I’m about to share with you one of the most neglected health topics of all time, something that will literally change your life like it changed (and even saved) mine.

What is totally easy, completely free, soothes and heals every single organ system in your entire body from head to toe, inside and out? What is so safe and so effective it can help every single person on this planet feel better, sleep better and stay younger longer? What has been used since the dawn of mankind and has no side effects except positive healing?

There is only one answer, and that answer is: Grounding.
Before I go into the science behind Grounding and show you ten fun and easy exercises to do in ten minutes over the next ten days to totally change your health reality, let me share with you how I first got into Grounding.

I’ve always loved connecting with the earth, I just didn’t know the science behind it until I grew up, went to medical school and found the research.

When I was a kid, mucking through our garden or playing barefoot in a ditch or wading through neighborhood creeks were all my favorite things to do.

I had a best friend all throughout childhood, and I remember clearly having so much fun doing the army crawl through a river with her, pretend playing that we were soldiers and stopping to laugh and smear mud all over our faces and lay in the sun for a quick “spa treatment.” I remember being in high school with her when a sudden downpour after classes let out quickly overflowed the ditches around the soccer fields. We had so much fun running barefoot and sliding and literally diving into those ditches, I laughed so hard I peed my pants!

Even during some of the saddest moments of my life... those times where I have felt lost and scrambled and not sure what my next step should be... I remember during those times just crying so hard all I could do was flop down on the ground and stare up at the nighttime sky and just wish the entire earth would swallow me whole.

What it did instead was much more generous... it held me.

It held a space for me, it absorbed my tears and listened to my cries and supported my body and soothed me. When I arose from those moments I knew I could and would survive past this grief.

The earth has always been there for me and always will be.

As a physician I have since done the research and found out the scientific basis for these comforting, grounding, centering and often joyous experiences with the earth.

The earth’s surface is negatively charged, full of free electrons willing and waiting for us. As human beings every single one of us is chock full of free radicals that cause inflammation and damage, causing our bodies to accelerate aging and create disease. The earth is meant to be a docking station for us, a port we can plug into to receive a head-to-toe, inside and out neutralization of this inflammation.

The earth and humans are yin and yang -- just like trees provide oxygen and we provide carbon dioxide, the earth provides negative electrons and we provide positive free radicals and together we live in neutral joyous harmony.
Only we don’t, not usually, because we are inside. Or in a car. Or on a second or even twenty-second floor of an insulated building.

And even when we are outside, we are wearing shoes that have a layer of rubber that literally cuts us off from this healing flow. Or driving in a car, removed from the ground by rubber tires.

If we get out of that car, walk out of that building, and just remove our shoes… or better yet sit or lay down on the earth for even a short period of time, things in our bodies begin to heal.

- Blood markers of inflammation decrease.
- Blood sugar levels stabilize.
- Metabolism speeds up naturally.
- Pain decreases.
- Stress decreases.
- Hormones, like the stress hormone cortisol, stabilize.
- Sleep patterns improve.

As it turns out, most so-called age related changes like arthritis, dementia, heart disease, stroke... is actually related to a lifetime of chronic inflammation. Take away the chronic inflammation by plugging into the earth and what do you get?

**Healing.**

Grounding is the one constant I touch on in all of my work with patients... from dealing with autoimmune disorders, cancers, pain issues, adrenal fatigue, you name it. Because there just isn’t a single process in our body that can’t be supported better through connecting to the earth. It doesn’t matter if we are talking anti-aging for our skin or detoxification from a stressful lifestyle or healing from a major disease, if we are talking about natural healing, the earth must be included.

The movement of grounding is catching on, thanks to the recent release of three major motion pictures all about this essential connection we have with the earth. It was so much fun to an expert protagonists in all three films: *The Grounded, Heal For Free* and *Down To Earth* -- documentaries that are single handedly bringing Grounding to the world. I got to be filmed interviewing with some of the worlds most unique individuals: those precious few astronauts who have viewed the power of the earth from 220,000 + miles away standing on the moon.

Both astronauts recounted how witnessing the earth from this perspective was totally unforgettable. And what I took from my experience talking with Edgar Mitchell (Apollo 14) and Charles Duke (Apollo 16) is that the earth is literally a *ball of life* floating in an otherwise black space.
That the entire business of the earth is to support life.

And support it it does. It provides the food life needs, the water life needs, the air life needs... and now we finally realize, the health boosting direct contact we need as well.

We’ve been trained to feel like we need to stay indoors and clean and bathed at all times. We wash our clothes and our homes and our bodies and our cars to remove all evidence of living on planet earth from them.

• There is nothing wrong with being clean, but did we really get dirty enough each day to even warrant that bath or shower?
• Did we encourage our children to play in the mud and roll in the sand and join into a game of hide-and-seek barefoot?
• Did we ourselves work with the land, tending to our garden or taking comfort in the shade of a tree, leaning against the trunk for a quick nap?

Grounding doesn’t have to be hard and it doesn’t have to be time consuming and it doesn’t have to cost any money at all or involve any products.

In fact, the earth is the ONE THING I KNOW I can depend on my entire life.

It doesn’t matter what the nightly news tells me is wrong with this world or what the FDA is allowing into my food or what the drug companies are saying I need for my illness or what the government is taxing me for.

The earth is the one thing that can not be taken away.

No matter what my illness or condition, or what food I eat or do not eat or how many hours I have to work in a cubicle or go to school and sit at a desk, the one thing I can do for myself each day is discharge my tension, stress, aging and inflammation by touching the earth.

And it doesn’t need to take a long time. In fact, one minute of touching the earth is enough to create major changes throughout your entire body.

Watch this quick video below where I walk you through the past 25 years of medical literature on the health benefits of Grounding:
Directly touching the earth is literally the best anti-aging secret in the world, and nothing supports healing faster than docking yourself on the ground. No super-vitamin or fruit smoothie or raw diet can touch it, although it indirectly tries by feeding you healthy foods grown from the earth.

But you want the real deal?  
The fast track to optimum health?  
The quickest most unprocessed way to treat and release disease?  
Then you want to directly connect with the earth.

Don’t believe me?  
Take the next 10 days to slowly get familiar with the earth again and you will see -- it only takes 10 simple and sweet days to get into a new habit that will change your life.

*Let’s start today...*
Chapter 1: Grounding To Help Heal Acute Injuries and Relieve Pain

I’ve noticed there just isn’t a lot of concrete information disseminated on exactly how grounding works.

So I’ve decided to change that. In this free ebook I’m giving away all of the information that I taught in my Earth Rx online health class… for free!

This first topic is all about how our bones, our connective tissue, our muscles, and everything that holds our body together (like our fascia, ligaments, tendons) is actually a grounding conduit — all of our connective tissue is actually a grounding conductor that brings healing immediately to all areas of our body, even scar tissue, even dense bones, even injured muscles.

So today I am going to walk you through several amazing studies that focus on the profound effect that grounding has on our muscles, reducing muscle tension immediately and reducing the severity and duration of soreness after exercising… …as well as the amazing effect grounding has on our protecting our bone health and joint health.

One of the most immediate ways that grounding supports our health is by reducing acute inflammation in such a profound way that it directly decreases inflammation — let me tell you how direct this support is in the 15 minute video below. This decrease in inflammation is what is responsible for the immediate reduction in pain that is felt when grounding.

