

Earth RX:

Healing (Literally) From the Ground Up

by Martin Zucker

Summertime is here again and with it the annual Surge to kick off one's shoes and traipse barefoot on the grass, in the garden, or along a wet sandy beach. When you did so in the past, did you ever notice a slight tingling or warmth in your feet or a feeling of overall well-being? If so, you were experiencing the gentle, pulsating electric energy of the earth.

Until now, the distinct benefits of this energy have remained largely unknown. Thanks to Clint Ober, a pioneer of the cable TV industry, the benefits are finally coming to light, and they are plentiful and powerful. Mr. Ober can claim no scientific training, but his inquiring mind and persistence have seemingly resulted in the discovery of one of Nature's great healing secrets: The energy of the Earth, if we directly connect to it, has the potential to relieve chronic pain and insomnia, help normalize high blood pressure, speed recovery from trauma and surgery, and minimize many common symptoms of illness.

The details of this fascinating discovery, the landmark scientific research behind it, and dramatic stories of dozens of people literally healed by the Earth, are contained in a new book called *Earthing: The Most Important Health Discovery Ever?* As a health writer, I have had the privilege to co-author the book with Mr. Ober and holistic cardiologist Stephen Sinatra, MD.

Here is the amazing story in a nutshell:

At one time, Mr. Ober headed the largest cable TV installation company in the U.S., a stunning achievement for someone who had dropped out of school as a teenager to run the family farm in Montana after the death of his father. Later, as a young man, he entered the fledgling cable business and became

a highly successful entrepreneur as cable service expanded dramatically across America's towns and cities. At age 49, and at the height of his career, he suddenly became gravely ill. An abscess nearly destroyed his liver and his doctors gave him little hope to live. A longshot experimental surgery saved his life, however, and afterward, Mr. Ober made a slow recovery. As he regained his strength, he decided to shed his possessions and seek a higher meaning in life. For four years he wandered around the U.S. in an RV looking for his calling. One day in 1998 he found it.

While sitting on a park bench in Sedona, Arizona, and watching the passing parade of tourists, Mr. Ober became aware that almost everybody wore synthetic-soled shoes. He innocently wondered if such footwear could have an effect on health. It occurred to him that he and most everyone else around him were insulated from the electrical surface charge of the Earth because of the rubber, plastic and synthetic blend of materials used in the manufacturing of shoes. These substances are insulating.

His thoughts went back to his years in the cable business. Before cable, you may remember, TV images were commonly beset with annoying flecks, "snow," and moving black lines, symptoms of electromagnetic interference. In the cable industry, systems in every home are grounded and shielded to prevent outside signals and fields from interfering with the transmission carried through the cable. Grounding is a global practice of connecting electrical systems in homes, buildings, and industry to the Earth's energy field—via a ground rod placed in the Earth immediately adjacent to the house or building—in order to provide electrical stability and protection from errant electrical charges.

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THE FIRST EXPERIMENT — BETTER SLEEP, LESS PAIN

Could this natural energy field also protect the body from ubiquitous and chaotic man-made electromagnetic fields (EMFs), the byproducts of modern wireless, cordless, and wired living, and suspected by some researchers to be an insidious health hazard? Could the Earth provide stability to the body as it does to electrical systems? These thoughts went through Mr. Ober's mind. He knew that the body is electrically conductive, so he performed a simple experiment on himself. He rigged up a crude conductive grid made out of metallic duct tape to fit on his bed. He then attached an alligator clip to the grid, connected a wire to it, ran the wire out the window, and fastened it to a metal ground rod planted in the Earth outside. He first measured the voltage on his body induced by the EMFs emanating from adjacent wiring and electrical devices. Then he lay down on the grid and measured once again. When thus grounded, he discovered, the voltage on his body was near zero, the same as the voltage, or potential in electrical terms, as the surface of the Earth. The next thing Mr. Ober knew was that it was morning. He had fallen asleep and slept soundly for the first time in years—and without a pill. This was a big deal. He suffered with constant back pain and disturbed sleep. He often took painkillers to fall asleep and again in the mornings to get through the day.

