in Nature, and our own ancestors, **modern lifestyle has disconnected us**. We live and work elevated above the Earth. We rarely walk barefoot outside. We wear synthetic soled shoes that block the Earth's energy. **As a consequence, our bodies are depleted of negative charges**. Instead, we carry an excess of positive charges (oxidative stress) causing inflammation to build up, which is the source of many ailments.

Our bodies work electrically. Obvious **examples are the heart, brain, nervous and immune systems**. Every movement and thought is based on frequencies and electric transmissions in the body.



Just as electrical systems in our homes and buildings are stabilized when they are grounded, that is, connected to the Earth, so too, **our bioelectric bodies become stabilized when we humans are grounded**. Inflammation, stress, and pain are reduced. Earthing restores a lost electric connection to the Earth essential for health. **People feel, sleep, and look better.**

Skeptical? If you have any pain, put Earthing to the test by simply walking or sitting barefoot outside for a half-hour or so, weather permitting, at the beach, in a grassy park, or in your backyard. **Compare your pain level before and after.**

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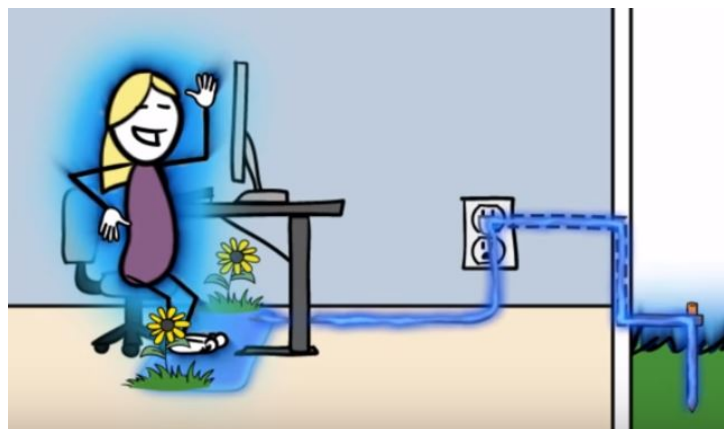
The Indoors Option...The Easiest Way to Ground Yourself

Innovative Earthing products allow you to connect to the Earth's healing energy **indoors**. They are like "barefoot substitutes."

Simply connect an Earthing mat, band, or pain patch to the ground port of a wall outlet or to a ground rod planted in the soil beneath a nearby window. You are not connecting to electricity, only to the **natural healing energy of the Earth**.



There's nothing simpler. It's an **effortless lifestyle add-on** you can literally do in your sleep or while you watch TV, read, relax, or work.



Video

Here's a short video cartoon that shows you the options (available in both English and Spanish):

<https://earthinginstitute.net/video-what-is-earthing/>

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A Short Sample of Earthing's Head-to-Toe Benefits

“When patients are grounded, conditions often heal that typically never get better.”
– Wendy Menigoz, D.N., pain specialist, Bourbonnais, Illinois

The original anti-inflammatory and painkiller!



Grounding is Nature's way to reduce inflammation and pain. **This is a life-changing revelation. Inflammation is the cause of much disease and pain. Lack of grounding is a major cause of inflammation.**

Most pain, including the most severe, usually responds quickly to Earthing. Pain related to a healing process after injury or surgery usually diminishes significantly in intensity and duration.

When you become grounded, subatomic particles called electrons, present throughout the surface of the Earth, are

absorbed by the body and immediately start to neutralize inflammation.

“Chronic pain affects a higher proportion of women than men around the world; however, women are less likely to receive treatment.”
– International Association for the Study of Pain

- “For five years I was in excruciating pain from a bulging disc in the lower back. Nothing helped. Grounding got me out of pain and saved my sanity.”
- “Earthing sucked the pain right out of my body.”
- “I have had chronic neck and back pain and severe stress often associated with it. The improvement in sleep and pain in only 3 nights of grounding has been dramatic.”

See P. 19 for information on viral related respiratory inflammation and Earthing

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Better sleep

The body repairs itself when you sleep, and even better when you sleep grounded. You sleep deeper. You have more energy and less pain.

- One doctor who recommends Earthing to patients said this: “The first feedback I usually hear from someone who just started Earthing is, ‘best sleep I’ve had in years.’”
- “I haven’t slept well in over 10 years since finishing college and getting a job. I tried hypnosis, pills, but nothing worked for sleep. Then I came across Earthing. My first night grounded I slept 8 hours. It was magical. After 4 weeks, I had lost weight and the circles under my eyes. I had more color. My blood pressure and glucose normalized. My family is shocked by my transformation.”