Our connective tissue actually is a conductor, speeding anti-inflammatory support directly to all the areas of our body that need it the most. Even walled off pockets of inflammations are immediately affected because grounding is not something we absorb through our digestive tract and have to deliver through circulation like an ibuprofen or other anti-inflammatory medication or supplement… Nope.

This is DIRECT whole body access through our connective tissues electrically.
Let me tell you more:

Watch the video by **clicking right here!**

And click the link below if you want to read or print out a PDF of the “Grounding and Delayed Onset Muscle Soreness” study I referenced in the video:

**Grounding & Reduced Muscle Soreness Medical Study**

Maintaining your living matrix… your intracellular electrical gel — with a bounty of ever available free electrons means your body can adapt and respond instantaneously to any stress in the environment, trauma, illness, toxins, allergens, injury and more…

…actually PREVENTING the full extent of damage that would be seen without grounding.

Not only that, but it shortens recovery time from any damage that does occur as well as prevents it from turning into a chronic, smoldering, life long situation. Absorbing and mitigating damage in real time… as it occurs.

Have you ever noticed that minor injuries are more commonly turning into long term health issues?
- Chronic fatigue?
- Chronic infections?
- Chronic joint pain?
- Chronic back issues?
- Chronic sleep issues?
- Chronic allergies?
- Chronic food intolerance?
This is because we are all living totally depleted and cut off from our reservoir of healing... touching the earth.

Keep your healing reservoir full and ready to respond to protect your short term healing *and* long term health. Because grounding is not only protective... but anti-aging!

Aging, especially of joints and bone and skin and connective tissue and muscle tissue, is a function of cumulative inflammatory damage over time. Arthritis, skin changes, many cancers, heart disease, metabolic disorders like type 2 diabetes, even dementia is a result of sustained inflammatory damage. We will go into these studies through the next few weeks!

If we keep our living matrix in a prepared state of anti-oxidant rich electron reserves, we have already taken away the basis of age related change over time. So today, I have a very simple suggestion for you:

Go outside and directly touch the earth for 10 minutes or longer today.

See how you feel.

Notice any changes in your energy, pain levels, mood.

And if you want to do more to support your body’s muscle recovery and bone health other than grounding, try these ideas as well:

1. **Turmeric Supplements** — turmeric is anti-inflammatory to the whole body, decreasing pain very effectively.

2. **Omega 3 fatty acids Supplements** — fish oil (or krill oil) is one of the most whole body supportive supplements you can take — decreasing inflammation and protecting your brain, joints and skin from aging.

3. **Vit D Supplements** — Vitamin D is essential to prevent disease in healthy aging. Have your levels checked and make sure you supplement with a fat emulsified formula for the best absorption.

4. **Magnesium Supplements** or Epsom Bath Soaks — magnesium is essential for proper muscle function and recovery... I highly recommend supplementing with trace mineral drops in your daily drinking water to keep your mineral balance strong. Also, soaking in a warm bath with a cup of Epsom salts in it will help reduce muscle soreness after exercising and help relax muscles deeply before bedtime.
5. **Topical Magnesium Oil** — alternatively to the Epsom bath soak, you can soothe sore muscles directly by spraying or massaging on a topical magnesium lotion.

6. Decrease Gluten and Sugar Consumption — gluten is a neurotoxin and over a lifetime incites cellular damage... and sugar is pro-inflammatory. Both decrease your body's ability to fight infections and decrease inflammation. I recommend reducing your intake of gluten and of sugar as much as you can tolerate. We will be talking more about this in an upcoming blog post, and I'll give you some tips to get past those sugar cravings too!

7. **Alternating Ice and Heat** — this helps stimulate blood flow and alleviate muscle pain, soreness and stiffness after working out or injury.

Exponentially sky rocket the healing power of heat and/or ice with the worlds only Grounding Hot & Cold Pack. Combine grounding and hot & cold therapy for triple action musculoskeletal support!

One of the most powerful holistic healing modality of all time, heat helps loosen stiff muscles, increase blood flow to the area of application, decreasing soreness and pain, keeps the body warm and limber, relieves cramps, abdominal pain, muscle tension and tension headaches, and much much more.

Cold is every bit as healing, helping to decrease inflammation, cool down painful injured areas of swelling, decrease joint pain and pain associated with pinched nerves, arthritis, inflammation, trauma, contusions, over use injuries and much much more.

Alternating ice and heat on an area of pain or injury allows the body to recover more quickly and significantly decreases pain and swelling.

And now you can take all of these positive healing aspects and make the effects exponentially more powerful by grounding the body at the application site as well, because grounding independently has been medically proven to decrease pain, decrease muscle tension, decrease muscle soreness, increase circulation and much much more.

Using these two healing modalities together could not be any simpler than with my grounding cozy slipped over a gel pack that has been cooled in the freezer or warmed in the microwave in just seconds. These grounded hot & cold packs are essential for every first aid kit!
Chapter 2:  
Even Chronic Conditions Respond to Grounding

When we talk about grounding, it's usually because there are instant perks:

- immediate pain relief
- instantly deeper sleep
- instantaneous release of muscle tension
- immediate boost to energy and mood
- instantly improved blood flow, etc...

But did you know that grounding is actually even more helpful in chronic conditions — disabilities or illnesses that need support over a lifetime? This is where grounding can really, truly shine.

If you've been told you have a condition that will never improve… old injuries or scars or chronic pain conditions that you have been told you just have to get used to as your *new normal* — uh… no. If you haven't been using grounding as part of your healing plan, then there is a huge part of healing that your body needs and has been completely missing.

Grounding is an entirely different pathway for bringing fresh healing flow into old issues that seem stuck. They are not stuck. Grounding can change all of that.

In fact, chronic disease and disabilities are exactly where grounding makes the most impact.

Here's why:

To watch this video, click below:

Grounding For Chronic Disease  
(Dr. Laura Koniver, M.D. The Intuition Physician)

Today head outside for another 10 minutes and keep going with our 10 minutes a day for 10 days plan!
Chapter 3: Grounding Helps Deepen Sleep

As I'll talk about in this chapter’s video… EEG studies of brain activity show that grounding instantaneously shifts our brain wave patterns and reduces ambient stress levels.

Getting into the relaxed but alert alpha brain wave pattern, which is seen in deep meditative states and healing sleep states, is one of the hallmarks of grounding. Grounding allows the brain to spend more time in that healing, restorative alpha brain wave state, and allows us to feel calm and alert during waking hours as well.

Deeper, more restorative sleep at night puts us in a zone of healing, while lack of sleep affects everything from increasing your risk of dementia to accelerating weight gain (did you know that medical studies show you have a 9 TIMES more rapid weight gain when you carry a sleep deficit!)

Click on the video below and let me take you more deeply into the medical literature and tell you exactly how you can use grounding to boost your brain function and sleep better than ever!

Click here to watch the video!

Click here to read and print out a PDF of the “Grounding and Sleep” study I referenced in the video
Want to test your own sleep quality?

In the office, clinicians use an assessment tool called the Pittsburgh Sleep Quality Index (PSQI for short!). The test will give you a score for your sleep quality — on a scale from 0 to 21. The higher the number, the worse your sleep quality.

600 middle aged patients (from 38 – 50 years old) were given this same exact test, and the average score result was 5.8, so clinicians now typically consider any score at 6 or above to be worse sleep quality than desired.

