



# THE BEGINNER'S GUIDE TO EARTHING

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# TABLE OF CONTENTS

*Chapter 1*

## **WHAT IS EARTHING?**

*Chapter 2*

## **DISCOVERY OF EARTHING**

*Chapter 3*

## **BENEFITS OF EARTHING**

*Chapter 4*

## **SCIENCE OF EARTHING**

*Chapter 5*

## **HOW TO GROUND YOURSELF**

*Chapter 6*

## **WHO IS EARTHING FOR?**

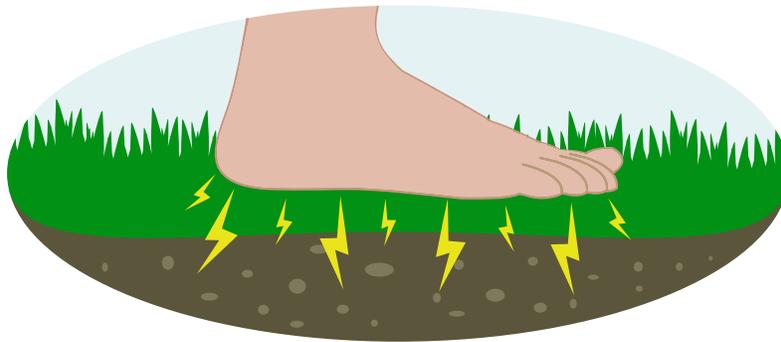
*Chapter 7*

## **PRAISE FOR EARTHING**

# CHAPTER 1

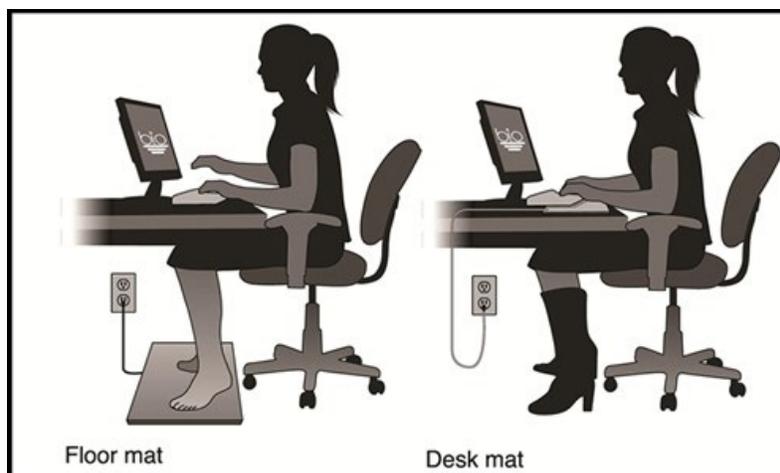
## WHAT IS EARTHING?

Earthing refers to a physical connection that takes place between the electrical frequencies of the human body and those of the earth. Just like the sun constantly provides us with important energy, nutrients and vitamins, the earth too is a source of subtle energy that provides important elements that contribute to optimum health. Despite the human body's biological design as a natural conductor, many of us have misplaced our connection with Earth's energy and this reality can have some severe repercussions.



This connection to the earth can happen in a variety of ways. The easiest is by getting in direct, bare-skinned contact with Earth - picture standing, sitting or walking without shoes or socks on the grass or along the beach, for example.

When being barefoot isn't possible, another effective means of Earthing (also referred to as grounding) is through the use of specially designed devices such as bed sheets, and floor or desk mats.



# EARTHING'S HERE TO STAY

At first glance, it would be easy to pigeonhole Earthing as the latest New Age fad, but for over a decade, thousands of people across the globe have integrated grounding into their lives. Currently, there exists an impressive amount of evidence demonstrating the positive effects Earthing has on physical wellbeing. And the science continues to accumulate.

Science has long known that Earth's surface is abundant with negative charged electrical frequencies known as free electrons. Physically connecting to the earth facilitates the intake of these free electrons into the human body.

One of the best things about Earthing is that it's incredibly easy and safe to do. Simply enter into direct skin-to-surface contact with Earth or use an Earthing device that allows you to consistently stay connected to Earth's frequency regardless of environmental circumstances.

In no way are you being electrocuted when doing Earthing.

The degree of physical improvement varies for everyone but most people claim to feel positive results quite rapidly. Tingling sensations and feelings of ease and well-being are commonly noted side effects of Earthing.

Although positive results can manifest quite rapidly, Earthing is found to be most effective when used as a long-term addition to the daily routine.

## EARTHING: MEDICINE'S MISSING PIECE

Since Clint Ober discovered the concept over a decade ago, Earthing has undergone much scientific scrutiny. However, research indicates the following are consistent benefits of Earthing.

- Eases inflammation and improves inflammation-related disorders
- Improved sleep
- Decrease of chronic pain
- Increase of energy levels
- Normalization of the body's biological rhythms
- Improves blood pressure and flow
- Relieves headaches and muscle tension
- Accelerates recovery and healing
- Reduces jetlag
- Lessens menstrual and hormonal symptoms

# CHAPTER 2

## DISCOVERY OF EARTHING

Clint Ober has come a long way from his humble beginnings as a young boy growing up on a farm in Montana. He worked his way to the top of one of the largest providers of cable television marketing and installation services in the US. Ober was a genuine trailblazer in the cable industry and by the time he was forty-nine years old, he was living the high life in a beautiful home overlooking the Rockies complete with all the amenities money could buy.



