



# Earthing

## What is Earthing?

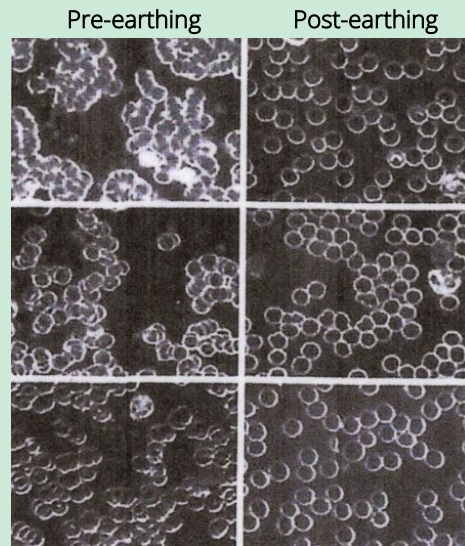
Throughout history humans walked barefoot. Now, due to our current modern lifestyle and the widespread use of insulated rubber or plastic soled-shoes, we have been disconnected from the Earth's energy.

Research has raised the possibility that this disconnect may contribute to chronic pain, fatigue and poor sleep that plagues so many people. Connecting to the Earth's field provides us with the greatest natural anti-inflammatory tool available.

"Earthing has not only nearly eliminated my leg pain, but my blood pressure is now normal without medication for the first time in a decade, something diet and exercise alone never achieved".

"After sleeping on this grounding sheet for little more than a week, I already feel the difference. I sleep better and wake up with more energy that lasts throughout the day".

## The effects of grounding on blood cells:



The reproductions above represent darkfield microscope images of blood taken from three individuals in attendance at Dr. Sinatra's house just before and after 40 minutes of grounding. The pictures clearly show a dramatic thinning and decoupling of blood cells.

## What does Earthing do?

Observations and research indicate the following benefits from Earthing:

- Defuses the cause of inflammation, and improves or eliminates the symptoms of many inflammation related disorders.
- Reduces or eliminates chronic pain.
- Improves sleep in most cases.
- Increases energy.
- Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.
- Normalises the body's biological rhythms.
- Thins blood and improves blood pressure and flow.
- Relieves muscle tension and headaches.
- Lessens hormonal and menstrual symptoms.
- Dramatically speeds healing and helps prevents bedsores.
- Reduces or eliminates jet lag.
- Protects the body against potentially health-disturbing environmental electromagnetic fields (EMF).
- Accelerates recovery from athletic training.

We recommend that you get your epigenetics analysed every 88 days to prevent earthing and wellbeing challenges.