

# Earthing

Presented by: Heidi Osterman

## What is it?

All modern electrical systems are connected to the earth for stability and safety (Menigoz et al., 2020). Even if you don't know a lot about the electrical industry, you are probably familiar with the term, "grounded". An example is a grounded outlet in a home to avoid fires, blown appliances and electrical shock.

**Earthing**, also known as Grounding is when the human body connects with the natural electric charge of the earth, also known as electrons. When you are grounded by the earth, these electrons transfer to the body and neutralize free radicals which are unstable and cause chronic inflammation.

## Who Started it & Why?

Clint Ober, known as the "Father of Earthing" has dedicated over 20 years of his life researching the benefits associated with Earthing. Ober believes that synthetic rubber soles on shoes is the most destructive invention man has ever made because they have insulated us from the earth. He reminds us that synthetic rubber wasn't invented until 1960 (The Earthing Movie). Prior to that, people were grounded most of the time (Sinatra et al., 2023).

## Why does it matter?

Inflammation is a response to infection or trauma in a localized area. The Immune system recognizes the infection or trauma and removes the damaged cells. When inflammation lasts long-term, it can compromise the function of healthy tissue and weaken the immune system.

## What does research say about it?

Research shows that this connection between the human body and earth promotes natural healing. The unique frequency the earth provides is similar to how we use the frequency from the sun to make Vitamin D.

When our body connects to the earth's charge, it stabilizes physiology at the deepest level. Along with reducing inflammation, research has shown it reduces pain and stress. Research also shows Earthing improves sleep, energy and blood flow. The results are often rapid (Menigoz et al., 2020).



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## How do you do it?

Some researchers believe that Grounding or Earthing is the best kept secret for health and that could be the modern anti-inflammatory antidote for man (Sinatra et al., 2023). Grounding or Earthing is virtually harmless, free, easy and provides incredible health benefits. All ages can benefit from earthing (Menigoz et al., 2020). To Earth or ground, you just need to touch a conductive surface!

*Although the body is conductive, Grounding does not work on all surfaces*

### Conductive surfaces include:

- Soil
- Grass
- Sand
- Gravel
- Concrete and rocks that are **touching the earth**
- Living trees, plants and bodies of water like lakes and streams

### Non-conductive surfaces include:

- Asphalt
- Vinyl
- Plastic
- Sealed Concrete
- Wood Decking
- Living plants inside the home are not conductive (because they are no longer touching the earth's surface)

## What if you don't want to go outside?

Another way of Earthing is through the use of conductive Earthing Systems such as grounding mats, grounding sheets and patches. You can use these products while you are sitting or sleeping. These types of products are available to purchase from several vendors (Menigoz et al., 2020).

## How can you learn more about Earthing?

If you are interested in learning more about Earthing, I would recommend watching the documentary, The Earthing Movie. In my opinion, Earthing is under-utilized and under-valued. New research is emerging all the time.



# Benefits of Earthing

## **Insomnia: Ground in the First Morning light:**

Grounding to the earth helps resync your circadian rhythm to the planet. Syncing your circadian rhythm helps calm brain waves, boost sleep quality and normalize cortisol. If you are having trouble sleeping at night, try to make a habit of grounding in the morning light.

## **Digestive Issues: Eat Meals Grounded Outside:**

Food intolerances, food sensitivities and inflammatory bowel diseases are increasing. Grounding decreases inflammation, which includes your gut. It also allows your food to be digested more easily. Grounding also increases blood flow which will enhance your gut absorption. Try eating one meal a day while grounding outside.

## **Back Pain: Physical Therapy from the Earth:**

Back pain is very common. No matter what treatment plan your physician recommends, grounding can be used to expedite recovery and decrease pain from injury and inflammation including pain in ligaments and tendons. You can simply lay on the ground or include some gentle stretching.

## **Joint Issues: Grounding in the Water:**

Natural bodies of water are all grounded. Taking weight off an area of injury allows it to recover by removing the force of gravity from your joints.

## **Stress and Burnout: Enjoy a Grounded Vacation:**

Stress impacts our health. Even if you don't realize it, most vacation spots feel good because people are grounded...beaches, camp grounds and lakeside resorts.

## **Anxiety: Ground During a Panic Attack:**

Grounding immediately starts to stabilize the autonomic nervous system, which has the power to regulate a racing heart and deepen breathing. Grounding is a healing tool that can provide instant support when needed.

## **Heart Disease:**

Adding a grounded form of exercise to your daily routine is a way to enhance the effectiveness of your healing plan for free. Try doing yoga, tai chi, or lifting weights outside. Grounding on the earth's surface can help naturally increase circulation and blood flow. It has also been shown to decrease viscosity, increase heart rate variability and reduce soreness after exercise.



## **Depression: Daily Grounding:**

Grounding is an uplifting experience. It boosts mood and energy levels and can work together with any therapy, medication or other treatment for depression. Try to choose hobbies that get you outdoors such as gardening, bird watching or nature photography. Also try doing activities outside like journaling, reading or listening to music.

## **Sources:**

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