If you want to take this assessment quiz, simply click here to print it out.

Be sure to record the date you took it, and try taking this quiz again after a month of grounding to see if your numbers have changed! Hopefully you will be able to see very concretely how sleeping grounded at night makes a measurable, significant change.

PSQI sleep quality rating

Increased time spent in alpha brain wave patterns equals greater time in the restorative healing phases of sleep and the healing processing time of sleep, which is when dreams occur.

This is why dreams often increase in intensity when we sleep grounded.

While we sleep, we cycle through alpha sleep states and REM sleep states and each time we do we are held in beautiful resonance with the Earth’s healing energy.

This is one of the reasons why getting a good night’s sleep impacts our entire body from head to toe… as discussed in the video, high quality sleep does everything from preserve our brain volume and function to enhancing weight loss!

What are some other things you can do to optimize sleep?

Read on…

Holistic ways to support your brain function to help you get a better night’s sleep:

1. **Melatonin** — the hormone that signals it is time to sleep for our body, our melatonin levels naturally decline with age. If you find it hard to naturally fall asleep, try boosting your own melatonin levels with a low dose melatonin supplement.
2. **GABA/L-Theanine** — GABA is very soothing to the brain and if you are have trouble with anxiety or racing thoughts at bedtime, you might feel the calming benefits of supplementing with a product containing L-Theanine, which crosses the blood brain barrier and converts to GABA to help relax over active thoughts.

3. **Probiotics** — the mind/gut connection is completely underrated. Decreased gut flora has been linked with anxiety and probiotics are now shown to be a very effective treatment for both anxiety and depression, and as a bonus, they boost immunity.

4. **Zinc** — low levels of zinc are linked to depression. If your multivitamin doesn’t have zinc in it, consider supplementing your zinc levels with a supplement.

5. **Magnesium** — Magnesium is very relaxing and because it helps your muscles relax and release, it is a wonderful nighttime drink. On nights when I am feeling tense (especially helpful for anyone who grinds their teeth at night or has restless legs!) I enjoy a hot cup of water with a teaspoon of Natural Vitality's Calm magnesium drink, found in my online dispensary here!

6. **Supplements that protect your brain** — if dementia runs in your family, I highly recommend these two supplements. Omega 3 fatty acids, which preserve brain volume, and Resveratrol supplements, which stop plaques from growing in Alzheimers disease. Blueberries have also recently been shown to give memory a boost in mild cognitive impairment… if you don’t get enough berries on a daily basis, you could supplement with blueberry supplements to help boost your memory function as well.

7. **Sleep Grounded** — To take your sleep resonance to the next level, you can combine your brain’s healing alpha sleep state with the Earth’s energy directly, not just through resonance of frequency but by directly grounding the body when sleeping with indoor grounding product. I have invested a great deal of time and research creating the highest quality, most reliable, washable, and ethically respectful (crafted by hand right here in the USA!) grounding healing tools.

   Tools like:

   - **Grounding Mattress Panels** — the ultimate in grounding all night long using the highest quality eco friendly fabrics (like organic cotton and hemp along with medical grade stainless steel to ground you for years and years and years without fail!). Wash as often as you like with no loss of conductivity!

   - **Grounding Carbon Bands** — all new carbon based grounding technology in a lightweight, travel friendly mattress band that you can simply roll up and take anywhere, so you never lose out on a good night’s sleep! Comes in a reusable travel bag!
-Even **Grounding Eye Masks** — which block RF radiation to your eyes while you nap, help you recover from headaches and help reduce inflammation in the sinus cavities by grounding… these little eye masks are hand sewn and one of a kind!

**Upgrade your nighttime grounding experience by clicking here.**

I hope this information on how grounding impacts your central nervous system, your mood, your sleep, even your circadian rhythm was helpful!!!!

A good night’s sleep is absolutely crucial to maintaining wellness as well as healing from absolutely anything your body needs to heal — one thing is for sure, it needs good sleep to do so!
Chapter 4: Grounding Protects Your Heart and Circulation

Our hearts emit the strongest electromagnetic field of our entire body…

…thousands of times stronger than the electromagnetic field of our brains!

The human heart’s electromagnetic field is measured at about 100,000 times stronger electrically (and 5,000 times stronger magnetically) than the human brain.

This electromagnetic frequency that pulses out from your heart center is 100% matched and resonant with the Earth’s Heartbeat, the Schumann Frequency — and this is no coincidence.

In this video, I review the latest medical literature on exactly how connecting to the earth — and getting our heartbeat resonant with the earth’s heartbeat — supports our cardiovascular function.

From increasing our heart rate variability (the key to the health and resiliency of your heart function) to increasing circulatory perfusion of our capillaries to decreasing our risk of blood clots, heart attack and stroke, the earth is essential to keeping your cardiovascular system functioning well.

Just click on the video below and I will walk you through the science behind this healing support, give you multiple studies as well as my own experience as a physician using grounding with my patients, and a few tips on using the earth’s healing energy to keep your heart at peak performance.

Give me just 15 minutes and I’ll tell you exactly how to protect your heart’s function for a lifetime!

Grounding and Heart Health (click here!)
Click the links below to read several of the medical studies I reference in today’s video, and to see how blood viscosity changes after just 2 hours of grounding:

**Grounding and Heart Rate Variability (HRV)**

**Grounding and Zeta Potential (on your red blood cells)**

Bonus Info:

More holistic ideas to support your heart!

1. Exercise grounded!

Go on a long walk outside barefoot, do some yoga stretches at a park with bare hands on the earth, wear a **grounding heel strap** on your favorite shoes while going on a nice hike, even having sex on your **grounded mattress panel**... indoors or outdoors, make sure to get physically active today *while* allowing a connection to the earth that supports your heart function and your muscular perfusion and your subsequent recovery!

See if you can feel the difference that exercising grounded makes in how it feels to exercise and in how quickly you recover from exertion when grounded!

2. See the earth’s heartbeat in the documentary The Grounded *(for free right here!)*

This fantastic film literally shows the heartbeat of the earth — for the first time ever — captured using a Faraday Cage with a Cymascope!

Watch the earth’s heartbeat in stunning, beautiful motion in film **The Grounded!**
3. Gratitude

Nothing strengthens our heart energy like focusing on gratitude.

I made a printable worksheet for you that will prompt you through 5 different gratitude mini-lists… I promise you, if you take the time to fill it out, your heart will be centered and in a vibration of sustained heart coherence, which is wonderful for reducing cardiovascular stress and getting into a state of pure, positive Well Being.

Just click the link right here to print it out and get started!

4. Chanting OM

As exemplified in this OM chanting video, you can use vibrational healing to support heart health. Chanting OM in yoga or meditation as a way to center on a healthy heart frequency supports a coherent electromagnetic heart field.

Try listening to this video for several moments while feeling your awareness in your chest, to see if you can find greater awareness of your own powerful heart energy! See if you can make this a daily healing practice.

5. Sound healing with Tuning Forks.

If chanting isn’t your thing, you can still use sound healing without ever making a peep!

Like a baby being held near the heartbeat of the mother that carried her, listening to and feeling the vibration that Mother Earth holds us in is a womb like, nurturing, deeply healing state.