In 1993, Ober had developed an abscess in his liver thanks to an earlier root canal gone bad. The infection had permeated throughout his body causing most of his organs to malfunction, including 80% of his liver; the doctors encouraged him to get his affairs in order. There was one doctor, a young surgeon, however, who told Ober about a new experimental surgery that could potentially save his life. Ober agreed to try the surgery and after an arduous recovery that spanned months, Clint Ober found himself beginning to feel better.

During his recovery, Ober had a Eureka moment of sorts. As he lay in bed taking in the view from his mountain top home, he had a stark realization: his life had become little more than a mountain of possessions that he had become a slave to. 'I don't want anymore of this life,' he said out loud to himself, 'Whatever time I have left I want to dedicate it to something worthwhile and with purpose.'

He sold his house and business, gave away his possessions, bought an RV and hit the open road. Ober spent four years driving the great American road in pursuit of his mission: something worthwhile and with purpose. Throughout most of his journey, Ober cruised around aimlessly just waiting for something to show up. It was not until 1997 that that something finally appeared.

## SEARCHING FOR THE ANSWER

One day when Ober returned to his RV, the words 'Become an opposite charge' jumped into his mind. He wrote down the phrase and the next morning ended his hiatus in Key Largo, Florida and headed west.

Los Angeles was far too much confusion, while Tucson and Phoenix didn't feel right to him either. He continued his journey north through Arizona until he ended up in Sedona. When he awoke the next morning he was instantly enamoured by the beauty of the land surrounding him. He still wasn't sure what he sought but he knew that he was in the right place. After setting up shop there for nearly two years, the answer finally came.

## BECOMING THE OPPOSITE CHARGE

One day Ober was sitting on a park bench innocently watching the many passersby. Oddly, he noticed the footwear people were sporting. Most were wearing shoes made of thick synthetic soles. He wondered could this fashionable trend be insulating humans from the electrical surface charge from the ground and if so, he thought to himself, what effect could this have on health?

As a bona fide cable expert, Ober knew that a well shielded and properly grounded cable installation delivered the highest quality images. He was also aware that electrical engineers had proven that Earth's surface is abundant in negative-charged electrons and that medical scientists had long discovered that the human body is electrical and conductive in nature.

Ober knew very little about human biology but it occurred to him that maybe the human body isn't that different from cable TV.



## PUTTING HIS THEORY TO THE TEST

At home, Ober connected a wire to his voltmeter, an instrument used to measure electrical differences between two points in an electrical circuit, and attached the wire to a grounding rod outside his living room window. He then measured the electrical charges on his body within various places of his apartment.

Interestingly, Ober found that the induced potential of electromagnetic fields (EMFs) on his body increased substantially when he walked toward any ungrounded appliances. Grounded appliances like the refrigerator and computer tower didn't produce EMF voltages on his body. Ober was surprised to discover that the most electrically active area in his home was the bedroom.

Charged with curiosity, Ober designed a grid like contraption made out of metallic duct tape, alligator clips and another grounding rod. He laid on the grid and the voltmeter showed close to zero EMF levels which meant Ober was grounded just like a quality cable connection.

Ober continued to mess around with the voltmeter and his grounding grid for most of the day until he fell asleep. When he awoke the next morning he was shocked. He didn't have to take an Advil before bed to numb his chronic back pain, he had rested soundly and he barely moved throughout the night.

Ober continued sleep on his bed grid; night after night, he fell asleep without popping meds and awoke with less pain and more vitality.

He recruited a few friends to try sleeping on one of his makeshift grounding grids one of whom said to him, ‘You know, something is going on here. My arthritis pain is way down.’ Ober himself had noticed that since sleeping grounded his own chronic back pain had improved greatly

## RETIRED CABLE GUY TURNED AMATURE SCIENTIST



Ober hypothesised that a grounded body prevents electrical interferences that could disrupt internal circuitry. He began to understand that a lack of contact with Earth means the bodies electrical circuitry is bombarded with EMFs and static electricity.

Despite his efforts Ober found very little research on the effects of grounding on health. Although he was excited that he had finally found his mission, he was met with much skepticism. Most people wanted hard facts supporting his “zany” theory. Unfortunately, such evidence had yet to exist. Ober realized he had to make it exist. So, yet again, he packed up his RV and headed back to California.

Most of the experts Ober spoke to in California were uninterested in helping him prove his claim but Ober didn’t give up. He eventually rallied support from some students at a university sleep clinic who counselled him on how to perform a scientific study. He went on to improve his crude duct tape grid using special conductive fibers that he bonded to wool felt pads that the sixty volunteers he recruited to participate in his study would sleep on.

Ober’s results were published as an anecdotal study on ESD, an online electrostatics journal. The results caused quite a stir amongst researchers and health practitioners and Clint Ober was on his way to having scientific support of what his gut relentlessly told him to be true.

# CHAPTER 3

## BENEFITS OF EARTHING

Since Ober first introduced the concept of Earthing just over a decade ago, a lot of scientific and medical experts have examined its effect on human health and wellness. The positive results are impressive and the list continues to grow as science begins to understand the whys and hows of Earthing.

