

SECOND EDITION

# Earthing

The most important  
health discovery ever!



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## Earthing: The Most Important Health Discovery Ever!



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This effect has substantial health implications because of the well-established link between chronic swelling and all chronic illnesses, including the diseases of ageing and the ageing process itself. 'Earthing' introduces visitors to the landmark discovery that surviving in connection with the Earth's organic surface charge - being grounded - normally discharges and stops chronic inflammation in your body.



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This Book Made Me personally Furious I was blown away when I browse this book.) I have had insomnia for approximately a year, since I moved into a house where there was a good Meter on my back bedroom wall. It really does but Personally i think awkward telling people about it. Not sure if this has something to do with it or not, but in the event that you read all the horrific health issues people are having regarding sensible meters, it is most likely the likely culprit. We have completely gone against character and we have been reaping the benefits of this in the types of illness, disease and death. And at this point, I am not so sure we don't deserve it. But I highly doubt it at this point. They're developed from small daily sins against Character. When more than enough sins have accumulated, ailments will suddenly appear. I've for many decades walked barefoot at sunrise, celebrating my deep connection with NATURE. I also ordered an earthing package (fifty percent sheet and mat, cords and testers) through Earthing Dot Com therefore i could do it at night as well. (It is possible to by the earthing package on Amazon aswell but after telling several people about it, it appears the kit will not always come with the book or directions enjoy it does when you get directly from their website. And then I got angry. This publication makes complete sense if you ask me as to one of many reasons why people are so sick nowadays. Instantly when I started grounding myself during the day and night my insomnia seems to have totally disappeared. I slept almost 9 hours the first night time I had it that is unreal if you ask me. It only is a little over weekly now of utilizing the earthing products. But I feel great. Instead of only getting 5-6 hours of restless sleep, I have already been getting 7-8 of really deep/good sleep. Yes, I realize it may be a placebo impact. This quote in the book is quite fitting: "Illnesses do not come upon us out of the blue. Time will show if it is or isn't. He became a Chiro to help his discomfort, but NOTHING worked such as this does. I tried from hypnosis, music, supplements, diet, etc but nothing worked to assist my sleep. I was beginning to develop memory problems due to being rest deprived. I am not noticing that any more. I do believe this is one of the best health books ever written. I am amazed. Best book I ever bought! My friends and family have been certainly shocked with my transformation over this past month. Sometimes it would be so wonderful outside that I'd fall asleep and awaken the next morning outside. Right now you can view "Grounded" on Youtube for free. Maybe 1 day people will really awaken to the risks of EMFs from all of our electronics like the horrible Smart Meters we have had forced straight down our throats by the NWO and the electric companies. In 3. They state I'm like a brand new person from not only my appearance but with becoming more social and positive.] I'm Embarrassed to Admit How Well This Works. And unfortunately we have been taking the animals and the planet down around. Earthing is probably correct up there with eating a good diet with regards to our health. My 5th purchas! My family had HUGE health adjustments due to earthing. Sleeping better/much less pain on their grounding sheets and pc mats. Much less peeing in the center of the night. I make the bed sheets for them from Argen mesh fabric lessemf.com, (3 ft is good for 2 people. I understand this noises stupid and I can't help how it noises. My weight, blood pressure, glucose were all now normal when they were just high three months ago. A class action lawsuit is considerably overdo.5 mos my fibro is 90% better. Ideal for dental health after five years of grounding with the earthing pad there is absolutely no even more gum inflammation or receding gums. I have more energy in the day right now as well. This is a perfectly organized reserve and explains stuff in a manner that most can follow and understand . The you-tube film: "Grounded - the documentary" is a MUST. Get a fit little bit and see how your sleep changes. It doesn't require health insurance, a prescription from a health care provider, or any difficult remedies. My sleep quality provides consistently gotten worse since I completed College and got a job. I used to go outside continuously and many moments barefoot since I resided near a seaside. And I also recommend watching the documentaries which were performed by the same individuals who wrote the publication known as "Grounded" and "Heal For Free". I never had any problems with sleep during my younger years but after graduating, getting a work and trying to function my way up the ladder I became ill. I no more lived near a seaside, I didn't have the time to go outside and my commute was a complete of