Just as astronauts use a Schumann Resonance device to *play* the earth’s 7.83 Hz heartbeat as a grounding healing frequency to keep them feeling centered and calm in outer space, you can hold the earth’s resonance in your hand by striking a tuning fork and placing it directly on your body to soak in the healing vibration… or hold to your ears to soak in the healing sound.

These tuning forks are precisely calibrated to echo the Schumann Resonance of the earth, which emits a 7.83 Hz frequency.

This Otto tuning forks have been shown in medical studies specifically to support heart health… to facilitate the release of nitric oxide, a substance in our blood vessels known to relieve pain and promote relaxation and health as well as increase circulation. Find out more about using tuning forks to heal by clicking here.
6. Decreasing sugar and gluten

Sugar (and to a lesser extent, gluten) are both pro-inflammatory and over time, this is what leads to the wounds in our circulatory system that attract plaque to build there. In medicine we are starting to realize that it is not actually saturated fat but long term damage from the inflammation that sugar and gluten cause that wounds our blood vessels and make them start to accumulate brittle plaques and develop life threatening clots.

Decreasing our intake of sugar as well as minimizing our intake of gluten help to decrease the amount of inflammation in our cardiovascular system and ultimately decrease our future risk of heart attack and stroke.

7. Supplement with **Omega 3 Fatty Acids**

In medical school we learned that Omega 3s are essential (quoting my professor here:) “from womb to tomb.” Meaning, everyone needs these fats to develop and function well, from a fetus growing inside their mother to the elderly, Omega 3 fatty acids are absolutely essential for proper function.

I can now say after almost 20 years of clinical practice that this statement is absolutely accurate and I’ve seen Omega 3 fatty acids help resolve everything from skin issues to autoimmune disorders to pain issues. And new medical research has shown that Omega 3 fatty acids actually preserve our brain volume as we age and protect against dementia!

8. Supplement with **Resveratrol**

Resveratrol is so heart healthy, each capsule of this supplement has the heart protective benefits of 50 bottles of red wine, without the toxic side effects of drinking that much alcohol!

9. Supplement with **CoQ10**

The last in the triad of *musts* for cardiovascular support (fish oil, resveratrol and CoQ10 being the three top supplements for heart health!) CoQ10 is a powerful antioxidant and is known for it’s anti-aging benefits both cardiovascularly and beyond!

10. Ensure you have lots of good **minerals on board**
Minerals are essential for proper cardiac function. Many of us are magnesium and potassium deficient. Mineral deficiencies can give rise ultimately to cardiac arrhythmias and worse.

To protect your mineral balance, I recommend using a mineral supplement like trace mineral drops on a daily basis.

Learn more about trace mineral drops and why they are absolutely essential for enhancing grounding in this video I made for you right here!

Find all of my favorite, trusted supplements for heart health (resveratrol, coQ10, omega 3 fatty acids, mineral drops and more) right here in my online dispensary.

You really don't want to buy your supplements from online shops that are not exclusively dedicated to supplements — there is no way that Amazon or Ebay has the proper storage facilities to maintain freshness and purity, and to assure pharmaceutical grade quality.

Supplements you are putting into your body have to be of the highest quality so that you are not doing more harm than good. Here is where I get all of the supplements I trust for my patients, my parents, myself, even my own children:

10. Sleep grounded

Like we talked about in the last chapter, sleeping grounded is really one of the best things you can do to protect your long term health from head to toe… and that includes the protective benefits of grounding your heart all night long.
Increase your heart rate variability, decrease the inflammation in your cardiovascular system, and decrease the toxic effect of stress on your heart by sleeping grounded. The best way? Sleeping on these grounded mattress panels.
Did you know that grounding affects your metabolism and weight? Grounding has the ability to help you find your perfect weight and stabilize you there. I know this because this is a subject I personally conducted my own research on... with my own patients.

In the video below, I'm going to walk you through exactly how my patients simply touched the earth for 15 minutes a day and lost up to 15 pounds in two months... without changing their diet or exercise at all!!!

This is my favorite topic in all of the wonderful health benefits we get from grounding... because this is where we can really take a step back and see the bigger, broader, and more intuitive aspect of earth's healing power.

No longer just looking at one organ or one tissue of the human body, we can see the interplay of the earth's support and our entire body's response, our entire metabolic function as a whole and how it changes and shifts when we connect to the planet. The earth's healing flow is able to meet our body's needs very efficiently, triaging what matters need to be attended to first and foremost (like active inflammation and pain) and what matters can be addressed and supported secondarily for our long term health (like metabolic function and weight.)

Today, let me tell you all about the study I personally conducted on Grounding and give you a few fun assignments for you to reap your own benefits when it comes to stabilizing your own metabolism... just click on the link below:

**Grounding and effortless weight loss:**
And click here to read or print out the Grounding and Bioelectrical Processes report I reference in this video!

The bottom line?

Trust the earth to know what supports your body best as you move towards wellness. Weight is just the body’s attempt to ground itself. Folks who are very open energetically (empaths) are the perfect example — sometimes the body tries to use weight to ground and shield itself from the draining effects of other people’s energy… but it isn’t healthy to manage energy in this way in the long term.

You can support your well being by DIRECTLY USING THE EARTH TO GROUND, as we were meant to, instead of your body trying to build up enough mass to ground your soul energy.

Fasting, yoga, meditation, supplements, raw foods, etc… won’t ground your body fully or directly.

If you are not touching the earth daily, you are not soul grounded. Connect to the earth.

Weight will fall away effortlessly (or gain accordingly if you are underweight and need the help grounding your body into something physically more stable) as you become a *vessel* not a container for energy flow.

You don’t want to be the final destination of energy… you are not a *dead end* you are an avenue for expression and LIFE!!!!

I see this all the time with energy healers… grounding profoundly affects weight over time. Often grounding was the *one* missing piece!

So today just spend ten minutes walking around barefoot outside. If you have a yard, you are lucky indeed and it is the perfect place to go. If you need to, find a park or a garden or even just a tiny strip of grass in the middle of a bustling downtown and kick off your shoes.

Did you know that your feet have the most nerve endings per square inch of skin then any other part of your body? And did you know that your feet have the most dense amount of sweat glands then any other body part as well?

That is because the foot is naturally evolved to be the perfect conduit for this electron exchange.
The moist skin from sweat produced on the bottom of our feet is the ideal conductor to speed the soothing negatively charged electrons up and into our body, healing us from the ground up.

And the nerve endings are there to make sure we find this experience pleasurable. Sink those toes into the grass. Run your heels through the sand. Stretch your feet out onto the warm ground, or even the cold ground, or the wet ground. Allow the experience to be what it is and just soak it in.

Want to stay more than ten minutes?

All the better. But for ten minutes today, find the one patch of earth you feel most comforted and safe on and declare this your personal earthing zone.

**Memorize where it is and you will get to know this patch of earth year round, as your own personal fountain of youth.**
Chapter 6: Grounding To Balance Your Hormones

Today let’s talk about the messengers of our body (our hormones!) and how grounding balances them for you, automatically.

Adrenal function, thyroid function, sex hormones, even leaky gut — it’s all interconnected.

Your energy level, your sex drive, your daily rhythm, how good you feel each day — it’s all improved by getting grounded.

There is a cascade of inflammation and auto-immune signaling in these interconnected hormonal pathways that ultimately lead to thyroid issues, adrenal depletion and out-of-wack reproductive hormones that cause us to feel less than our best.