### REDUCED LOCALIZED PAIN

- Initially Clint Ober associated Earthing's positive effect on pain to a decrease in EMFs on the body and a minimization of static electricity. Although partly true, further research has indicated that it is the negative charge of free electrons that calm pain. This is ground breaking as it means that pain is associated to positive charges.
- William Amalu, S.C., president of the International Academy of Clinical Thermography, performed Earthing studies on twenty patients with a variety of pain-related complaints. The subjects were grounded using either conductive electrode patches or grounded bed pads. The results, demonstrated through dramatic thermographic images, show a major and rapid physical impact on inflammation and pain.

In these thermal images of a human body, abnormally hot areas (red) indicate inflammation caused by tissue damage. These photos were taken 30 minutes apart, before (left) and after Earthing (right).

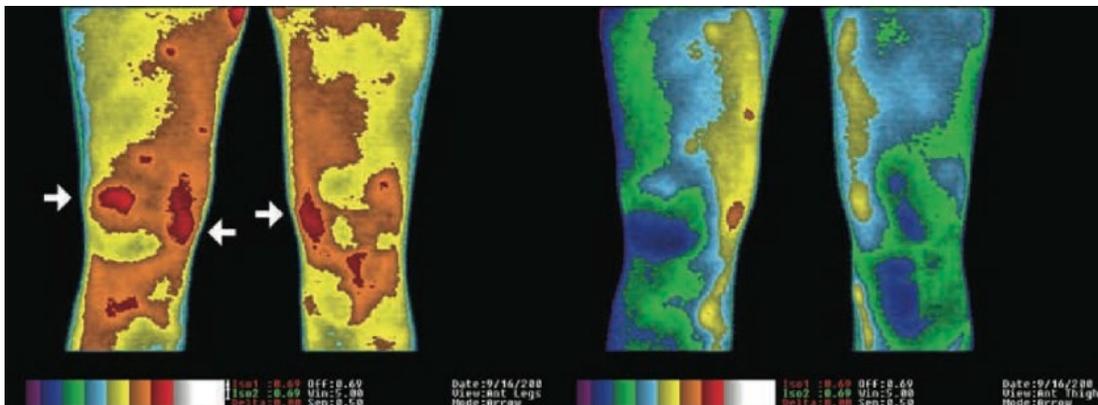


Photo Courtesy of "Earthing: The most important health discovery ever?"

### ACCELERATED RECOVERY FROM SURGERY AND TRAUMATIC INJURIES

- Due to the satiation of free radicals by the intake of negative-charged electrons

## PROMOTE WEIGHT LOSS

- Although science has yet to examine Earthing's direct effect on weight loss, some studies suggest it can be highly effective because of its effect on regulating hormone levels like cortisol that is known for promoting weight gain.
- Evidence also suggests that Earthing can contribute to weight loss because it minimizes stress and promotes feelings of calmness and relaxation.

## A DEFENCE AGAINST INFLAMMATION

The greatest possible effect Earthing can have on human health is its ability to calm inflammation. Science has shown that Earthing delivers positive effects on a number of inflammatory induced conditions including:

- Allergies
- Alzheimer's disease
- Anemia
- Asthma: inflammation has been linked to the blocking of bronchial passages
- Arthritis: chronic inflammation inhibits the release of lubricating joint fluids
- Autism: most autistic children have been found to have brain inflammation
- Cancer: inflammation can contribute to free radicals and tumor growth
- Cardiovascular disease: inflammation can lead to unhealthy arteries and damage to heart valves

**“We have to think of heart disease as an inflammatory disease.”**

*- Dr. Paul Ridker, Harvard cardiologist*

- Diabetes, types 1 & 2
- Kidney failure
- Lou Gehrig's disease
- Multiple Sclerosis: inflammatory compounds attack the nervous system
- Pancreatitis: inflammation has been found to induce pancreatic cell injury
- Psoriasis and Eczema

## THINS BLOOD AND MINIMIZES BLOOD CLOTTING

The reproductions below represent darkfield microscope images of blood taken before (left) and after (right) 40 minutes of grounding. This indicates a dramatic thinning and decoupling of blood cells.