More energy, less fatigue, better clarity

“We ground ourselves – like a sacred ritual – when we go to sleep. Perhaps this is why we sleep through the night and wake up refreshed. Earthing results in more even moods, balanced cortisol, and relaxed nerves – so key for wellbeing. Earthing ranks right up there with penicillin!!

– Ann Louise Gittleman, bestselling author of *Radical Metabolism*

- “I suffer from adrenal fatigue. Don’t have enough energy to do even daily tasks. Using the grounding mat in bed I had more energy the next day. Then I added a grounding mat at the computer. Now, five months later, I wake up refreshed. I can do more of my everyday tasks and more easily. I have a new life.”
- “I am a mom of two young children. I have had low energy and a feeling of apathy. My husband and I have slept grounded four nights now, and I feel AMAZING! My feet felt warm the first night. After the second, I had so much energy!! My memory and ability to think clearly has greatly improved!”

Less stress, depression, anxiety



1 in 8 women experience
DEPRESSION
in their lifetime; twice the
rate as men.

Earthing studies show improved mood, a normalization effect on the stress hormone cortisol among people with sleep difficulties, and a calming influence on the nervous system.

- “Earthing helped me get off my anti-depressant, has taken away back pain I’ve had for over 10 years, and provided a sense of peace I can’t explain.”

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Better blood flow, better blood pressure

Studies show that cardiovascular disease kills more women than men. Over 65, high blood pressure, a leading risk factor, affects more women than men. Earthing research has documented cardiovascular benefits, including better circulation, a blood thinning effect, and improved blood pressure.

- “I am a bit overweight and take a water pill for my blood pressure. Before grounding it was about 130/85. Today, after sleeping grounded a month, it was 111/78. My blood pressure never came down this much.”

Balance your body’s rhythms: Less PMS, menopause issues

- “I have had significant relief from PMS symptoms since I started grounding three months ago.”

- “My intense day and night hot flashes are about 90 percent gone since I started sleeping grounded two months ago.”

- “I have had 2 bad menopause years after my ovaries and tubes were removed. I've had little sleep, a lot of joint pain, and bad hot flashes. I got the Earthing sleep mat a month ago. My pain is 100% improved. Sleep better than before. I still get one or two hot flashes but that’s a big improvement.”

Look younger, more vibrant: The Earthing transformation

“As an anti-aging physician, I look for simple natural strategies for health. Earthing is just that. I have slept grounded for years. I sleep deeper. I am more rested. I practice International Latin dancing, especially rhumba, at a high amateur level. This is quite demanding, with lifts and complicated footwork. I amaze myself with an energy and stamina level that much younger dancers envy. I give much credit to Earthing. As a bonus, I believe it helps keep my skin smooth.

– Ilona Abraham, M.D., Encino, California

Many women have commented about quickly feeling and looking better after they start Earthing. They talk in terms of more radiant skin, brighter eyes, and more vitality.

- A 56-year-old mother reported: “I went out last week with an old friend, a facial reconstruction surgeon. He asked if I had had a ‘makeover’ or surgery. He said I looked about 35. My face is so much more youthful. Where did those wrinkles go?”

- “I went through the change three years ago. I could not sleep a full night without waking multiple times with pain from past running injuries. Since sleeping grounded, I sleep a full night with dreams. I look younger, and I have a renewed zest for life!”

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How Earthing improves your looks

- Improved overall physiology.
- Reduced inflammation.
- Improved blood flow. One study showed improved facial blood flow, within an hour, implying rapidly enhanced nourishment of facial tissues and functions.
- A calming effect on the body and normalization of the stress hormone cortisol. Stress has been linked to many skin conditions.

● Health educator **Sarah Laucks**, of York, Pennsylvania, has been grounding since 2017: “I have long-term health challenges including three herniated lumbar discs and Celiac disease. I have tried everything, but nothing has helped as much as grounding. I feel I am aging in reverse, that my body is more vibrant. I have my life and health and vigor back. Big bonus: My husband hasn’t snored one night since we got grounded. He used to snore all the time.”

Revitalize: The Earthing anti-aging effect even at age 95

Richard Kotz has worked as a scientist at a medical device research organization since retiring from the Food and Drug Administration where he led a team of biostatisticians reviewing medical device clinical trials. A few years back, his elderly mother was suffering with arterial disease in the legs, requiring hospital visits to have her femoral arteries cleaned out and balloons placed.

