

New technology, "Earthing" Book by Clint Ober, Dr. Stephen Sinatra and Martin Zucker
Videos of interviews with
Clint Ober

[~ wakefromtheillusion.org > ? ...](http://wakefromtheillusion.org/?...)

Dr. Stephen Sinatra (cardiologist)

<http://www.youtube.com/watch?v=11PC8AFrh5w>

And with biophysicist, Dr. James Oschman, specialist in Energy Medicine

<http://articles.mercola.com/sites/articles/archive/2012/04/29/james-oschman-on-earthing.aspx>

Basic, fundamental principle of Earthing is

Electron Deficiency Syndrome

we need free electrons like we get in virtually unlimited supply from the surface of the Earth when in direct contact with it - in order to reduce inflammation
but in the last 50 years especially we have been progressively isolated/insulated from that Earth contact by:

wearing synthetic soled shoes

living in houses with insulating floors, and

sleeping on raised beds

Most disease of modern civilization relates to chronic inflammation

Cancer

Heart Disease

Auto-Immune disorders

eg. Rheumatoid Arthritis, Psoriasis

Diabetes Mellitus

Alzheimer's and other Dementia Disorders

Autism Spectrum Disorders

Free radical (FR) damage

FRs - produced by WBCs to oxidize (destroy) toxins and pathogens

FRs are constantly being produced all the time, and need to be

the production of FRs can be increased by many things, one example: too much cardio exercise

but they also need to be neutralized by free electrons

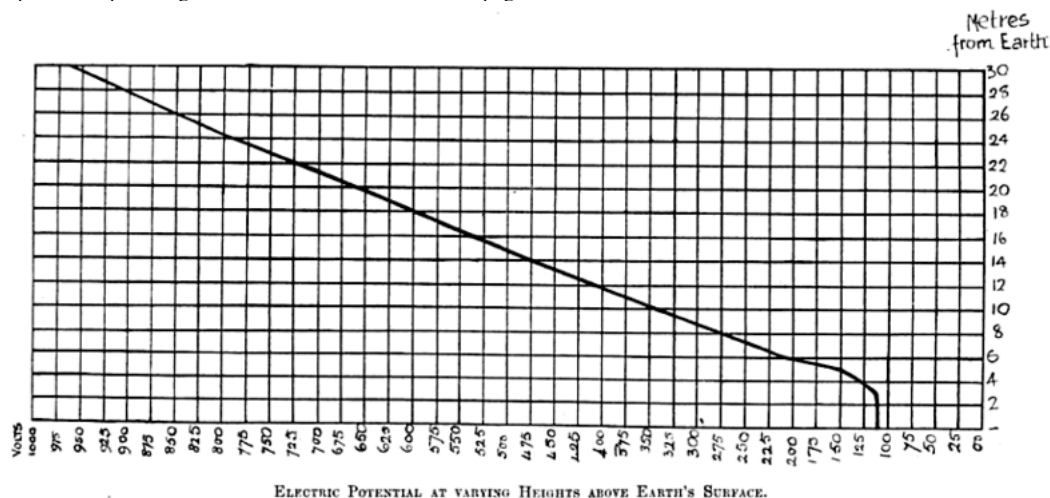
Earthing down regulates the stress response in our body - sympathetic nervous system (SNS) tone and up-regulates the rest and repair emphasis of the parasympathetic nervous system (PNS) --

Electrical field of the Earth

is a stabilizing influence and electrical reference level for electrical potential in the body, acting and changing at the speed of light.