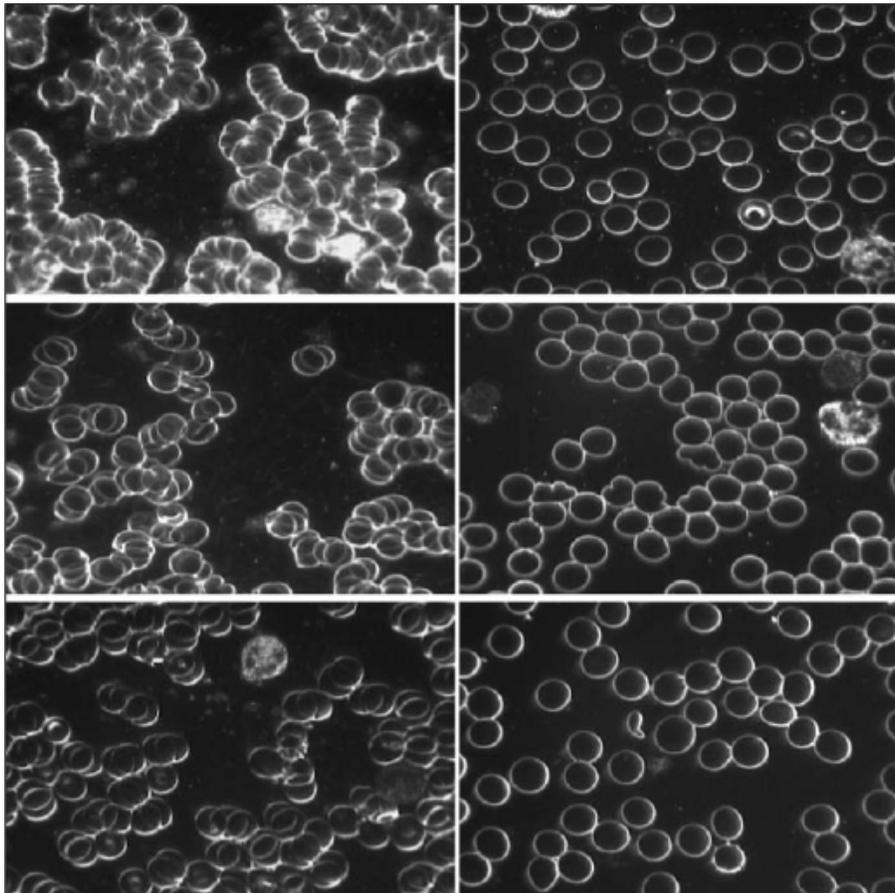


Photo Courtesy of "Earthing: The most important health discovery ever?"

## AND A PLETHORA OF OTHER BENEFITS

- Provide relief from severe menopausal and PMS symptoms
- Improved sleep and vitality
- Reduce stress
- Equalization of hormone levels
- Accelerated relief from acute headaches
- Improved bone density
- Maintain healthy blood pressure and circulation

# CHAPTER 4

## THE SCIENCE OF EARTHING

Although Earthing is simple to do, the science that explains how and why it works can seem slightly daunting.

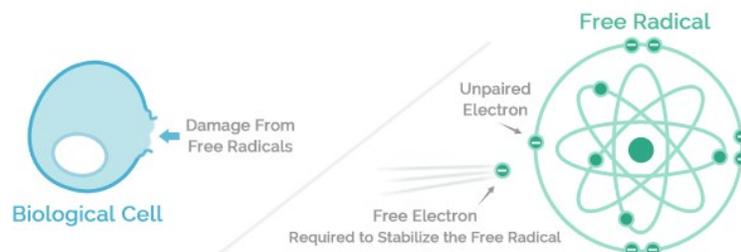
The publication of Clint Ober's first scientific study caught the attention of many medical and scientific experts who couldn't help but wonder: Is this retired cable guy onto something?

In order to understand Earthing from a scientific perspective, you'll need to know a few basics of the electrical nature of Earth and humans.

## ELECTRONS & FREE RADICALS

Electrons are negative charges of electricity and are, by nature, attracted to opposite charges of electricity.

Free radicals are molecules that are positively charged because they are short at least one electron. Because of this deficit, the free radical's sole purpose is to stabilize itself by binding to (and therefore eliminating) negative charged electrons.



Although they have a bad rap, the immune system naturally produces free radicals to perform an essential physiological service. They are produced and released within the body to help eliminate injury, stress or disease by binding to and subsequently stripping negative charged electrons from damaged tissues and pathogens. This bodily process is referred to as the inflammatory response and can produce inflammation symptoms like redness, swelling, pain and even decreased range of motion.

Normally, when the disease or injury subsides, free electrons and anti-oxidants within the body neutralize and eliminate excess free radicals; ideally, this is what happens. Unfortunately, the hustling reality of our modern world isn't always ideal.

An excess of free radicals within the body has become far too common. The everyday stresses of life – work, relationships, money – have kick started our immune system into constantly producing free radicals to fight what the body perceives as ailment or affliction. This over-production of free radicals can be detrimental to human health as it can and often does lead to the oxidation of healthy tissues.

Earthing oneself can help alleviate the presence of free radicals which can lead to chronic inflammation and pain because it injects the body with an abundance of negative-charged electrons for the free radicals to bind to.

## EXPLORING HOW EARTHING REDUCES PAIN AND INFLAMMATION

Free electrons are abundant along Earth’s surface and science has indicated that grounding fuels the anatomy with these electrons which provides free radicals with a bountiful supply of negative charges to bond to and therefore reduce the inflammatory and oxidative effects that excessive free radicals can have on the body. In other words, Earthing helps prevent free radicals from attacking and damaging healthy tissues which often leads to increased pain and inflammation.



In 2005, electrical engineer and electrostatic discharge expert Roger Applewhite published a study in the journal, *European Biology and Bioelectromagnetics* that confirmed a significant fact:

When the body is grounded, electrons move from Earth into the body and vice versa and “this effect is sufficient to maintain the body at the same negative-charge electrical potential as the Earth.”

Study participants were grounded by lying on conductive bed sheets or by attaching electrode patches to various places on the body. Using an oscilloscope to measure voltage provided substantial evidence of the exchange of electrons between Earth and the body while grounded.

Applewhite and his research team hypothesized that this mutual flow of free electrons from Earth into the body is the mechanism by which inflammation is tamed.

Another study, led by the president of the International Academy of Clinical Thermography, William Amalu, S.C., found that Earthing had a rapid and major impact on pain and inflammation.

For Amalu's study, twenty patients with various complaints including (but not limited to): muscular and ligament strains and sprains, carpal tunnel syndrome and inflammatory joint conditions were grounded with either electrode patches or grounded bed pads. Thermographic images were taken both before grounding and after. The images showed Earthing to have a dramatic impact on inflammation and pain.