As a physician, I am convinced that you can not have full resolution of any hormonal issue — adrenal (cortisol) or sex hormone issues (PMS/perimenopause/libido issues) or thyroid issues — without grounding.

Let me share with you exactly why this is so and what you can do about it in the video below. Then I have a nice assignment for you today that will get your hormone levels supported and get you feeling an internal boost….

Grounding and Hormone Support
Click below to read the original cortisol normalization study that got physicians first understanding why Grounding is so important to our adrenal function:

**Grounding and Cortisol Patterns**

And click here to read an overview of how Grounding affects the entire body!

**Grounding Medical Literature Review**

Plus, here are 6 more holistic ideas to support your natural hormone balance:

1. **Direct Grounding in AM Light**

   All week long, let’s support your natural healthy energy rhythm by combining morning light on your face with grounding. Giving your body the *clear signal* that it is daytime is absolutely crucial to feel your best.

   Medical studies have shown that a few minutes of morning light on your face is actually **more effective** than a prescription anti-depressant in treating depression! Combine this with the centering, adrenal supportive healing therapy of Grounding and this one daily practice could very well transform your entire life.

   Even one minute is okay… just get out there and do it… all week long and see how your body responds. Your mood. Your energy. Your sleep. Even your sex drive! In fact, try to allow this gentle routine to become a lifelong habit that will continue to help you feel the very best you can possibly feel, for a lifetime!

2. **Assess Your Adrenals**

   Click the link below to print out my free Adrenal Assessment Quiz to see if your adrenals are functioning optimally. This assessment is part of my 5 Day Adrenal Recovery Online Class.
If you take the quiz and find your adrenals are in need of support, I would love to work with you to repair them!

If you have been through any kind of recent stressful situation or big life transition or change (even fun, positive ones!) chances are your adrenals could use some rejuvenation.

Just fill out this free adrenal assessment quiz to see if your adrenals could use a little TLC!

**Free Adrenal Assessment Quiz**

3. Eat thyroid and adrenal supportive foods:

What you eat matters.

**Click here** to print out a list of foods that naturally nurture your adrenals and boost your thyroid!

4. Thyroid supportive supplements:

In addition to consuming thyroid supportive foods as outlined in the printable food list, consider adding on a thyroid boosting supplement.

Grounding, taking thyroid supportive supplements and stopping gut irritation by decreasing or eliminating gluten, sugar and dairy is often enough to make a noticeable change in the need to supplement with thyroid Rx, so be sure to work closely with your in person physician to monitor and adjust (usually decreasing!) your thyroid Rx doses as your body is better supported, your gut heals, and your adrenal glands repair.

Find my very favorite pharmacy grade thyroid supplements in **my online dispensary here**.
5. Check your hormone levels via labwork:

I know that many patients really like to have definitive answers, in the form of concrete numbers, so that they can know for sure what stage of adrenal fatigue they are in and also so they can follow recovery and repair by repeating the labwork to see concrete results.

If this is you, the test you are going to want is to do a salivary 24 hour cortisol test along with a DHEA test to get the answers you are seeking. You can ask your physician to order these test for you, or contact me if you would like me to have these labs checked for you
Chapter 7: Getting Wet, Getting Dirty!

As we talked about already, the moisture from the sweat glands on our feet enhances the conductivity of the electron exchange, meaning healing speeds to you faster.

So today let’s take it one step further than grounding with sweat… I want you to find one way to experience grounding in water!

Whether you simply pour a cup of water over the grass and stand there barefoot on your lunch break, or whether you find a nearby stream, lake, or ocean that you can dip your toes into, you will find that earthing through water is exponentially powerful.

Got kids?

Surprise them today by turning on the sprinkler and running through it with them for ten minutes. They will be delighted!

Find your safe haven to connect to the earth through water today and remember it.

Next time you have an active issue... be it PMS or a migraine that won’t quit or a fibromyalgia flare or whatever your particular issues are, just flock to that wet earthing space and give your body ten minutes of direct healing.

Better then any prescription on earth... is the earth.

Next, while after you experience what it is like to feel grounded through water, let’s get grounded by getting dirty!

Find out the safe places in your world where you can get your hands literally in the earth.

If you have ever considered starting a garden, let’s start today. Spend a few minutes digging up a small patch of earth -- no need to put it off another day, nothing to go buy, no excuses... just take a small shovel and sit on the earth and have fun, unleash your inner child (or have your actual children help show you the way!) and dig up the grass/topcoat scoop by scoop.
Even a two foot square plot of cleared land can give you enough lettuce for many many salads, especially if you plant the seeds in succession so that as one row develops the next row begins to germinate.

If you already have a garden, spend ten minutes today weeding it out and tending to its needs as the earth tends to yours.

If you have no space or desire for a garden, bring out your houseplants and spend ten minutes adding a layer of soil to their container or repotting them into a bigger planter.

If you have no garden and no houseplants to tend to, spend these next ten minutes just digging a small hole in the ground and playing in the dirt. See what you find. Do a mini excavation. Just save the grass to the side to put back into place when you are done!

When my children and I dig holes in our yard we always find a small snail shell, a worm, a beautiful rock, a clump of clay, a roly poly bug to hold.

If you find nothing at all but come back into your home with dirt to scrub out from under your fingernails, then this exercise was a huge success. Yes! FEEL it and know it... feel how natural it is to get dirty and do your best to drop all resistance to feeling the dirt on your skin.

Really *know* in your heart that living in contact with the dirt of the earth... the earth from which all food and indeed all life depends... is natural.

The old adage “dirty enough to be happy but clean enough to be healthy” could very well be turned around to say “dirty enough to be healthy but clean enough to be happy.”

In other words, getting clean is optional. Having a fresh outfit is a simple pleasure that comes as a treat. Bathing is a luxurious ritual at the end of a health filled beautiful day of connection, healing and growth.

But connecting to the earth is not optional. We NEED to connect to the earth to be healthy.

Accruing inflammation, stress, and oxidative damage all day long without discharging it to the waiting earth is unhealthy and unwise.

**Getting dirty enough each day to actually need to bathe in the evenings is the goal of our days in my home.**

Worried about bug bites?

Read this blog post on [How To Prevent Bug Bites While Grounding Outdoors](#)
Worried about Lyme?

Grounding outside while directly touching the earth is a crucial health practice, yet ticks keep many people indoors... and for good reason! Lyme disease is a chronic illness that causes an untold amount of illness, stress and long lasting sequela... but it doesn't have to. It's completely preventable.

Ticks that carry Lyme are now found in every single state of the USA, so the best treatment plan is a preventative plan with a back up treatment protocol.

So I've created a holistic tick kit for you, which comes with everything you need to stay safe while still enjoying Mother Earth outside.

Bug spray (DEET free of course!) a guide to test any ticks you find, even an immune boosting supplement to start taking immediately while you await your tick test results!

The perfect travel gift for anyone you know who loves hiking, outdoor adventures, exploring, grounding outdoors and more!!!

Have one in your backpack, purse, and another one in your car for those impromptu picnics and summer time excursions! For more info on these kits, click here.

Enjoy Mother Earth and don't let your fear of Lyme keep you from grounding outside!
Chapter 5: Trees, leaves, flowers, plants

Today let’s spend ten minutes scouting out all the trees around our home and picking our favorite to lean on. Trees have the same neutralizing health benefits to offer us as the ground does as long as it is connected to and rooted in the earth.