Mr. Ober repeated the experiment nightly for a week or so with the same results. Moreover, he noticed his pain had decreased significantly. Excited and intrigued by what he had found, he told some local friends about his little experiment. They asked if he would make them a similar grid for their beds. He did, and those who had sleep and pain issues had the same results: better sleep and less pain.

Mr. Ober contacted university sleep researchers looking for an explanation. Nobody knew anything and nobody was interested in the observations of a non-scientist. Some of them laughed at him. He decided to find the answers himself. Armed with tips he received from friendly undergraduate research students, he set off, a total amateur, on a scientific adventure that continues to this day. Now,

twelve years later, he has inspired and brilliantly organized multiple studies with biophysicists, electrophysiologists, and medical doctors. The research has resoundingly validated effects that go way beyond his initial personal observations of better sleep and reduced pain. The studies clearly show that the Earth beneath our feet has a very special energy that can potently influence the delicate balance between health and illness, and the prospect of living longer and better.

THE GROUND IS ALIVE WITH ELECTRONS

It is an established scientific fact, though not widely known, that the surface of the Earth—oceans, lakes, and land alike—possesses a limitless and continuously renewed supply of free or mobile electrons generated by global solar radiation and lightning strikes. Nobody has ever seen an electron but the ground teems with these negatively charged subatomic particles. When you make direct physical contact with the surface of the Earth and its omnipresent electrons you are on the receiving end of something very medicinal and healing.

The studies and observations over the years reveal that the surface of the Earth is really one big treatment table! The problem is that although we live on the Earth we are largely separated from it by artificial barriers, namely the synthetic shoes that insulate us from the energy beneath our feet. Throughout most of history, humans walked barefoot and slept on the Earth. We don't do either anymore, at least most of us living in the developed world. Our species, like all animals, evolved in contact with the Earth. Now we are disconnected. As a consequence, we may be suffering more than we can imagine.

Earthing, or grounding as we alternatively call it, refers to Mr. Ober's discovery of significant health benefits resulting from reconnection with the Earth's natural surface electric energy. Contact is as simple as walking barefoot outside, or sitting, working, or sleeping indoors connected to simple conductive systems that he developed and which transfer the outside ground energy inside. These indoor devices connect via a wire to the third hole of a properly grounded electrical outlet inside homes and offices,

or to a ground rod outside. They incorporate carbon or silver mesh to conduct the Earth's energy — major advancements from Mr. Ober's original bed grid made of metallic duct tape. The devices include conductive sheets or mats allowing you to sleep "grounded" in your bed as well as floor or desk pads allowing you to work or relax grounded.

Thousands of people — adults and children — have benefited from these systems for more than a decade. Their experiences, as documented in the book, are extraordinary. For instance, victorious American-sponsored cycling teams at recent Tour de France competitions used Earthing "sleeping bags" to recover dramatically faster than normal from injuries and grueling competition.

THE MECHANICS OF EARTHING

The ongoing research has shed light on the mechanics involved in the often dramatic improvements to health and overall well-being that people experience. Here is what we know:

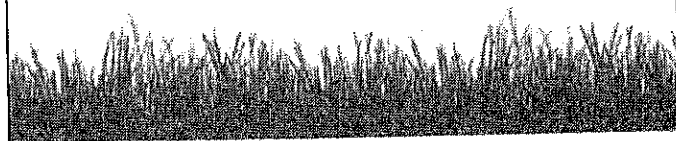
- We all live and function electrically on an electrical planet. We are each of us a collection of dynamic electrical circuits. In the living matrix of our complex bodies, trillions of cells constantly transmit and receive energy in the course of their programmed biochemical reactions. The movement of nutrients and water into the cells is regulated by electric fields, and each type of cell has a frequency range in which it operates. Your heart, brain, nervous system, muscles, and immune system are prime examples of electrical subsystems operating within your "bioelectrical" body. The fact is, all of your movements, behaviors, and actions are governed by electricity. Earthing research demonstrates that connection to the Earth initiates an instant electrophysiological shift inside your body indicative of improved blood, nervous system, immune system, and muscular function.
- In the world of electricity, electrical systems such as in a house or building are connected to the earth's surface — they are "grounded" — to provide