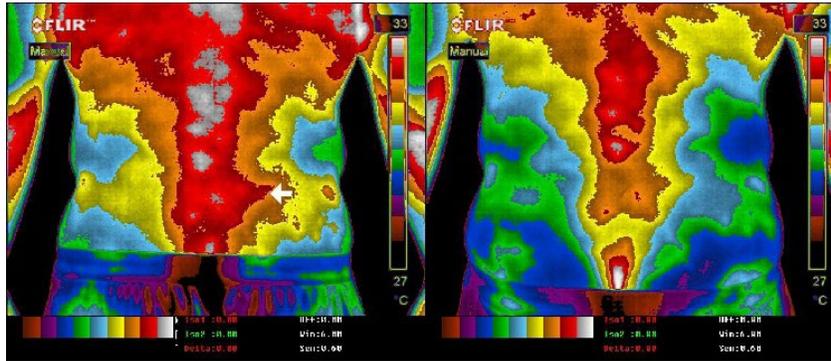


Photo Courtesy of "Earthing: The most important health discovery ever?"

Above is of an 85-year-old male who suffered from intense, chronic back and shoulder pain. After 2 nights of sleeping grounded, he reported 50% less pain and 75% less stiffness. Images are before (left) and after (right).

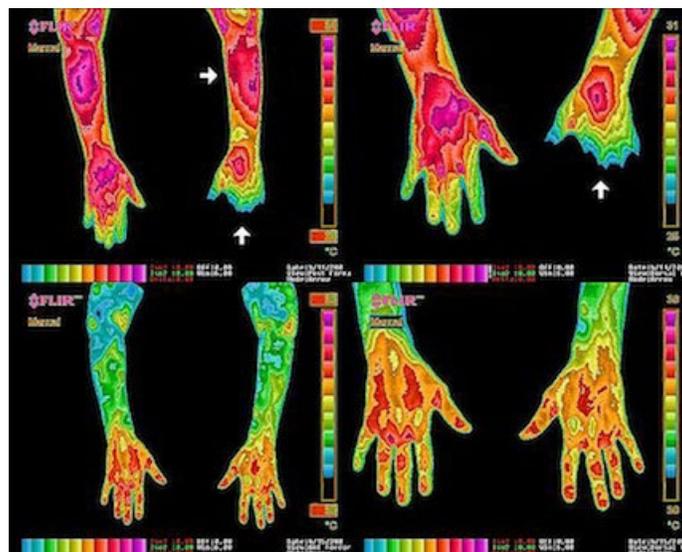


Photo Courtesy of "Earthing: The most important health discovery ever?"

This set of images illustrates inflammation in the forearm tendons of a woman suffering from bilateral carpal tunnel syndrome. Images 1-4 show the progression of healing throughout the Earthing treatment.

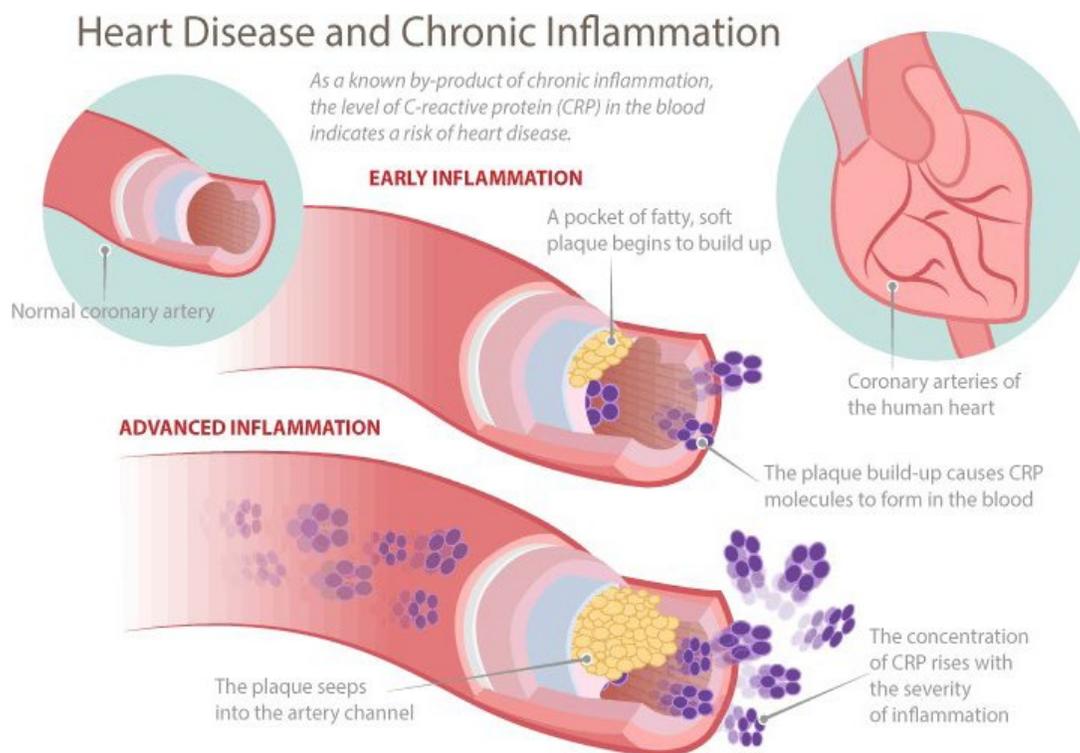
Some study participants subjectively reported feeling better after just one grounding session, while most thermographic images showed up to 80 percent improvement within two to four weeks of two to three thirty minute sessions per week. With ongoing grounding over months, many participants continued to report great relief from pain and in some cases, a complete disappearance of inflammatory symptoms.

