



Earthing

Why we need to walk barefoot on the earth each day:

"Earthing" or "grounding" eliminates inflammation, boosts immunity, speeds wound healing, lowers blood pressure and stress, and improves autoimmune disease, studies show. Rubber-soled shoes have separated us from an energy source essential for optimal health — the electricity of the earth. For millions of years, humans have walked barefoot on the earth, absorbing the free electrons that continually bounce off of it. Disconnecting ourselves from this source of energy — via shoes, buildings, asphalt, tires, etc. — is wreaking havoc on our health, scientists are learning.

Emerging research explains why it's vital to "ground" ourselves, from time to time, by sitting, lying or walking barefoot on the soil. Researchers from the University of California and the University of Oregon have published a series of peer-reviewed studies on the surprising health benefits of doing so:

- A 2007 study used infrared medical imaging to show incredible reductions in inflammation as a result of Earthing. "Our main hypothesis is that connecting the body to the Earth enables free electrons from the Earth's surface to spread over and into the body, where they can have antioxidant effects," write the study's authors. Somehow, the electrons act as antioxidants, they explain: "Antioxidants are electron donors, and the best electron donor, we strongly believe, is right under our feet. Electrons from the Earth may in fact be the best antioxidants, with zero negative side effects. "The electrons neutralize positively charged free radicals that are "the hallmark of chronic inflammation, the culprit behind almost every modern chronic illness," the authors add.
- Another 2007 study demonstrates that grounding essentially eliminates the ambient voltage induced on the body from common electricity power sources.
- A 2010 study found that grounding the human body neutralized bio-electrical stress from static electricity and EMFs.
- Another 2010 study found earthing significantly shortened recovery from muscle soreness after exercise and improved white blood cell counts.
- A 2011 Polish study found earthing may be the primary factor regulating our endocrine and nervous systems, after connecting participants to the Earth using conductive bed pads, mats and electrode patches.

Different earthing processes:

- Walking bare foot outside allows you to contact and connect with the Earth's surface electrons.
- Use a conductive Earthing system. You can buy these to sit on, sleep on, work on, and place under your laptop. We have a wide range of Earthing products that you can incorporate into your daily life to ensure you are successfully Earthed.

We recommend that you get your epigenetics tested regularly to prevent earthing and wellbeing challenges.