So finding a tree that you can fall in love with is a great way to spend ten minutes... this tree will be your grounding companion any time you prefer to seek shade instead of full sunlight... or rainy days when you want the shelter of the tree... or the cold winter months where bare feet are not comfortable... instead you can simply touch your tree.

Lean against it. Hold onto the branches. Climb it if you want to!!! Just holding onto a branch even if you are bundled up with the heaviest winter jacket and scarf and hat and blanket and boots and holding a cup of hot chocolate will still ground you just as quickly and effortlessly as laying in a bathing suit on the sandy beach of an ocean shore.

So find your favorite tree today and give it a hug. Spend your 10 minutes grounding today by touching a part of a living plant and develop a connection with it and return often.

I also have a very quick video for you answering one of my most frequently asked questions! Patients and readers email me all the time asking if they can ground by touching an indoor house plant…. or by bringing a bucket of soil indoors and putting their feet on it. Until now, the answer was sadly no… but now the answer is yes!

In this 4 minute video below, I will demonstrate how it works and use my favorite test meter to show you how powerfully this works:

Grounding Through Indoor Plants
(click here!)

Helpful links:

Grounding Plant Stake
Grounding Test Meter
Chapter 6: Cement

Bringing a paper and pencil with you for your ten minutes of grounding today, I have a fun activity.

Besides touching the earth or things growing from the earth (like grass and trees...) the next best option for grounding is cement.

Rubber soles of shoes and synthetic materials and insulation and flooring and tires and such all work to deaden the connection and keep you ungrounded. But if you simply can not directly touch the earth, the best semi-conductor is cement.

So today, let's map out all the areas of cement around your living space that you feel comfortable walking barefoot on. Just step out your front door barefoot, grab a paper and pencil (kids LOVE creating maps so involve yours if you have 'em!) and draw a simple outline of your home in the center of the paper.

From there, as you walk each direction, map out the walkways, driveways and sidewalks that are cement. As you walk, feel the warm concrete beneath your feet and see what the condition of these walkways are. Clearing off any litter or sharp objects, make these paths as safe for bare toes and jot down your path on the map.

Bring out some sidewalk chalk and draw! Create a hopscotch game and play it barefoot! Draw outlines of your shadow! Play hangman or tic tac toe with your friends.

Spend ten minutes sketching out your earthing emergency path and for those days where you simply can’t get muddy and need to stay on the sidewalk, this will be your back up plan.
Chapter 7: Beyond Support For The Body, Grounding Supports Your Soul Healing

Clear air is awesome and nurturing.

Juicing is powerful and cleansing.

Meditation is relaxing and centering.

Purified water is hydrating and supportive.

Nutritional supplements and even prescription medications can be balancing and healing.

But inevitably, with every holistic healing modality I worked with, there would be some patients who benefit greatly and some who get absolutely no results whatsoever.

Some people heal with a certain diet.

Some heal with a particular exercise practice.

Some heal with a prescription medication, some with a supportive supplement, some with a life saving surgery, some with a chiropractic adjustment, some with acupuncture.

Nothing is universal.

There is no one diet that helps everyone.

There is no one adjustment or one surgery or one supplement that will support everyone.

Nothing is universal except for one thing: grounding.
I’ve been a physician for over 18 years and I’ve seen quite a lot of patients over those years.

And during all that time, I’ve only come across one healing modality that supports the entire body — head to toe, every organ system — in such a powerful way.

Everything else provides indirect health benefits — but grounding directly to the earth means your body is directly healing.

The earth makes the atmosphere for those beautiful deep breaths of fresh air you can take each day.

The earth flows the water that can deeply hydrate your body each day.

The earth grows the food that you juice and the herbs that you take and the nutritional building blocks your body depends on daily.

Those are all powerful and wonderful indirect ways to support your well being.

But the most powerful way of all to enhance your health is to touch the earth directly!

Because our bodies are electrical — our heart beat, our brain impulses, our breathing mechanism, our digestion ALL rely on electrical signals to work properly.

Food can not be digested, blood can not be circulated, air can not be breathed without first an electrical impulse conducted through the electrical circuitry of our bodies.

So it doesn’t matter what food we eat unless our GI tract is first innervated and activated properly!

It doesn’t matter about air quality if we can’t first innervate and activate our breathing mechanism!

Our whole body is electrical and relies on good conductivity to work.

As a physician I have seen patients in the ICU hooked up to breathing tubes and feeding tubes and if the body is dying, it doesn’t matter if the air is the purist in the world
and the water is the finest in the world and the food is the most alive active just-juiced nourishment in the world…

…if the body is dying none of these parameters matter.

We have to electrically activate the body, which is what defibrillator paddles are trying to do in resuscitating the heart of the body that is dying, and what a ventilator is taking over for when it tries to breathe for a body that is not breathing on its own.

Above all, we have to establish and maintain the healthy conductivity of our body. Our body has to maintain a healthy electrical circuitry in order to remain conscious and have all of our body organs function effectively. So to protect our body for a lifetime, we need to nurture the healthy conductivity of our body first and foremost, before turning our eye to the air and water and food quality that enhance our well being.

Touching the earth immediately impacts and supports the conductivity of the entire body — supporting the healthy function of our heart, our circulatory system, our brain, our bone metabolism, our thyroid function, our adrenal function, our skin conductance — our entire body from head to toe.

Why is this important right now?

Fifty, one hundred, two hundred years ago we were more likely to spend time barefoot, or be working directly in the earth, walking on the earth, and going back further, sleeping directly on the ground.

But now, we have rubber shoes, cars to travel in, insulated flooring in our home, asphalt coating our roadways, high rises filled with smart meters to live in.

And life is so stressful, more fast paced and competitive and technologically advanced than ever before. We are surrounded by more financial stress, technological smog (EMFs) and artificial foods than previously imaginable.
Stress, higher cortisol, joint pain, dementia, cancer, age related changes — these are all a fall out from a life long inflammatory condition of a lifetime of living disconnected to the earth.

So we better find a way to be absolutely certain we intentionally seek this connection, routinely.

Way beyond the electrical connection of simply touching the earth, grounding our body gives us a deeper support that has a spiritual aspect.

I believe we are only understanding the very tip of the iceberg when we focus on grounding as being an electrical connection

Whether through scalar energy, or chakra low, or meridian flow, or Schumann frequency resonance, or magnetic energy, or support as yet undiscovered from the earth… one thing is certain… grounding supports our body and our soul energy.

When plants are grounded, they grow two and three times as tall and bloom more and the blossoms last longer.
When humans are grounded, we are not going to grow two and three times as tall...

...but we are going to feel two and three times more vibrant and healthy and energetic as we do when we are ungrounded.

While the plant world expresses grounded support by vibrant growth, we express grounded support by vibrant HEALTH!

Grounding is the only modality that I know of that combines the fullest extent of physical support with the fullest extent of energetic healing.

Nothing else can quite come close to this full state of well being.

No vitamin you take in the morning, that your body will digest that day and try to deliver through your intestines to help nutritionally support your body, will do everything grounding can do.

No amount of sleep you can get the night before to help repair your body to meet the demands of the next day, will do everything grounding can do.

No amount of spiritual support through energy healing modalities such as deep breathing or meditation can support the fullest extent of the physical body the way grounding can.

