

All About Grounding



Grounding, sometimes called Earthing, refers to direct physical contact with the Earth. This contact connects us to the Earth's surface supply of electrons. Studies show this contact promotes physiological changes in the body.



Health Benefits of Grounding:

- *Decreased levels of inflammation and pain*
- *Reduced stress levels*
- *Improved circulation*

All living things on our planet are connected to the Earth's electrical energy - except humans living in industrialized societies. In these societies, it is rare to walk around barefoot.

Shoes are insulating us from the electrical contact with the Earth.

So, how do we reconnect?

CHALLENGE:

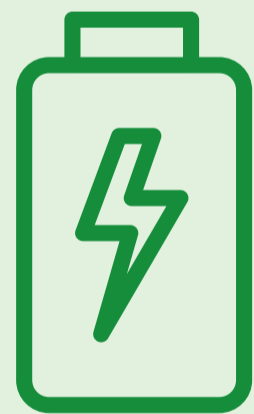
Go outside barefoot for 30 minutes. Lay, walk, stand, or sit on conductive surfaces and see what a difference it can make on your pain and stress levels.

Conductive Surfaces:

- Soil
- Grass
- Sand

Non-Conductive Surfaces:

- Wood
- Vinyl
- Asphalt



Want to learn more?



Grounding the Human Body: The Healing Benefits of Earthing



PubMed Article on the Effects of Grounding



Grounding: Exploring Earthing Science and the Benefits Behind It