“At her age,” Richard says, “I felt this was not a good idea. Besides, it interfered with our almost daily tennis game. My mother has played regularly for 70 years, and I played collegiate tennis.”

Richard’s remedy was to get her mother grounded.

Her energy, memory, and circulation rapidly improved, and she was able to continue playing tennis. When she subsequently had a fractured hip, she rehabbed quickly and was **back playing** tennis in eight weeks.

Says Richard: “In 2020, at 95, we still play quality tennis for 30-40 minutes five or six days a week. She leads an active life, **cleans** her house, **and** **does** almost everything on her own.”



“In all my years in the medical device field, I have never seen a response like this from any device or drug.”

—Richard Kotz

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Accelerated Healing

Whether dealing with an injury (old or new), an operation, or sore muscles from overdoing it in your exercise routine, Earthing can speed the healing process.

- **Marcia Rudd**, 63, Woodside California, retired electrician: “In 1998 I went on disability. I had three knee surgeries, and many treatments. My knees would constantly swell. I iced them all the time and wrapped them with ace bandages. I needed a walker. For six years, I was in misery. “Around 2004, I started Earthing. I was able to eliminate the walker and wraps. My limp disappeared. The swelling decreased significantly. I personally grounded myself with multiple patches nightly along with a grounded bed pad. I got relief. My quality of life improved. “In 2018 I got my knee cap replaced. Grounding helped break up scar tissue. Today, I am very much pain free. Only an occasional Tylenol. I dance. I hike. I swim. I live my life. I am so grateful.”

- **Katie Sloan**, a social media consultant in Atlanta: “I shattered my elbow and badly dislocated my shoulder in a freak accident. I underwent surgery, followed by a week in the hospital. For the first month I had no movement of my arm and fingers. It was scary. “The doctor predicted 8 months or more to get movement back. Now, 3 months since sleeping grounded and using grounding patches during the day, I almost have full extension of my arm back, all my fingers are moving again, and I can raise my hand halfway and put it on my head. Both my surgeon and physical therapist are quite surprised.”

Allergy relief

- **Donna Tisdale**, real estate broker in Nashville: “I used to have miserable seasonal allergies. May and September were always challenging. When I started sleeping grounded in 2008, no more medication. I sail through allergy season!”

Arthritis

- “I had chronic neck and upper back inflammation and pain. Sleeping grounded and working grounded at the computer, and spending time outside barefoot walking, my pain is almost gone.”

Asthma

- “As a life-long severe asthmatic, now 6 months into Earthing, I breathe better than ever. Nothing I’ve tried (which has been a lot) has had such a substantial effect. 95% improvement.”

Autism

The Earthing book contains a section on autism, including an informal survey of parents whose children slept grounded. The results included better sleep, more calmness, and increased social behavior.

- From a mother/doctor in Australia: “After one month of grounding I see a marked change in temperament of my daughter, 4. She has become calm, composed, and very happy! She wakes up in a happy mood and remains that way all day.”

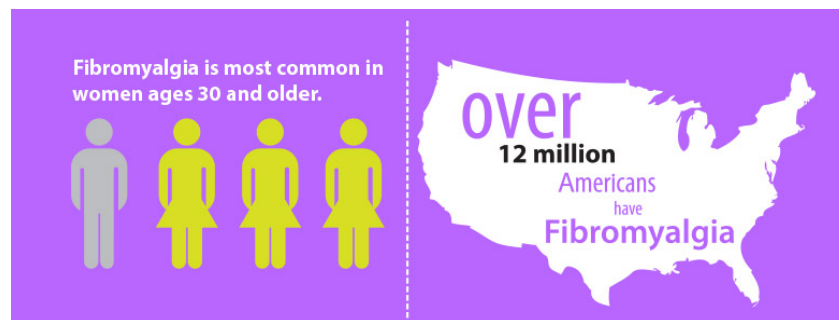
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Eczema

● From **Linda Gould**, pianist and co-developer of the Play Piano Chords Today method: “In 2011 tiny lesions appeared on my fingertips. I was quite concerned because, as a pianist for over 50 years, I make my living giving workshops. I was given topical cortisone, but the lesions progressed all over my fingers and onto the palms. It was painful and terrifying. Doctors diagnosed some type of psoriasis/eczema. The summer of 2013 my hands were very bad. One workshop attendee told me about Earthing and, as soon as I could, I started grounding at night.