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THE BENEFITS OF EARTHING

For more than ten years, Earthing research and feedback from individuals who have grounded themselves, primarily while sleeping at night, demonstrate a multitude of benefits. Here is a short list of them:

- Improvement or elimination of the symptoms of many inflammation-related disorders
- Reduction or elimination of chronic pain
- Better sleep and faster to sleep
- Increased energy
- Lowered stress and more calmness by cooling down the nervous system and stress hormones
- Normalization of the body's biological rhythms
- Thinner blood and improved blood pressure and flow
- Muscle tension and headache relief
- Lessened hormonal and menstrual symptoms
- Dramatically faster healing and reduction/prevention of bedsores
- Reduction/elimination of jet lag
- Protection against potentially health-disturbing environmental electromagnetic fields (EMFs)
- Accelerated recovery from intense athletic activity



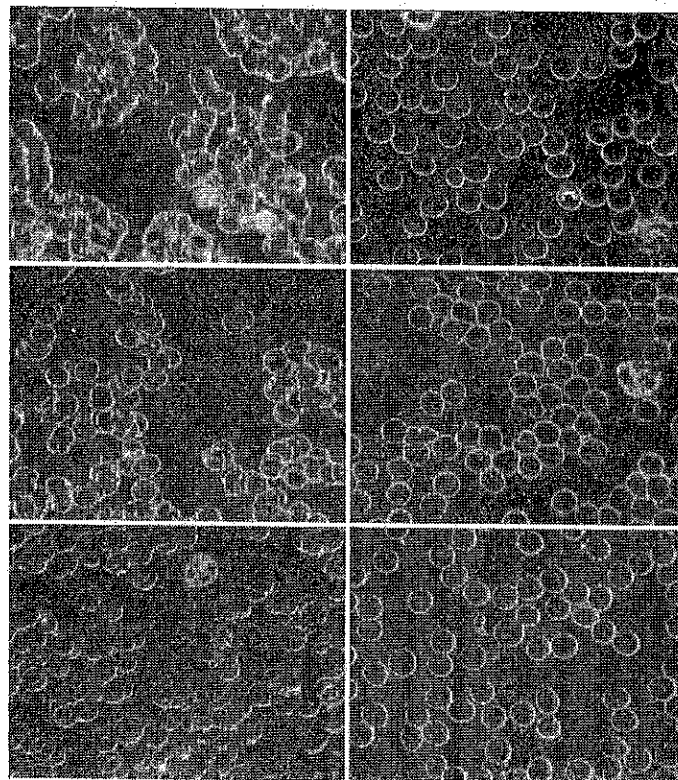
a certain level of safety to humans and property in case of occurrences such as lightning and line surges. Without a ground, appliances or sophisticated medical devices often can't work properly. Similarly, when connected to the Earth, the body directly receives an electric signal that normalizes and stabilizes its many biological systems and mechanisms, including the release of the stress hormone cortisol and other hormones that regulate sleep and activity.

- This signal also appears to be the source of free electrons. The hypothesis put forward by the scientists involved in Earthing research is that the transfer of negatively-charged electrons into the body quenches or neutralizes positively-charged, electron-seeking free radicals that stoke chronic inflammation and pain. This is apparently how sleeping grounded typically reduces or eradicates long-term pain, ranging from headaches and sciatica to autoimmune conditions like rheumatoid arthritis, lupus, fibromyalgia, and multiple sclerosis. Current biomedical research regards chronic inflammation as the culprit behind almost every modern chronic illness. The Earthing studies suggest that the mightiest anti-inflammatory on the planet may be the planet itself and that destructive chronic inflammation may be the result of an electron deficiency remedied by contact with the Earth's infinite reservoir of free electrons.

