

Reconnecting With Our Soil: Why Grounding is Important for Your Mind and Body



From the beginning of time, humans stayed grounded to the earth. People walked around with their bare feet touching the soil and slept with their backs touching the grass. Some physicians are wondering how we could promote good health instead of masking good health through medications. Doctors have found that grounding may be the answer to many of our problems and has a chance of increasing longevity.

Over time and through medical research, we have directly healed from indirect factors, such as water, air and food. We have been forgetting one essential part of our healing... the ground. The ground is the only direct modality that is holistically and naturally available to us. It is almost as if we avoid the ground now. We wear rubber shoes, spend most of our time in buildings and sleep on mattresses that are elevated from the ground. Our bodies are designed to be connected

to the earth, which is why we get cravings to go outside and touch the earth, especially during times that we are sick.

The human body is the most electric thing in our environment and used to be naturally grounded to the earth before the 1960s when rubber soles were made into shoes. As organisms, we live, grow and rely on that earth, which we have completely isolated ourselves from in today's world. We have become so disconnected from the earth that now it is considered to be strange if one walks outside without shoes on. As humans, we don't spend a lot of time grounded. 95% of people walk insulated on the earth and then drain their internal batteries daily through their technology. We are constantly indulged in electromagnetic fields, from our wi-fi being turned on to scrolling through our phones. This technology, although it is incredible, disturbs our electrical balance. However, we continue to charge the electronics that we use on a daily basis, but never spend the time to charge the most electric part of us: our bodies. We live inside a natural battery, the earth, and it is time that we allow ourselves to feel the benefits of our bodies being charged, just as our cell phones are.

Our bodies are conductive and are connected to the earth through electricity. The earth holds an electrical heartbeat, and we sync our health and healing up with this pulse when we touch the earth. Every cell and organ in our bodies is conductive, which causes an immediate electrical reaction when our bodies are connected with the earth. Many different functions in our bodies will operate better when the electrical force reaches our bodies, including the cytoplasm, cytoskeleton, cell membrane, intracellular fluid, skeleton, muscles, heart, digestive organs and brain. When there is no connection, we don't receive any of these benefits.

In conventional medicine, you need a certain amount of health for your body to heal. You rely on your body to naturally heal itself. For example, if you had a heart attack, it could be a cause of blood clots forming and blood clots form due to inflammation. So, in order to help heal your heart, you have to focus on all three problems to fix the major problem. As we age, it takes longer for our bodies to heal, causing our health to eventually plateau at some point. Even health

barriers are no barrier to our bodies. Digestion, absorption and circulation all require good function to help heal your body, so the less healthy you are, the less your body will naturally heal itself.

Medical research shows that grounding decreases inflammation, which can be the cause of many problems in our world. Inflammation is produced by neutrophils. White blood cells encapsulate the injured cells in your body, whether this be from an illness or injury, and release reactive oxygen species. This process results in electrons being ripped from the damaged cell. Without grounding, some of the free radicals that are released in the repair field leak into the surrounding tissue, causing inflammation in the surrounding areas of the injured cell. If there aren't enough electrons, the neutrophils will steal electrons from the free radicals, causing a chain reaction of problems related to inflammation which can eventually lead to chronic inflammation that can be physically silent to your body.

You need electrons for energy, which is called the electron transport chain. The earth has both a negative and positive charge. At the surface of the earth, or the ground, the earth has a negative charge, but the atmosphere of the earth has a positive charge. This positive charge comes from the rays of the sun and becomes much stronger once you reach 60 miles or above ground level. The negative charge reaches earth through lightning and collects overtime, allowing us to gather both a positive and negative charge from the ground of the earth and through the rays of the sun.

Our bodies charge so quickly when we put our bare feet on the earth that you actually can't measure it. The electrons from the earth go through the body almost instantaneously and coat the red blood cells. As these red blood cells begin to be coated by electrons, the red blood cells begin to repel against each other. Without grounding, red blood cells are naturally attracted together, which makes it easier for the body to form blood clots and cause inflammatory issues, but when the red blood cells repel each other, the blood can't clump or form blood clots.

Grounding makes it easier for the heart to pump blood, stabilize blood pressure, and researchers have also seen many cardiovascular problems disappear afterwards.

As research continues, physicians are starting to look at the effects of grounding in relation to depression. What they have found so far is that grounding can cure depression. Physicians are seeing that depression can be a cause of inflammation in the brain, and since there is evidence supporting that grounding reduces inflammation, researchers believe that grounding can also help boost people's moods, making them calmer and more in touch with themselves.

Grounding supports the body as a whole, but research has shown the positive impacts that grounding has on organs, organ tissues and every cell in our bodies. When one is grounded with the earth, all their systems become balanced and normal. People that have begun grounding report that they feel more rested and energized, have been sick less often, are calmer and noticed their daily pains being reduced. This natural remedy may be the beginning of living healthier and longer lives and has been surrounded by us for years. It's time to connect with the earth again just as we have done from the beginning of time.

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<https://www.youtube.com/watch?v=4lwOKrWK1vY>

<https://www.youtube.com/watch?v=44ddtR0XDVU>