Immediately I started sleeping better than in decades. Within a month my hands showed noticeable improvement. Within 6 months they were 100% clear! Whenever I stop grounding a few bumps begin to appear within a week and when I start up again they go away.”

Fibromyalgia



● From **Rhonda West-Hickman**, Atlanta: “I was near suicidal, fighting severe fibromyalgia for 20+ years. Earthing was my 2018 miracle discovery. I have been sleeping grounded since then with an Earthing bed mat and using a smaller mat during the day. In three weeks, my REM sleep returned, after years of waking up every two hours. I now sleep soundly almost every night. Next three weeks, I noticed my flare ups were not as severe, or lasted as long. My fibromyalgia symptoms of severe pain, brain fog, fatigue, and depression, to mention just a few, drastically improved. I no longer need blood pressure medication. I lost weight. I will stay grounded for the rest of my life!!! Earthing may have saved it.”

Knee pain

● “Within a year I have had much inflammation throughout my body cleared by grounding. It is like a modern day miracle. A painful and swollen right hip from a dislocation 40 years ago which had chronic inflammation from bursitis and tendonitis has cleared. I can walk normally. No pain, no swelling. The right knee is totally pain free.”

● “My husband has pretty severe arthritis in his knees. I've had him ground on my grounding mat since 1:45 today and he doesn't feel the constant 24/7 ache. I'm getting him a mat of his own.”

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Multiple Sclerosis (MS)



- At 24, **Melanie Monteith**, who lives near San Diego, developed MS. She experienced fatigue, numbness and tingling, shock-like waves in her spine, diminished feeling in both arms, and issues with balance. Simple daily tasks had become challenging.

Over the next 14 years, her condition deteriorated, forcing her to quit her job in sales. Every day was a test of survival. In 2017, she was feeling awful, physically and emotionally, and decided to try Earthing.

“My mood changed in 45 minutes,” she recalls. “The frustration was replaced by calmness. I felt hopeful and alive.”

In the following months, she grounded day and night with a bed mat and patches. She was more stable when standing and walking, and needed to use a walker less and less. She slept better and had more energy.

In 2019, Melanie reported: “I’m doing good. Strong and steady. I ground as much as I can. Everybody with MS needs grounding!”

Pregnancy

- “Sitting out in my yard with my feet on the ground for about a half an hour daily (longer on nice days) changed how I felt. My stress level went way down. I also felt much less achy and heavy when I would get up at night. I ended up going to 43 weeks and did not feel extremely pregnant until about week 41 1/2. My sleep was very good and I had minimal pregnancy complaints until that time.”

- “My 2 month old caesarean scar was not healing. I had constant bad back pain. I had tried absolutely everything prescribed without success. I heard about Earthing and decided to try sleeping grounded. For the first time since my daughter’s birth I had a better night’s sleep. My mood was much better the next day. I have been Earthing a month. The pain in my back went. My wound is 90% healed. My sleep is better. I’m a nicer person to be around.”

Children

Earthing can help kids of all ages, even premature infants. In 2017, doctors at Penn State University discovered that Earthing may boost the resilience of premature infants and lower the risk of complications. [More details here.](#)

- **“Croup Stopped with Earthing and I lost 80 Pounds in 10 months!”** From **Rebecca Tickell**, who created The Earthing Movie along with husband Josh: “During our daughter’s first three years, she would periodically turn blue and we would rush her to emergency. She had inherited croup that my husband and I had as children. Her throat would become so inflamed that she couldn’t breathe. Doctors gave her a breathing treatment and steroids, but the treatment wasn’t solving the underlying inflammation. We were deeply distressed. “Earthing our lives changed immediately. In the two years since our daughter started sleeping grounded, she has not had to go to ER once! The inflammation stopped immediately. Her immune system suddenly had big firepower. What a relief!
“I, too, had a transformation. For years I struggled with depression and weight. I weighed an average of 140 pounds, and after the birth of our second child I couldn’t shed the added baby weight off. With

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Earthing, my hormones and mental health balanced in 10 months. I lost 80 pounds and have been steady at 120 pounds. I feel and look better than ever.

"Friends tell me I look stunning. 'What did you do?' they ask.

"I respond by asking them, 'have you heard of Earthing?'"