FROM THICK TO THIN BLOOD IN FORTY MINUTES

Dr. Sinatra conducted an informal experiment in his home in 2008 with a group of 12 colleagues. Among them were clinical physicians, PhDs working in the medical field, nurses, an attorney, two artists, a personal trainer, and Mr. Ober. The experiment involved taking a drop of blood before and after forty minutes of grounding in his living room via electrode patches attached to the body, which simulated being outside barefoot on the ground.

Afterward, a medical expert examined the fresh, unstained blood under a darkfield microscope.



The reproductions above represent darkfield microscope images of blood taken from three individuals who participated in Dr. Sinatra's Earthing experiment. The images on the left side represent blood prior to grounding, and on the right side following forty minutes of grounding. The pictures clearly show a dramatic thinning and decoupling of blood cells.

These microscopes divert light through the optical system so that details appear light against a dark background. The technique allows viewing of "live time" cellular dynamics and conditions of blood not normally analyzed through routine tests.

The pictures shocked Dr. Sinatra and his guests. The after-grounding images showed that blood dramatically changes within a short period of time after an individual is in contact with the Earth (See photos above). Specifically, there were considerably fewer formations of red blood cells associated with clumping and clotting—the blood appeared to be thinner. "All of us present except one person in the room had various degrees of thick, sludgy blood before Earthing," Dr. Sinatra said. "The one with

the best blood of anyone present, before or after grounding, was Clint Ober—someone consistently Earthing himself day and night for years!”

Viscosity is a term referring to the consistency of blood and how well, or not so well, it flows through the circulatory system’s thousands of miles of blood vessels. Thick, “ketchupy” blood can’t make it through efficiently to deliver oxygen and nutrients, and carry out the wastes. In 2009, Dr. Sinatra participated in a fascinating Earthing study on blood viscosity showing that Earthing significantly improved the electrodynamics of red blood cells, resulting in better blood flow and the ability of the cells to repel each other and prevent unwanted clumping and clotting. The study will be published later this year.

Dr. Sinatra strongly believes these results suggest great promise for improving arrhythmias, blood pressure, circulation, and the vital pumping activity of the heart. Many such improvements have already been reported anecdotally. He feels that individuals with heart disease and diabetes may reap huge health benefits by sleeping grounded on a regular basis. “Earthing offers the greatest support for the cardiovascular system I’ve ever seen in nearly forty years of practicing medicine,” he says. “The typical ketchup-like blood of heart patients and people with diabetes is full of inflammatory agents that damage the sensitive and critical lining of blood vessels. If you can reduce the inflammation, and thin the blood and make it more like the consistency of wine, you remove a colossal risk factor for heart attack and stroke. Earthing appears to do this, and more, naturally. That’s why I am so excited.”

MY OWN EARTHING EXPERIENCE

On a daily basis, I hear from people who express their utter amazement at how something so incredibly simple can be so profoundly healing. One of my friends, a very skeptical lawyer, resisted the idea for a long time. Finally, because of a painful lupus condition, she decided to try sleeping grounded. She wrote me recently to say that she has been essentially pain free and has her life back. At a

routine checkup six weeks after she started sleeping grounded, her doctor said he couldn’t find any signs of lupus in her workups.

A woman who assists me with my writing work says she hasn’t had fibromyalgia pain since she started sleeping on a grounded sheet. People have told me they have less allergic symptoms and less snoring (or even disappearance of snoring). The diabetic mother of a colleague no longer wakes up at night with throbbing pain from impaired circulation. I gave a conductive sheet to a doctor friend of mine and she called me excited the next day to say she had slept “fantastic, better than I ever have for 60 years.” You cannot believe how gratifying it is to hear these kinds of things.