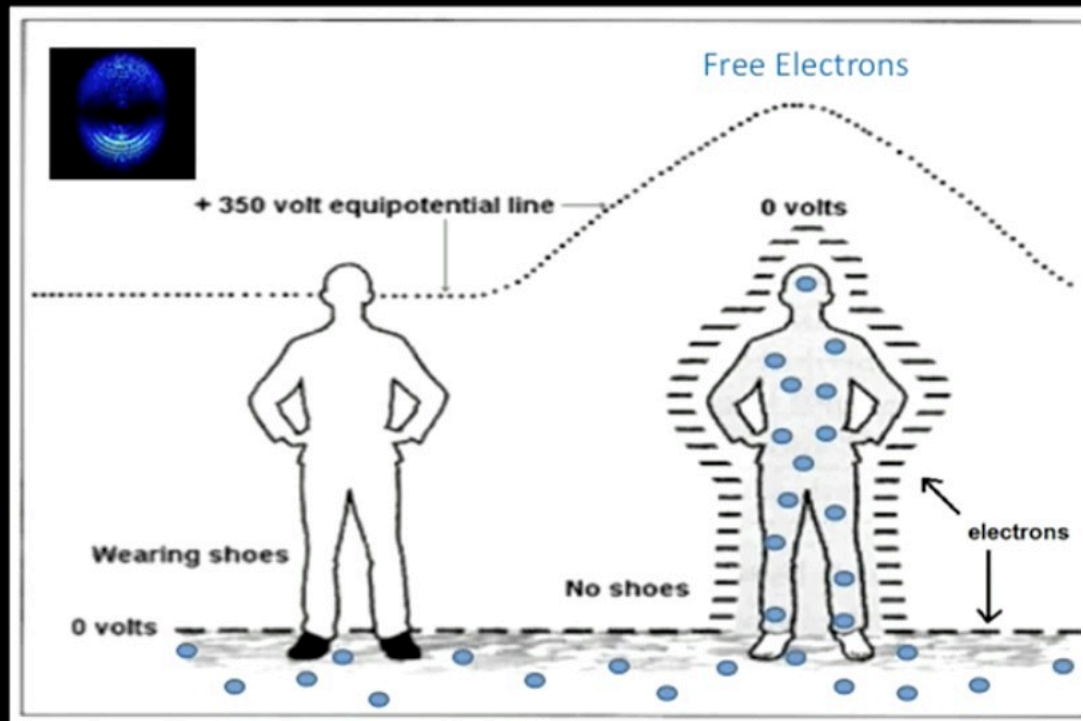
Science has known since Engel in 1908 that there is a gradient of increasing charge the further one is from the surface of the Earth

<http://en.wikipedia.org/wiki/File:NearField-Earth-eField.png>



What is Earthing about?

Atmospheric Charge described by Nobel Prize winning physicist Richard Feynman in his classic text, *Lectures on Physics*.



Recent studies indicate a 40% increase in risk of stroke from living in multi-story buildings as opposed to living at ground level because of the higher charge the body has to compensate for.

You can counter this risk by simply employing the Earthing or grounding sheet

+ One of the crucial effects of failing to get adequate neutralizing effect from free electrons is an increase of viscosity in the blood = clumping of RBCs
Lance Armstrong, many of his competitors in the Tour de France, and other high level athletes have used Earthing technology to boost performance and heal/rejuvenate more quickly after extremely high demand physicality

Antenna Effect

Our skin forms a gating mechanism and protective barrier against electro-static charge - but it can only protect us so much.

The first patients undergoing open heart surgery died not just from complications from the rudimentary surgical processes and techniques, but as much or more so from electro-static shock - which surgeons didn't initially know they needed shielding from.

Earthing quiets electrical noise in the body that comes from electro-magnetic field (EMF) effects, and those of radio-frequency (RF) fields also.

When people are working to produce electronics or are working close by highly sensitize electronic equipment, both the people and the equipment need the protection of resistors against each other's potential electro-static discharge. Thus, for the same protective reasons, Clint Ober had resistors built into the connecting wires to the Earthing equipment supplied by Earthing.com and earthingcanada.ca

These resistors protect people who use using properly manufactured Earthing sheets, pads and bands from stray currents from downed power lines, lightning strikes and the naturally varying Earth currents, telluric eddies (along ley lines), occurring at different times of the day and night. .

Please do not fashion your own Earthing devices unless you are a qualified professional electrician, engineer, or the like

3 Main situations when you will need to "gradually ease into" the use of this technology

1. Thyroid regulation

Some medical experts purport that most adult women have some measure of thyroid dysregulation

If you are diagnosed as hypothyroid, and especially if you are on any thyroid medication/supplementation you need to know that Earthing improves the regulation of thyroid function. Therefore, your required dosage of thyroid meds will alter as you begin using the Earthing technology. So, you will want to check with your physician to regularly monitor and appropriately step down your meds as the regulation improves. Otherwise you could end up with palpitations, for example.

2. "Blood Thinning" Anti-coagulation

As mentioned above, the viscosity of blood lowers as a result of earthing - i.e. it becomes "thinner"

So again, if you are on blood thinning medications already, you will need to liaise with your health care provider to gradually introduce the earthing, and alter your meds accordingly, as needed.

Dark green leafy vegetables (kale, spinach parsley, etc., and the fruits avocado, kiwi fruit and grapes) are high in Vitamin K. So they also need to be limited/avoided when taking anti-coagulant meds like Warfarin or Coumadin, since the Vit K acts counter to those drugs.

3. Blood Glucose Control / Insulin Sensitivity

The two most important factors affecting insulin sensitivity and therefore tendency for weight gain and diabetes are;

1. Avoiding sugar/fructose and grains, and
2. regular exercise

But after these, Earthing also has an important effect on insulin sensitivity

so if you are a Diabetic, and especially (but not only) if you are on insulin, you need to be aware that oral hypoglycemics are also potentiated by Earthing
Rat studies showed that the group of rats who were continuously "earthed" were found to have significantly lower blood glucose, triglycerides and a

10% reduction in risk of obesity, when compared to the ungrounded rat group