No modality does both the physical and the energetic work that grounding does, simultaneously. So while the medical studies show you why grounding is so healing for the human body, I want you to know that it’s not just your physical body that is being supported. It’s your mind frame, your soul energy, your Spirit.
Just as we have now shown that being disconnected causes everything from depression to inflammation to accelerated aging (collectively now called Nature Deficit Disorder) the re-establishment of grounding your body to support your health will have ramifications that go well beyond any single parameter or indicator of physical health.

You feel better.
You feel supported.
You feel creative.
You feel inspired.
You feel stronger.
You feel more motivated.
You feel more loving.
You feel more loved.

Nothing quite allows you to become the pure positive vessel of Well Being the way grounding does.

You become open to your soul energy flowing deeply, and meeting your body at it’s core, deep in your heart center.

You become the perfect balance of a physical body that is supported and healthy while being an open vessel holding the most vibrant state of your soul’s energy flowing through your body and resonating out from your core.

When you are in that specific union — of your unique physical body that nobody else has, combined with your unique soul energy that nobody else has, coming together and being totally supported by the healing energy flow of the earth… that is your optimal state of Well Being.

You can offer twice as much of yourself to the world when you feel your well being optimized the way a plant would grow twice as tall because it is grounded and supported by the earth’s energy.

And that’s really the whole point of being alive. So that you can offer to the world what you are here to offer. And you can live the unique meaningful life that you are meant to live.

You can go out and radiate twice as much creativity, twice as much goodness, twice as much connection with others, twice as much love to offer, and make twice the impact on this world… and more.
So ultimately, grounding is not just about your cardiac function or your hormonal balance or your sleep quality or your bone strength.

Grounding is about finding a center that is so deep and so pure and so strong that you can truly be the best you possible.

Optimizing all of these other things… cardiac function, sleep, hormones, adrenals, bones, thyroid, insulin, etc… so that just like the plants in the grounding study that grow twice as tall when they are grounded, you can feel twice as vibrant, and twice as open to why you are here and what do you want to express while you are here in this lifetime.

That is what I have witnessed and experienced over and over and over again both personally and as a medical physician with my patients.

Most people start their grounding journey because they need an answer that offers more support than any one single medication or operation or vitamin or exercise can offer.

Most people have found that conventional medicine has not been sufficient to correct the physical ailments the disconnect from the earth has caused.

And most people find that when they reconnect, it’s not just the physical ailments that improve.

It’s the body but it is also the energy level and it’s the mind-frame and it’s the sense of meaningful purpose and it’s the heart that heals as well.

So my goal is to be sure you do not limit your expectations in any way when you begin your grounding journey.

Allow your entire body, mind, heart and spirit to be transformed.
Allow the supportive energy of Mother Earth to fill you up, open you up, support you in becoming the optimized best version of you that is possible.

The future for grounding is limitless as connecting directly to the earth outside is the birthright of all living things. There are very very few circumstances where one would not be able to connect outside and receive that healing flow if only we would remember that it is natural for us to do so.

Even urban dwellers can get connected by standing barefoot in a park or on a concrete sidewalk. Even prisoners in most prisons have access to the outdoors, even if it is concrete, for at least a short period of time each day.

I have patients who live several stories off of the ground who hold onto a tree branch that reaches into their balcony and this is how they ground each afternoon.

I have patients who have a cement basement and stand barefoot on this cement while they fold laundry, and this is how they ground each night.

And for those who are bed ridden, there are even indoor ways to connect directly to the earth even lying comfortably on our beds as we lay tucked in tight using either a grounding rod or a grounded outlet in your home.

No just for those with limited mobility who can’t get outside, grounding while indoors lets you stay in that healthy, connected healing zone for much longer than only grabbing a few minutes outside when you can.

You can actually be grounded indoors while at work, while home watching TV or reading a book, while spending quality time with your loved ones.

The absolutely easiest way to optimize the amount of time you are grounded in a 24 hour period is to start by sleeping grounded all night long.

There are a huge amount of medical grade, high quality indoor grounding tools waiting for you to explore right over here.

Taking action, trying it for yourself, taking a few minutes to put a bare foot onto the earth outside, taking the time to ground indoors as much as possible with indoor grounding tools, can do more to inform you about the healing potential of grounding your body than any amount of words I can write.

Luckily, grounding is the easiest, most readily available healing modality possible. The only thing you need to do is give it a try, and allow the earth's energy to uplift, transform and optimize your well being naturally.

The earth is out there, waiting for you.
Chapter 8: Guided Imagery While Grounding

Let's take 10 minutes today to lay in the grass and give yourself a few moments to visualize your body accepting the profound grace of this healing moment.

Lay on the earth (on a blanket is fine) and close your eyes softly, taking several deep, slow breaths.

Define an intention for this meditation... such as "To feel more at peace," "To decrease my pain," "To feel safer each day," "To find direction," "To enjoy more energy," etc... whatever intention feels right for you, for this moment.

Take several more slow deep breaths, and when you feel you have centered yourself in the moment, begin to visualize a bright white light above your head -- this is a healing, loving light.

Now, with each breath you take, visualize this flowing light pouring slowly throughout your body, from top to bottom.

Breathe this healing, loving light in through the top of your head.

With each breath, begin to feel this warm, loving light filling your body with love -- your forehead, your eyes, your nose, your ears, down your throat, pouring into your heart... down your arms, into your hands... to your fingers.

Now slowly down your spine, spreading warm healing light through your stomach... into your hips, your pelvis... down your thighs, into your knees, down your calves... into your ankles, your feet, your toes.

Now, with each breath, feel this loving light expanding throughout your entire body. Growing and growing... providing a gentle and pleasant sensation of being totally covered, from the inside out, with healing, loving light.

Just *allow* this moment.

Now, for a few breaths, breathe this white, healing, loving light center in on your chest area... your heart center. With each breath in, feel your heart energy expanding and filling up with love.
In your mind's eye, picture your self. Picture your entire body, bathed in healing white light... perfect in every way, just as it is.

Feel the gratitude you have towards your body for carrying your soul through this life... allowing you all the experiences you have had in this lifetime... faithfully supporting you as you live *right now*.

Now picture your loved ones.

Children and family members and friends in your life... all the people who are positive relationships in your life... all smiling at you.

Continue to breathe in this bright white loving light... and bring each loved one forward in your minds eye one at a time. As you breathe out, send this loving light from your heart directly into theirs, filling them with this love. See the white healing light filling them until it surrounds them completely, just like it did with you.

Feel how sharing your heart with them did not diminish your light, rather it strengthened it. It strengthened the white glow around and through you, and it healed them as well.

Be in this moment as much as you can. Just give gratitude for all the children, family members and friends in your life, and allow their now illuminated glowing presence to encircle you all the way around. You are completely surrounded with a glowing, healing white light that covers and fills you through and through.

Be in this moment, and when you are ready, breath your final deep breaths full of this healing white light, and allow the white light to expand off of you, your community, your world... let it dissipate into the air and become a part of our entire atmosphere.

Expanding out into the universe, until there is no where you can go that is not bathed in healing light.

Anything you do today, anywhere you go and any person you see, will be holding an intention of loving health and healing and joy for you today.

They may not know it, but you do. It's there. You've intended this today, and so it is.

You are all one in your goal for health and healing and joy.