As for myself, I have experienced two noticeable benefits. I used to have a sporadic kind of restless leg syndrome — annoying twitching in one or both legs that would interfere with falling asleep. The twitching stopped immediately after I put a grounding sheet on my bed two years ago. I also don’t get up now nearly as often as I did before at night to relieve myself. Men my age (I’m 72) and even much younger commonly have an enlarged prostate that sends them multiple times to the bathroom to urinate at night. Now I usually sleep straight through or get up once, and only rarely twice. Two friends around my age reported the same reduction in nocturnal urination since they started sleeping grounded. My wife sleeps grounded and also grounds herself during the day when she relaxes. She has had significant relief from her musculoskeletal problems by doing so.

Biophysicist James Oschman, PhD, and electrophysiologist Gaetan Chevalier, PhD, make the comment that Earthing opens up a vast frontier of anti-aging possibilities: “The anti-aging prospect is clearly one of Earthing’s most attractive aspects.” I can certainly vouch for that prospect as a reality!

This summer, when you go out-of-doors, try a little experiment. Seek out a plot of grass, sand, gravel, dirt, or (unpainted) concrete. Take off your shoes and

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socks and stay there for a while. Read a book, listen to music, whatever. But keep your bare feet planted on the ground. Give yourself a half hour or, better yet, an hour. If you have any pain, make a mental note of the intensity before and then after. You will be very surprised and a light bulb will go off in your mind. The ground under your feet is medicinal! 📖

EARTHING RESEARCH

The studies to date on Earthing provide proof of the concept for the Earth's surface energy having significant physiological and health benefits. They include the following:

- Sleeping grounded normalizes cortisol (the stress hormone) and improves sleep. Ghaly M., Teplitz D. *J Alt Comp Medicine*, 2004;10(5)767-76.
- Electrons move from the Earth to the body when the body is grounded and grounding powerfully reduces EMFs on the body. Applewhite R. *Euro Biol Bioelectromag*, 2005;1:23-40.
- Earthing produces unique electrical function in brain and muscles. Chevalier G, Mori K, Oschman JL. *Euro Biol Bioelectromag*, 2006;600-21.
- "Expressways" of electrons transfer from the Earth into the body and run through highly conductive water-control meridians (involving K-1 and UB). Chevalier G, Mori K. *Subtle Energy & Energy Med*, 2007;18(3):11-34.
- Electrophysiological measurements indicate more efficient cardiovascular, respiratory, and nervous system function. Chevalier G. *J Alt Comp Medicine*, 2010; 16(1):81-7.
- Less inflammation, faster recovery from exercise-induced delayed onset muscle soreness. Brown R, Chevalier G, Hill M. *J Alt Comp Med*, 2010;16(3):1-9.
- Preliminary results from in-progress animal study show significant improvement of biochemical factors associated with metabolic syndrome in humans.
- For additional information, refer to *Earthing* (the book) and visit the website earthinginstitute.net.

ABOUT THE AUTHOR



Martin Zucker has written or co-authored numerous books and many magazine articles in the health field for more than thirty years. His latest book is *Earthing: The Most Important Health Discovery Ever?* (Basic Health Publications, 2010). He is a former Associated Press newsman.



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EARTHING: THE MOST IMPORTANT HEALTH DISCOVERY EVER?

Clinton Ober, Stephen T. Sinatra, MD,
and Martin Zucker.

Foreword by James L. Oschman, PhD

Are you electron deficient? You are if you have sickness, pain, and inflammation. Learn how Nature's original anti-inflammatory, the Earth itself, can remedy your deficiency and improve your health, energy, and sleep. If possible, read this book sitting with your bare feet directly on the Earth—grass, gravel, dirt, sand, or concrete.

You will simultaneously experience what you are reading about—how contact with the Earth restores your body's natural electrical state. The positive shift you feel is the start of a process in which your body slowly becomes infused with the Earth's omnipresent and ever-present healing energy. This is "Earthing," a remarkably simple, safe, and natural act of reducing pain and stress.

260 pages, softcover.....\$18.95

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