Rheumatoid Arthritis

- "My 99-year-old mother sleeps grounded. She now has barely any pains and is no longer being treated with medication."

- "I have had rheumatoid arthritis since 2006. I had very little sleep at night. I heard about Earthing and started it. About a month later I was sleeping better, and over time, a deeper, longer, and restful sleep. Wearing Earthing bands improved the wrist and knee joints, with less inflammation and more mobility."

Varicose Veins

- "I gave my mother an Earthing throw for her 89th birthday. She had developed severe varicose veins during her pregnancies and had the veins 'stripped.' The skin on her feet, ankles, shins, and calves had become dark brown - almost blue - to the point one of her nurses thought she had vascular disease. Within a week or two of sleeping grounded the color began to lighten. Over the following months her legs looked healthier, with an improvement in skin tone. The foot specialist was amazed when he measured the blood flow to and from her feet. It was perfect."

- "Earthing really works!!! My veins are broken and my legs would ache all the time. After about a week...my legs feel great!!! I'm on them all day and they don't hurt! I can't believe it!!!"

Working moms

- **Angela Winter, RN**, Anaheim, California: "I started sleeping grounded around 2013 when I was working several nursing jobs, and driving my two teenagers to various sports activities.

"Earthing immediately helped me sleep better. I woke up recharged, with steady energy to get through the intense daily hustle and bustle.

"Grounding also helped my kids. They deal with the bumps and bruises from sports, and also need a clear mind for school work. They excel at both. Earthing has reduced the effects of injuries and recharges them from training and competition demands. And, they tell me, improves their mental clarity. When teenagers tell you something like that, you know it's something really good. And when teenagers tell their buddies, who then get grounded and experience the same thing, wow. They sleep grounded and ground themselves during the day whenever possible."

- **Twins Carole and Chantale Sauve**, Ottawa, Canada: "We have been grounded routinely for about 10 years. Despite a full load of work and family duties, we experience deep sleep and feel rested with body restored in the morning."

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Earthing, sports, exercise, and yoga

“Earthing is an indispensable healing and recovery tool, something even beyond significant, for any treatment or recovery regimen as it relates to injury, surgery, and maximum athletic performance. Sleep grounded at night and ground during the day as much as you can.”

– Jeff Spencer, D.C., International Sports Chiropractor of the Year, 2004

Common soreness and muscle damage from exercise and training are significantly reduced. Elite athletes often say Earthing speeds recovery from competition, training, and injuries.



Brenda Schultz-McCarthy, former top ten ranked tennis professional in the world: “I wish I had known about Earthing years ago while on the tennis tour. I’m sure I could have avoided the back injuries, medications, and surgery that ended my career in 2008. Since sleeping grounded I no longer need any anti-inflammatory. My trips to chiropractors and body workers have also decreased.

“I am a founder of the TEDS Foundation, a nonprofit holistic healing facility in Virginia. People come to our programs from around the world. We make sure they are Earthing...outdoors and indoors. Attendees in our programs include addicts, patients with trauma, cancer, and auto-immune disease, athletes of every level, and just people with general aches or pains. We have repeatedly seen rapid relief from grounding among those who did not get relief previously from prescription medication and medical treatments. As a result they have applied Earthing in their daily lives.

“My husband and I sleep grounded, as do our two boys. They are homeschooled and use grounding mats when they study. They are shoeless whenever possible. They don’t get sick.”

● **Louise Horgan**, yoga teacher, Dublin, Ireland: “I enjoy teaching large classes outdoors during warm Irish months. In my experience women, through their cycling, shifting, churning bodies, are quite often deeply soothed when practicing directly on the Earth.”

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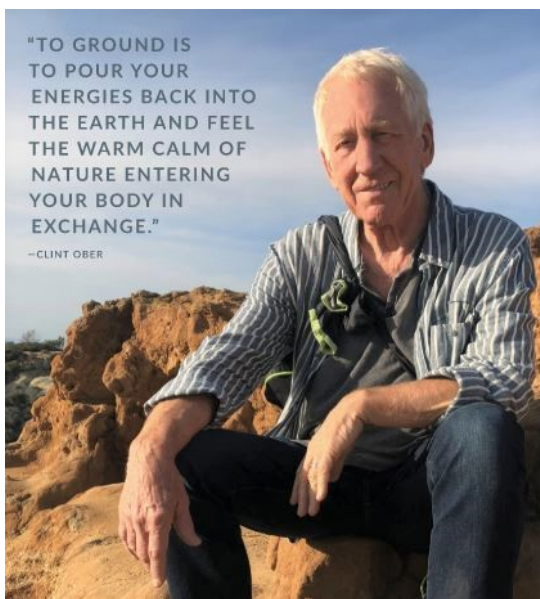
Earthing and pets

Pets sense something familiar and good when they come in contact with an Earthing mat or other grounding product. They are drawn to it like a magnet.

