

# Earthing – Ground Your Body for Optimal Health

Walking barefoot on the earth has been a staple part of human and animal life since the beginning of time. In the past couple of generations, humans have made shoes, sandals, and boots that insulate us from the natural energies of the Earth. Although these shoes protect our feet, modern shoes also deprive us of the free electrons present in the ground. Grounding our bodies with barefoot exposure has a powerful anti-inflammatory effect that is a genetic requirement for optimal health.

Our world has more medical technology than ever before. Much of this is good; however, there is no substitute for the healing forces found naturally on Earth. Nature itself is a powerful healing source. The sun produces vitamin D3, the plants and vegetation give us anti-oxidants, trace minerals and chlorophyll among other things. The Earth itself provides a powerful form of free electrons that are available to everyone by merely exposing our bodies to these natural energies present on the ground.

Our bodies are a living matrix of energetically charged biochemical circuits that are charged and coordinated through the activity of the central nervous system. The Earth itself is regulated by subtle but dynamic electrical circuits. The electrical crosstalk between the Earth and our central nervous system helps to program trillions of biochemical reactions.

## Earth's Electrical Rhythms

The Earth's electrical rhythms play a significant role in the natural circadian rhythms that govern our sleep/wake cycle, hormones, mood, and energy production. Studies taken on people fully disconnected from this natural electrical rhythm

have shown abnormal circulating cortisol levels indicating abnormal stress responses. Additionally, disconnected people often struggle with issues such as insomnia, hormone disruption, chronic pain, headaches, and fatigue among other things.

Humans have always connected with the Earth's electrical energy through their feet. This is evidenced by the 1300 nerve endings per square inch on the sole of the foot. Compared to other parts of the body, that is an incredibly high density of nerve enrichment. This is not only necessary for balance, stability, and coordination of the foot, it is also necessary to absorb the electrical energy present on the Earth.

### **Modern Shoe Soles Block Our Connection with the Earth**

Modern shoe soles have separated humans from the electrical energy of the ground with insulating covers. Most people go weeks to months without ever having direct skin to ground contact with the Earth for longer than a minute. These people live completely disconnected from the planet which leads to a disrhythmic function within the mind and body.

The human body has a very similar makeup to the Earth; they are both a combination of water and minerals. This combination is what conducts electrical currents. Our bodies were made to be connected with the Earth and this subtle electrical energy has extremely powerful effects on our health and well-being.

### **Earthing Basics**

Avoid wearing shoes whenever possible

Sit outside barefoot with your feet on grass or soil.

Walk or run barefoot outside on grass, sand, or soil. Moist ground or grass is the perfect electrical conductor.

Expose any part of the body to the Earth, ground or any natural waters like lakes, streams, or oceans. Walking in salt water is one of the best grounding techniques due to the combination of earth, water, and electrolytes.

Sit or lean on the trunk or limb of a tree to share some of its natural electricity.

The benefits of earthing include reduced inflammation and better internal stress management. This results in better sleep, enhanced immunity, less pain, and a better state of mind and quality of mind. Many individuals report significantly better memory, creativity, innovativeness and spiritual direction after spending time connecting with the Earth.

#### **Sources for This Article Include:**

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