About twenty five years ago, two Australian researchers, Barry Marshall and Robin Warren, explored the role chronic inflammation plays in disease. They concluded that stomach ulcers were caused by inflammation triggered during bacterial infection and not by spicy food or stress, as was commonly believed. Their discovery spurred serious attention and earned the researchers a Nobel Prize.

In the mid-1800s, German pathologist Rudolph Virchow proposed that inflamed and injured arteries may be the source of heart attacks. Sadly, his theory gained little attention especially after the cholesterol-heart disease connection merged in the twentieth century.

However, many experts are reconsidering Virchow's original inflammation hypotheses since evidence shows that half of strokes and heart attacks occur amongst people with normal cholesterol levels.

Today, over a decade after Clint Ober's first study exploring the affects of Earthing was published, there exists more science validating his gut feeling than ever before. Although much has yet to be learned, the positive results in earlier studies has prompted deeper and more sophisticated research that explores Earthing's affect on the human body. With each published study, it is becoming scientifically clear that Earthing is something special that offers a multitude of physiological benefits.



# CHAPTER 5

## HOW CAN I STAY GROUNDED?

Ever wonder why it feels so nice to walk barefoot along the sand or through a grassy meadow? Of course, the fresh air of the great outdoors plays a part but so too does the scientific fact that you're synchronizing with Earth's electric frequency. Nature is designed to work this way.

One of the impressive things about Earthing is that it's super simple to do since the human body is designed and wired for the intake of Earth's energetic field.

The sole of the foot, for example, has the highest concentration of nerve endings (which are conductive) than any other area on the human body; it has the most sweat glands too. These physiological features were purposely included in the makeup of human anatomy to promote the flow of electrons from the ground into the body.



## BACK TO YOUR ROOTS?

Thanks to human physiology, Earthing is super simple to do. Sitting, lying, standing or walking with direct skin contact with the ground is the easiest way to connect with the earth.

Like most things in life, the more time you dedicate to Earthing, the more health benefits you may reap. To enhance the Earthing experience you can encourage conductivity by dampening the area where you're going to ground with water.

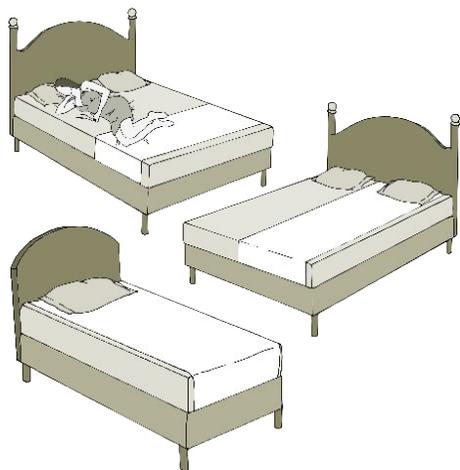
For those days when poor weather keeps you indoors, a concrete basement floor acts as a good substitute for the mighty outdoors. Concrete is highly conductive thanks to its water and mineral composition. Beware though: concrete that is sealed or painted impedes conductivity as do asphalt, carpeted, vinyl and wood surfaces.

Swimming in the ocean is another excellent way to Earth thanks to salt water's rich mineral count. Although fresh water also possesses grounding properties, wading in salt water is best as it is more conductive than fresh water.

# EARTHING IN A WORLD UNCONNECTED

Traditionally, humans spent a large part of their days physically connected to Earth, whether walking barefoot or sleeping directly on the ground. The reality of our contemporary lifestyles, however, can make connecting skin to Earth challenging.

When Clint Ober was forced to perform his own scientific research, he had to develop devices that grounded humans while indoors. These scientific tools have made their way to the home with various products available, all of which function in the same manner; they are connected to Earth's frequency through a grounding rod or port of a grounded electrical outlet. You can think of these innovative products as Earth's extension cords.



## EARTHING PRODUCTS

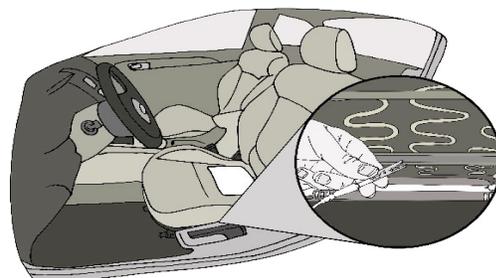
Earthing sheets are a practical way to ground as they are designed to keep you in tune with Earth's electrical frequency while you sleep. Earthing sheets, available in full or half size, are praised for yielding great health benefits. Research indicates that sleeping while Earthed substantially reduces oxidative stress and inflammation.

Earthing sheets are easy to use too. Just place the sheet on top of your mattress, connect the sheet to a grounded electrical outlet with a connection cord and jump in bed for a grounded night rest.

Universal Earthing mats are another low maintenance way to Earth and their diversity provide an element of convenience.

The Earthing recovery bag was especially designed for the Tour de France cycling teams to accelerate recovery from extreme physical activity. The bag is very practical to use – just slip between the top and bottom sheets, like a sleeping bag, while resting. It is easy to roll up and pack into the small cloth tote which has made it popular amongst travellers too.