- **Karen Kolczak**, Phoenix: “I got a grounding mat for my older cat who wasn’t outside much. It helped her go up and down the stairs much more easily. After she died, I got another cat and she loves being on the grounding mat.”
- Michigan artist **Deborah Ebbers**: “I bought an Earthing bed mat and have had very positive results: deep sleep, arthritic pain reduction, calm energy. Now my dog has decided that since I’m grounded it is perfectly natural for her to sleep on top of me. There’s one little problem. Beatrix is a Great Dane, 116 pounds!”
- **Sandra Wong**, a Boulder musician: “Earthing has been incredibly helpful for my dogs, including older ones with sensitive systems who react negatively to strong medications.”

Get Grounded! Here’s How

Earthing should be a lifestyle routine for life. It is among the most natural things you can do, whether outdoors or indoors. The easiest way is to sleep grounded.



Indoors

In 1998, cable television pioneer Clint Ober discovered that grounding eliminated his constant back pain. His experience inspired the development of indoor Earthing products in order to conduct research and introduce the concept to the public. His work has produced special mats, body bands, and patches made with materials that ground you while sitting or sleeping indoors. Think of them as “barefoot substitutes” – the equivalent of being barefoot outdoors.

The products conduct the Earth’s healing energy through a cord connected either to a ground rod placed in the soil outside or inserted conveniently into the grounding hole (the third hole) of a grounded wall outlet.

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Popular Indoor Grounding Products

These, and other products developed by Clint Ober, are available at www.earthing.com

Bed Mat

Sleeping grounded is the easiest form of Earthing. Beds mats, made with highly conductive carbon, are available in a single size (as shown in picture) or queen, and can be used either above or below the regular bottom sheet.



Universal Mat

Use it anywhere – under a keyboard, on the floor with bare/stocking feet contact, on the back or seat of a chair, or in bed under or above the bottom sheet.

Patches

Similar to the ECG/EKG electrode patches commonly used by doctors for testing purposes, patches are applied to the palm of the hands, soles of the feet, or to the skin on some part of the body, such as a site of tenderness or pain.



How to use grounding products

- Each Earthing product comes with a 15-foot cord. One end snaps onto the product. The other end inserts into an outlet ground port, a grounded extension cord, or into a ground rod cord.
- If you wish to connect to an outlet, test it first with the outlet checker that comes with Earthing products to determine if the outlet is properly grounded. **No special knowledge is needed.** If your house/apartment does not have grounded outlets, use an Earthing ground rod or consult with an electrician.
- If you want to use a ground rod, the Earthing ground rod has an attached cord that can be run under a window and connects to the Earthing product cord.

Earthing products do not “run” on electricity. If you use your outlet for Earthing, you are not plugging into electricity, just to the grounding (Earthing) system – a safety system – built into modern electrical systems in houses and buildings. This safety system stabilizes your electrical system, and also carries the Earth’s healing energy.

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Respiratory Distress and Patches

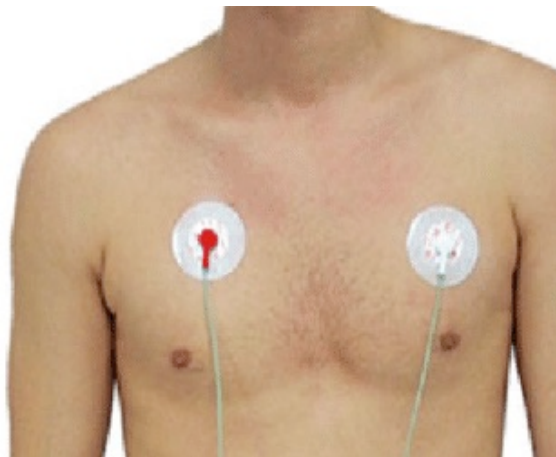
Earthing research is in an early stage. There have been more than 20 studies published over two decades, but no investigation yet has explored Earthing's impact on viruses. We have feedback over the years that Earthing has often helped reduce colds and flu, and made a dramatic difference in situations of respiratory distress, from severe asthma and COPD to flu. Here are a couple of examples:

- From a female bus driver in Ireland: "I have been Earthing for the last 3 years, and think it's amazing. I have not been sick or got a cold since I've started, unbelievable due to the fact that I used to get so bad each year I would have to be hospitalized."
- From a retired computer programmer in Washington State: "Well now, I am in my third year of being grounded nightly. Before, whenever I would have acquired a cold, I would have been in bed and a mess. I have had some colds since but what they've amounted to has been a sneeze here and there but NO congestion."