four hours every day. I slept maybe four to five hours a time and began to become depressed and very easily agitated. My human brain is working better. Within my desperation I ran across this book and immediately started to floor myself while reading. I observed my sense of wellbeing and energy levels drastically improved after just one single hour. I completed this publication on the weekend and was compelled to get their electrodes and blankets. My first evening with the electrodes and blanket I slept for the entire 8 hour period and didn't awaken until my alarm went off. It was like magic.) Wish they had better suggestions of fabricating shoes for grounding then producing them out of animals<sup>2</sup>. I didn't possess those circles under my eyes either. Put fitted sheet over that. I cannot recommend this book more than enough. And perhaps, just maybe one day people will understand how far disconnected from the planet earth we have really become. I simply informed them about this book and how humans have been depriving themselves of "Supplement G" aka grounding. This book covers everything you could want to know from the most current technology about why and how grounding functions for things like sleep, diabetes, weight reduction, cardiovascular disease, athletes, etc. It gives anecdotal experiences and dual blind peer reviewed research in credible journals." It really is totally something different to misrepresent what is happening with false science attempting to dupe a general public who've forgotten their 7th quality Earth Technology education. They cover all the new inventions produced from shoes, to bed linens and electrodes therefore everyone can become grounded even if they don't go outside. Lastly, it discusses the grounding revolution and how it's opened up the door for entrepreneurs to make more equipment and inventions to be grounded 24/7 and how this will end up being worldwide and eventually be used by hospitals as a kind of treatment. I anticipate the next book written by these authors and future studies as well. I will continue steadily to self-assess my very own physical and mental improvements and promote grounding to every person I meet even if they believe I'm crazy..) The book enables you to excited about the future of grounding<sup>7</sup>. Benefits<sup>1</sup>.) Easy to read book<sup>2</sup>.) Detailed description of the science at the rear of grounding<sup>3</sup>.) Interesting story on how this is found out and reached the current point of a large number of people receiving benefits globally<sup>4</sup>.) Couldn't put the book down<sup>5</sup>.) The health benefits physically and mentally for me have been lifestyle changing<sup>6</sup>. I couldn't end up being happier with the results I've received from just reading this reserve and starting my grounding adventure. CC from Fairfield IA Fake Science It isn't my job to save folks from fake technology, but that is for the handful of those who are discerning enough to check out reviews before buying. After four weeks I had a health care provider appointment and my doctor currently could visit a change in my own appearance as I experienced lost several pounds and he said I had more color. As the placebo effect is well known to work and strolling in the dirt is good for your mental health as it helps you slow down, breath, and disengage from the strain of the rat race, I'd encourage you not to spend any money on earthing products.) In the end if you would wish to read a very interesting book that may easily show you how exactly to improve your health and your friends/family members's health and want to be a part of the grounding revolution i quickly would recommend this book and several of their products that i will be reviewing very soon.[... Our stupidity is definitely our own demise... I feel weird writing this. Grounding works. Really, really angry. Ease of use Easy to move to any spot inside your home or vacation house. How can connecting with the earth heal the body. It sounds as well simple, too easy, as well good to be accurate. And I have been off of all pain medication since time five post op. I experienced surgery on Sept 19th, was discharged on the 20th, and was back at work on the 21st. After that duct tape it to the mattress cover. But if you are in discomfort, you have nothing to lose. I Received Instant Positive Results from This Publication and Shocked My Friends and Family We haven't slept well in over 10 years. Just connect with the earth and it will provide energy to heal you. Get over your embarrassment and present it a try. You will not regret it. Also helps with my lower back issues and gradually improving. Let's all get back to God's Great design. It was amazing how recovery the energies became shifting through my body. Actually I sensed their regeneration in body, brain, and spirit! After using

crutches and a walker for the 1st few days, I no more need either. As well, I ordered a little desk pad at under my key pad. Sharing their benefits shortly. For the present time, I encourage you to read the book, and open up your mind and center to the natural health advantages of Earthing! The miracle of being two weeks post total hip replacement without pain or inflammation. I am a very active 80 12 months in excellent health. I spend as much time out of doorways as possible. I grew up spending summers barefoot and would do the same today if the soles of my ft were still as solid!"~Hippocrates

After reading this book I instantly started earthing/grounding naturally in my own backyard. It had been only recently that I was launched to the "Earthing" concept, and I was thrilled to read the wisdom behind the data. I recently had my best hip replaced and a friend suggested that I take advantage of a "grounding pad" when inside. Well, I didn't hesitate, and wish to share my experience. My osteoarthritis discomfort has diminished considerably, my gums are much less swollen (as noticed by my dental practitioner), and I heal very quickly from minor accidents. All the normal swelling and pain connected with joint surgery were miraculously avoided by basically being grounded. I cannot say I know the specifics of how Earthing works, but I am living proof that it can. I've shared my good fortune with my surgeon and his staff, and I hope my experience will help many additional people later on. It is with enjoyment that I anticipate using the mattress pad, lately ordered. But I have to tell you it works to lessen your inflammation that is what causes so much of my discomfort. They look at you like you've lost your mind. I had a poor fall on my back, utilized the mat twice a day time healed very quickly. Spouse's back pain due to crushed vertebrae is normally in 35% less pain after 2 wks sleeping on the sheet. I am certainly incorporating this into my daily life and posting with others. My Earthing Experiences Earthing Rocks!) Easy to convince many of my relatives and buddies to read the bookImprovements1.) Perhaps within the next book they will have additional information on specific information on the benefits in line with the types of soil (sand, silt, clay, etc. The author's "technology" is definitely 180 degrees off- the earth is positively billed and isn't conductive as the most it is silicon based, not really metallic as claimed. That is a snake oil salesman preying on the desperate; it could be one thing if he was citing anecdotal evidence and saying "I have no idea how this functions but I have seen that it does. I just couldn't put this book down when i started getting out all the health benefits.

Earthing: Life Changing This book gives hope to individuals who suffer illness that defy modern medicine. As basic as reconnecting to the earth as our ancestors have done for ages previous, can give comfort. Have gone from cleaning every three months to once a year, which is amazing. Back to the basics by Earthing I enjoyed reading this book . I have read various other books by Dr Steve Sinatra after meeting him at a medical meeting in 2008. As your physician and cosmetic surgeon that enjoys and turns into refreshed by the outdoors , I right now understand the electromagnetic character behind my personal " recharge" after taking part in such actions. A chronic snorer w/ some sleep apnea now he occasionally doesn't snore now. I believe it is a great primer before delving into additional electromagnetic modalities such as for example PEMF . The Earth can be an endless supply of electrons. That is a must-read! After reading the book, I have walked barefoot on Mother Earth, and have used the earthing pad under my ft while working at the pc. My daily life is currently walking barefoot whenever you can and utilizing the most current products to keep me grounded while indoors.. that connection with Mother Earth.



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