Earthing body bands and electrode patches, similar to those used for electrical activity diagnostics like an EKG, are used to promote healing and reduce local discomfort and inflammation. The patches are attached to the skin close to an area of acute pain or injury. Early grounding study participants refer to these as the 'magic pain patch' while many athletes consider them highly effective against strains and other minor injuries.



Auto seat pads are designed to help ease driver fatigue and tension. The pad provides a semi-Earthing effect by connecting to the metal frame of the vehicle.

# CHAPTER 6

## IS EARTHING FOR ME?

**FYI** – Any individuals on medication to regulate blood sugar, thin the blood, control blood pressure, or supplement thyroid activity should consult their healthcare provider before using Earthing products as an adjustment in medication may be necessary.

Most anyone can benefit from Earthing, whether as a form of treatment for many different ailments or as a preventative measure to help keep you on the road to optimum health.

As more research exploring Earthing's effect on human health continues to accumulate, it is becoming clear that it has massive (and simple) potential to help many people.

## WOMEN



Women tend to respond especially well to Earthing, although there is a lack of scientific evidence explaining why; it could simply be a case of women's intuition at work.

Many women often report that they feel and look better after sleeping grounded for a prolonged period of time. Brighter eyes, more radiant skin and an overall increase in vitality are some of the claims.

The impact Earthing has on physical appearance has yet to be studied specifically but some experts deduce that its positive aesthetic effects could be the result of a combination of factors:

- Reduction of pain and stress
- Improved sleep patterns
- Elimination of an electron deficiency which leads to more balanced bodily functions

Another area that has received an impressive amount of positive feedback is Earthing's effect on PMS and menopausal symptoms.

Amanda Ward, a naturopathic doctor based out of Encinitas, California claims that she began to notice a significant improvement with her 'horrible PMS' symptoms after just two months of Earthing.

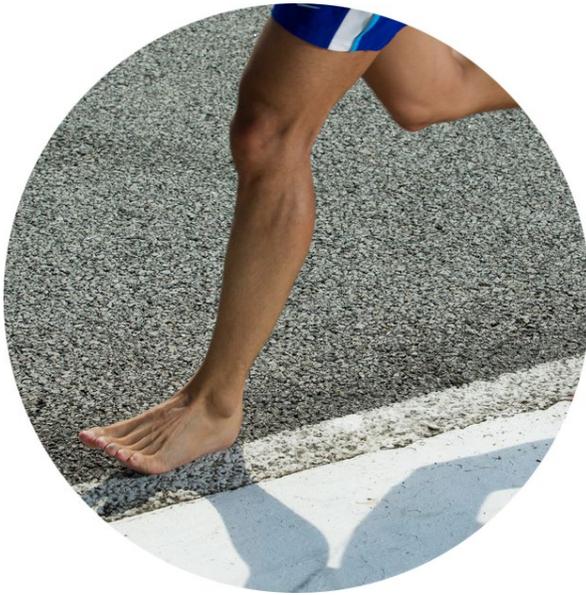
Pre-Earthing, her periods were uncomfortably heavy with severe pain and cramping that often forced her to stay home from work and miss out on social activities.

‘Nothing I tried was helping me much, even though I have a lot of tools at my disposal as a health practitioner.’

Post-Earthing, Ward began to notice her periods improving a little bit more every month. After about a year, she claims that her menstrual difficulties diminished almost completely.

Many women praise the positive effects Earthing has had on their physical health. Some feedback includes:

- Fewer menopausal hot flashes
- Ability to fall asleep quickly
- Decreased PMS symptoms such as food cravings, bloating and depression
- Improved digestion and decreased constipation



## ATHLETES

Grounding has proven highly successful for athletes.

One marathon runner developed a painful blister on his foot part way through a race. Recalling the barefoot runners from Africa who have dominated the marathon-racing scene for years, he yanked off his shoes and pushed on barefoot. Not only did he finish the marathon without pain, he was surprised to discover at the end of the race that his blister had completely disappeared.

The success of grounding in one of the most challenging racing competitions in the world, the Tour de France, is extraordinary.

The grounding-cycling story starts in 2003, when Doctor Jeff Spencer, a prominent sports medicine specialist based out of Pasadena, California, contacted Clint Ober after hearing about Earthing from a San Diego doctor.

Dr. Jeff Spencer, a former Olympic cyclist, works with elite athletes and applies cutting-edge methods to support optimum health and enhance recovery from exertion and injury. During four Tour de France competitions, 2003 to 2005 and again in 2007, he utilized Earthing on the U.S. cycling team.

After experiencing the effects of Earthing for himself, Dr. Spencer recognized that Earthing could have tremendous value for the health of the cyclists at the Tour de France that he was responsible for.

He asked Clint Ober to design a prototype system that Dr. Spencer could take and use on the cyclists. The intense training program of Tour de France riders tends to make sleeping and proper rest

very difficult to attain. Without proper sleep, recovery is impeded which can cause the mind and body to breakdown which increases the potential for fatigue-induced injury or sickness.

‘The severe mental and physical strain from daily competition needs to be discharged from the body while the rider is relaxing and recovering, so we need technology available at night in order that the rider gets up the next morning fully recovered.’

Ober obliged the doctor’s request and created an Earthing device that was the answer to the doctor’s prayers. The riders almost immediately reported positive feedback that included:

- Less mental tension and stress
- Increased calmness
- Improved decision-making
- Higher morale and vitality

Dr. Spencer was also impressed with Earthing’s ability to accelerate wound healing and tissue repair. In 2005, one of his riders suffered from severe lacerations after crashing through the window of a support car that stopped abruptly. The rider’s wound was gruesome with tendons and bones showing through torn flesh. His teammates were doubtful that he would be able to continue the competition.