Recently, Clint Ober, the founder of the Earthing Movement, received an email from a lawyer whose wife developed Coronavirus symptoms:

"We had to hit pause on business like everyone else this week, but I truly think it's time to get the word out about your amazing products. Wanted to let you know that my wife has the virus...and a grounding patch on her chest has helped her immensely."

In case of respiratory related viral infection, you may want to consider using Earthing patches (available at Earthing.com) along with whatever other grounding products you are using. Place a patch on each side of the chest over each lung about 6 inches down from the collar bone and 2 inches out from either side of the breast bone. Rapid relief often results, as the grounding influence calms down inflammatory activity in the lungs.



A BRIEF GUIDE TO EARTHING

Outdoors



Take off your shoes. Sit, stand, stroll with bare feet on a natural surface. You're grounded! Have a backyard? Do it there. Or in the ocean, on the beach, in a park, in rivers and lakes, and in hot springs. On concrete. In northern areas, wait until the snow melts. Snow won't ground you. Don't want to go barefoot? Search for grounded footwear online.

Surfaces for grounding: Grass, gravel, soil, brick, stone, sand, bodies of water, concrete (outdoors), and unpainted/unsealed concrete or tile floors (indoors) built directly on the ground. **Surfaces that will not ground you:** Asphalt, vinyl and plastic, wood (such as a deck), rubber, painted/sealed concrete/tile floors.

Frequently Asked Questions

● Does everybody feel better when they start Earthing?

Most cases, yes. Sometimes quickly, other times subtly and gradually. Someone very ill or experiencing various symptoms typically feels significant improvement. Someone with radiant health may not feel different. However, positive changes in the body documented in studies indicate that Earthing contributes substantially to health maintenance.

● Can someone not feel so good when they start? Or feel strange?

Some people feel tingling in the legs or body. This is the Earth's energy entering the body and producing better circulation. After a while you don't notice it. Some people may experience temporary flu-like symptoms, including malaise, achiness, headache, a foggy mind, and tiredness. These reactions indicate a healing, detoxification process generated by Earthing. Energy is expended in the process, which might cause initial fatigue. Such reactions vary. They generally ease off within days or a week or two. If the detox reaction is uncomfortable, take a break and resume grounding with perhaps a half hour. Gradually increase. Drink plenty of fluids. That helps the body flush out wastes more readily.

● Does Earthing always work?

Earthing is not a cure-all. It will benefit your body as long as you do it. If you stop, symptoms you experienced before Earthing will likely return. People are all different, affected by genetics, biochemical imbalances, poor eating habits, and intense stress. Earthing may not be able to overcome some deep-seated factor, or just have a minimal effect.

● I take medications. Is Earthing OK for me?

Earthing has a blood thinning effect, reduces inflammation and pain, calms the nervous system, and helps with sleep. It may improve thyroid function, blood sugar, and blood pressure. Sometimes, medication can be reduced. Inform your doctor and follow his or her guidance. See our advisory report on medication at the Earthing Institute website.

A BRIEF GUIDE TO EARTHING

Suppliers of original Clint Ober-designed Earthing products



earthing.com

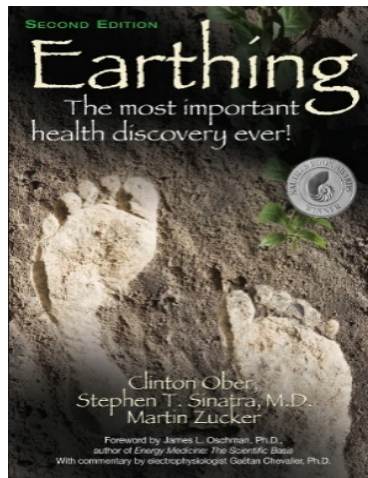
Phone: 888-223-8454 California

For more information:



The Earthing Movie

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The Earthing book

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The global online resource for Earthing information and research