This meditation is very simple to remember... just fill yourself with white healing loving light, from head to toe. Expand this light in your heart chakra, and send it out to every person you would like to include. It does not have to be every single person in your
life... if it is just one other person, that is wonderful and enough and something to be thankful for.

Allow this light to dissipate outwards, filling your home and your world with the joyful release of love. **It could take as little as five minutes, or you might find a half hour has gone by!**

Deep, relaxed yet attentive states like those achieved through prolonged meditation changes the electrical activity of the brain to enhance alpha waves.

Alpha waves of the brain are the exact same frequency as the heartbeat of the earth...

... showing up as a frequency of (you guessed it) 7.83 Hz on EEG.

Meaning, that when our brains are relaxed, open, alert but non-directed, they are in complete sync with Mother Earth and this resonance is what allows the state of meditation to be a deeply healing state.
Like touching the earth, allowing our brains to open, fall silent, awaken into the Earth’s frequency by getting into the alpha frequency allows us to be in the state of pure positive Well Being.

Many studies have shown alpha brain frequency to be the frequency of deep relaxation, which allows for spontaneous information in the mind to process and making room for spontaneous information that is not from external sensory input or cognitive, directed reasoning but from — *my favorite* — a deeper intuitive state of wholeness.

If you want to get into a healing state that allows for a deeper resonance of our central nervous system with Mother Earth… practice mindful meditation.

This state of relaxed, open attentiveness *IS* the ultimate healing state. It is the state of having our entire brain resonate with Mother Earth. Today, try to breathe in and out, relaxing into an aware, listening meditative state, for ten minutes to feel the effects for yourself.
Chapter 9:

Grounding In Today’s Environment, With Constant EMF Exposures

This medical study is, to me, the most conclusive yet, showing that grounding ***even in the face of dense EMFs fields all around*** helps support your brain, your nervous system, your heart, your lungs, your digestion — all by boosting vagal nerve function.

This study was done in the most vulnerable of all of us — premature infants who technically should not even be born yet — in NICU incubators.

Grounding them instantly boosted markers of survival. It’s important information to know because it has a direct baring on your health too… here’s how:

The Latest Study On Grounding:

What happens to the human body when we are grounding indoors… around EMFs and dirty electricity?

I’m not a physicist or an electrical engineer. I am a physician. So I don’t pretend to know all there is to know about electricity, but I do know the human body.

And I know how the human body is responding to being grounded, indoors, surrounded by EMFs, cell phones, wires, power lines, etc… all around.
And the body’s response to being grounded, even in urban environments, is to heal. We know from over 20 years of studying the human body grounding indoors under urban conditions, totally surrounded by EMFs and *dirty* electricity, that healing happens when grounding directly under these conditions.

In fact, I believe grounding the human body is really the smartest thing we can do to allow our body to have a fighting chance to live in this urban world we have created, with an onslaught of toxicity from many angles constantly surrounding us.

As a physician, I see medications and vaccinations freely handed out after only a few years of medical study. Yet grounding — in the midst of EMF exposure — has been studied for over two decades now.

We have exhaustively looked at the human body while it is grounded indoors — many times while directly hooked up to electrical devices in a sleep study lab, or with EEG monitors on the brain, and certainly always surrounded by EMFs and using office and home wiring for the grounding tool — and still the body heals.


I believe we are at a crossroads where grounding our body is not only a smart healing practice to develop, but it’s actually mandatory if we want to experience healing in modern society.

Eating well isn’t enough, drinking filtered water isn’t enough, all the supplements in the world are not enough… none are a substitute for direct nurturing from the earth via grounding. Give me a few minutes of your time to explain by clicking here to watch the video:
The most powerful way to be grounded for hours and hours and allow the body to heal is to sleep grounded at night. Heal from the stressors of the day and deeply restore yourself in time to face the exposures of the day still to come. Night after night after night, the body heals.

If you are going to lay in bed for hours every night, you can easily make them deeply healing hours.

And hands down, the best way to do that are the hand selected, medical grade healing tools that I have personally curated for you in my **Grounding Boutique**.

The **Grounding Boutique** is your one stop shop for all the best grounding tools in the world, tools that are:

- the highest quality, using cutting edge highly conductive materials like stainless steel and carbon fibers
- hand made (right here in the USA) by local craftsman
- ethically crafted using eco friendly materials
- medical grade & physician developed (directly by me!)
- designed to last decades.

Not mass produced overseas using the cheapest possible materials and engineered to stop working after a wash or two, the products I carry are each:

- hand picked by me
- hand tested by me
- and I personally package and ship each item, directly from my hands into yours.

Literally!

Hop over to the **Grounding Boutique** today if you want to find a grounding tool that will help ground and heal you for many many years to come… the perfect long term support to boost your body’s natural healing capabilities:
I hope you loved this free eBook and enjoy all these fun ways to play with grounding!!!
Keep going for 10 minutes a day for 10 days and beyond!!!

xoxoxo, Laura

P.S. — I’ve been asked so many times for a list of all of the medical studies on grounding that I went ahead and created a master list for you right here! I’ve included links to every single medical article and many of them are in PDF for you to print out if you like! Share this resource far and wide with everyone you know who would like to know more about the science behind grounding!

**Grounding Studies — A Master List!**

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**About the author:**

Laura Koniver, MD is an author, holistic physician and speaker who has been featured in many news and media outlets, writes health columns for the national organic lifestyle magazine *MaryJanesFarm* and internationally for *Barefoot Vegan* magazine. She is featured in the motion pictures *The Grounded*, *Heal For Free*, and *Down To Earth*. She has a holistic health blog and sends out a new, uplifting, positive blog posts every Monday, always based on the latest medical literature and research! Sign up to get your weekly healing blog post on her website at:

[www.Intuition-Physician.com](http://www.Intuition-Physician.com)
Bonus! A free Grounding Play List.

Print this out and tape it on the back of your front door...
so you will never run out of fun ideas the next time you need to get your
Mother Earth fix. Enjoy!!!

1. Watch clouds
2. Weed the garden
3. Pick flowers for your home
4. Look up at the stars at night
5. Get your sprinkler out and run through the spray
6. Play tag, football, kickball, hide and seek outside barefoot
7. Do a few sun salutations or other favorite yoga poses barefoot
8. Find a heart in nature
9. Read a book outside or listen to music outside
10. Sit on the ground and sketch or doodle the things you see around you
11. Take out a drum, guitar or other musical instrument and play
12. Find clay deposits in the soil and mush and sculpt, leave it in the sun to harden
13. Roll in the mud and get completely and utterly covered
14. Puddle stomp
15. Frisbee!
16. Hoola Hoop
17. Find a four leaf clover
18. Spill out some sidewalk chalk and draw
19. Create a hopscotch board and find a stone and play
20. Lean against a tree and give it a secret name
21. Climb a tree
22. Collect fallen leaves and throw them in the air like confetti
23. Play follow the leader, simon says, red light green light, mother may I... all barefoot
24. Make a mud patch with your hose and squish your toes in the mud... have fun
   tracking mud prints all over your yard or sidewalk, painting everything with mud
25. Make a fairy garden or toad home out of found objects in nature
26. Take a camera and capture what you see
27. Set up horse shoes and play barefoot
28. Water balloon toss!
29. Walk barefoot to get the mail each day
30. Bury your toes in a sandbox