Dr. Spencer resorted to Earthing the injured rider while he slept in hopes of accelerating healing enough for the rider to continue the race the following day. The results were phenomenal. The rider was able to finish the next day’s race and contribute to his team’s Tour de France victory.

Acute traumatic injury is very common amongst professional athletes. Earthing has proven to help minimize injury-induced downtime as well as speed-up recovery.

‘To me, it’s obvious that any athlete should make Earthing part of his or her regular wellness program.’

Dr. Spencer also notes that many of the athletes he has grounded claim to sleep better, experience less pain and fewer mid-afternoon energy drops.

Triathletes, professional weightlifters, golfers and football players have also reported positive feedback after introducing Earthing into their intensive training programs.

# CHAPTER 7

## PRAISE FOR EARTHING

Clint Ober really was on to something when he discovered the concept of Earthing. Initially, it wasn't easy for him to gain support from the worlds of science and medicine. He had to perform his own scientific studies in order to provide the concept with any sort of legitimacy which is exactly what he did.

It didn't take long after his first study was published for research experts to notice that Ober may be onto something. Today, just over a decade later, Earthing has impressed even the most dubious experts and continues to do so as more subjective and objective evidence revealing the positive effects Earthing bestows on human health accumulates.

'What is most profound about Earthing is the element of simplicity. Anyone can try it. If you don't feel well, for whatever reason, just make barefoot contact with the Earth for a few minutes and see what happens.' ~James Oschman, Ph.D.



## EARTHING TESTIMONIALS

Dale Teplitz is a fifty-five year old health researcher who had been diagnosed with osteopenia while in her early 40s. Osteopenia refers to a condition in which bone density is below normal and can lead to osteoporosis.

For several years, Teplitz had annual-ray absorptionmetry scans that consistently showed a decrease in density in both her ankle and thigh bones. In her mid-40s, she began sleeping grounded while continuing with her annual bone-density check-ups. Every year, her bone density improved and after three years of sleeping on an Earthing bed pad, her osteopenia was completely gone. Her bone density was great.

'Probably the greatest value that I've found with Earthing is that it provides a rock solid biological platform, a basis for all the other treatments and care that I use. It makes everything else work so much better. Everybody wants a treatment for a specific problem. Earthing, though, is like a universal antidote. It seems to reset the physiological playing field, allowing the body to be its own best healer and do the job it's designed to do-repair and regenerate itself, and create energy to sustain a long and productive life.' ~Dr. Jeff Spencer

In 2000, a friend asked Clint Ober if he would ground an elderly man who was bedridden with debilitating rheumatoid arthritis. The man's hands, elbows, and feet were severely inflamed and grossly misshapen. The man suffered from chronic pain and could barely move.

Ober agreed to try to help the elderly gentleman. He adorned the patient's bed with a conductive bed sheet that was connected to a ground rod. Considering the man's condition, there was little more Ober could do.

Just over a week later, Ober got a call from the gentleman who said that a squirrel had eaten through the ground wire outside; he asked if Ober could come fix it. Ober wasn't sure how the bedridden gentleman knew that a squirrel had chewed through the wire outside but he agreed to go by and fix the connection.

'When individuals are grounded, injuries lack much - and I mean much - of the typical degree of pain and redness. Tissue repair is accelerated.' ~Dr. Jeff Spencer

When he arrived at the hospice, Ober found the man leaning against the front door awaiting Clint's arrival. The man claimed he was feeling much better, despite only ten days having passed. Ober went on to fix the wire and he later learned from his friend that a year later the gentleman was still using the bed pad and his rheumatoid arthritis had improved immensely.

The man was able to perform household chores, tend to his fireplace, and even carry firewood into the house. The swelling had decreased and he was substantially stronger. The gentleman once said to his friend: 'I feel I no longer have disease in my body.'

The elderly gentleman continued to sleep on the grounding bed pad until he passed away five years later.

'My clinical impression is that Earthing helps decrease inflammation in people with autoimmune disorders. I have seen it make a difference for people with depression and anxiety. At the Tree of Life Rejuvenation Center, we recommend that everyone who comes here for treatment sleeps on grounding sheets, and everyone benefits in some way or another. People are more relaxed, sleep better, and have more energy as a result.' ~Gabriel Cousens, M.D.

David Wolfe is a thirty-nine year old speaker and author on healthy living. He was immediately impressed with his Earthing experience after a stubborn infection he had had on his toe for nearly eight years virtually disappeared two days after using his grounding pad.

Wolfe also noted a rapid improvement in his allergies that were at times so severe he would be left incapacitated for days on end. He does note that improving his nutritional intake has helped his allergy but he also claims that,

‘Earthing has been like the coup de grace. I’ve gone through two pollen allergy seasons now without any problem. No symptoms. The feedback I have from patients is now so strong that I know predictably, as a doctor, this [Earthing] will change a person’s life. Maybe three out of nearly one hundred patients have said they didn’t notice any difference.’ ~David Gersten, M.D., practitioner of nutritional medicine and integrative psychiatry

‘Ever since I have been working grounded my clients tell me routinely that they experience a higher level of energy afterward for an extended period of time.’ ~Katherine Van Hatten, seventy-one year old massage therapist and acupressurist who has been practicing her trade while grounded for over five years.