

GROUNDING

Earthing...reconnecting with the Earth's electrical charge

What is grounding

- Therapeutic technique that involves walking barefoot on the ground, whether it be dirt, grass, sand or unsealed concrete
- To “ground” means to electrically connect to the Earth. This is achieved via the transfer of negatively charged electrons from the Earth’s surface into the body, especially on the surface of red blood cells

Grounding surfaces

- Sand (beach)
- Grass (preferably moist)
- Bare soil
- Concrete and brick

Non-grounding surfaces

- Wood
- Rubber, this includes synthetic shoe soles
- Plastic, vinyl
- Asphalt, tar or tarmac



Benefits of grounding

- Improved blood flow, this includes improved facial and abdominal circulation. Better facial blood flow = enhanced and youthful complexion.
- ↓ Red blood cell aggregation (less clumping, a more desirable viscosity), leading to blood thinning effect.
- Antioxidant effects - negatively charged electrons in the Earth neutralize positively-charged free radicals, leading to reduced inflammation and faster wound healing.
- ↓ Levels of the stress hormone cortisol, leading to:
 - * Calming effect on the body
 - * ↓ Blood glucose via increase in glucose utilization by the cells in non-insulin dependent diabetes mellitus. This results in improved blood sugar regulation.
- Improved quality of sleep
- ↓ Chronic pain