

Earthing

What is Earthing? It is the act of connecting one's bare feet, and other parts of the body directly to the surface of the Earth to receive natural healing energies. This connection grounds our body and Spirit. A conductive device (grounding pad, etc.) also can deliver the natural healing energy of Earth through the electrical grounding wire.

Modern day life has shielded us from these natural energies through rubber-soled shoes, artificial flooring and lighting.

Lack of contact with the Earth also increases inflammation and oxidation. Oxidation is a state where atoms have unpaired electrons (free radical damage). The Earth is an electron donor and counter balances this oxidative state. In other words, connecting with the Earth is free 'antioxidant' support.



Benefits of Earthing

- Diffuses inflammation in the body
 - Increases Energy
 - Lowers stress and increases sense of well-being
 - Improves sleep in most cases
 - Fights free radical damage (free radicals are unpaired electrons – Earth is an electron donor)
 - Reduces and/or eliminates pain
 - Reconnects our bodies to normal biological rhythms
 - Thins blood and improves blood flow
 - Lessens hormonal and menstrual symptoms
 - Dramatically speeds healing
 - Protects the body from damaging EMF fields
 - Reduces jet lag
 - Accelerates recovery from intense athletic activity
 - Strengthens the Root Chakra (sense of safety, security, support and belonging)
- All of this for free provided by Mother Nature!

Side Effects of Not Connecting With the Earth

- Inflammation (the common denominator of all disease)
- Ungrounded - provides a platform for anxiety and stress
- Poor quality sleep
- Less Energy
- Slow healing and recovery time
- Runaway thoughts (in one's head)
- Weak Auric Field

Resources

Earthing, Ober, Sinatra and Zucker, 2010 Purchase on Amazon here: <http://amzn.to/2elzRSk>

Earthing Pad Purchase on here: <http://amzn.to/2fljcmW>

Learn more about **Earthing** <https://www.earthing.com/what-is-earthing/>