<http://longevitynowbonus.com/blog/the-importance-of-grounding-yourself-using-david-wolfes-grounding-technologies>

**What Does Grounding Technology Do?**

First of all, what does “being grounded” mean?

Being grounded means being electrically connected to the earth.

Most of us are not aware that the earth is mobilised with free anti-oxidant electrons.  Those electrons pour into our body at the speed of light, the minute we touch the earth barefoot.

This discovery was made during the telegraph days when they were first putting telegraph wires into the earth and they found out that the earth was completely covered by electrons that were negatively charged and that prevented oxidation.

When we are disconnected from that natural negative charge then we are more subject to oxidation and we develop more inflammatory problems.

A group of scientists and a team of doctors have been looking at every biological marker known to man, the major ones in medicine - they include cortisol levels, bilirubin levels, heart rate levels, heart rate variability, respiration levels, white blood cell levels etc. - then they tried determining if there is a difference between being grounded (meaning standing directly on the earth barefoot or touching the earth someway with our bare skin) and not being grounded (meaning wearing rubber soled sneakers, or something).  The answer is yes.  There is a massive difference in ALL biological markers between being grounded and being ungrounded.

This has got to be the most significant discovery in health in the last 10 years.  This is perhaps the most significant discovery in health, period.  What it is indicating is that the assumption that it’s okay to wear shoes all the time, the assumption that it’s okay to walk in houses that are carpeted, that are insulated with linoleum, that are insulated with dry wood floors, is just an assumption, it is not upheld by the scientific research.

The earth itself is negatively charged and the atmosphere around us is positively charged.  Most of the conditions that we know of today, whatever that condition is, is associated with having an excess of positive charge in our body.  What that really means is a lack of electrons.

When we have an excess positive charge, there is too much oxidation, there’s free radical damage and there’s a stealing of electrons.  That means we lack electrons when we are oxidised.

By being insulated from the earth through the rubber soles of our shoes, what ends up happening is that we become more subject to free radical damage and we age faster.

So what can we do to stop it?

The more that you can be connected, directly via the skin, to the earth, the longer you will live and the less inflammation you will suffer from.  One minute is better than zero minutes.  15 minutes is better than nothing, an hour is better than 15 minutes, 5 hours is better than 1 hour, 10 hours is better than 5 hours etc.  You get the idea, the more you can be grounded, the better.

When we are touching the ground we are actually grounded, but it has to be an electrical connection to the earth. If you know anything about electricity you will know that electricity does not conduct through certain mediums, like rubber, and rubber stops the electrical impulses coming up through the earth.

This entire idea of the way we have developed shoes, and the advance of shoe technology since at least the 1960’s, has had a catastrophic effect on the human physiology and a catastrophic effect on our health, and it appears, based on the latest research, to be the fundamental cause of advanced chronic inflammation.

This discovery is so profound.

There has been quite a lot of research done on athletes, and what they have found is that the best athletes in the world are surfers.  Whenever you are in a body of water, like the ocean, you are instantly grounded.

Maybe you’ve found out for yourself this effect.  Maybe sometime when you’ve had a lot of emotional turmoil going on, or a bunch of erratic thoughts going on, and suddenly you’ve jumped in the ocean and boom, it’s all gone.  That’s grounding.  Whenever we jump into a body of water, like a river or a stream or a lake, the same thing happens, we are instantly grounded.

If we walk barefoot on sand, we’re instantly grounded.  When someone goes to the beach and they lay out their towels and lie on the beach, they usually feel like falling asleep.  This is because the grounding effect changes our respiration rate and immediately detoxifies us and normalises our pH, making us relax.  The effects of body pH’s by being grounded is substantial.  It normalises our pH.

If you are unaware what pH means, it is the acid/alkaline balance.  Hyperacidity has been associated with a number of disorders.  Hyperacidity IMPROVES, meaning alkalinity is restored once we begin to ground ourselves.

If you walk barefoot on the soil, if you walk barefoot in the rain, if you walk barefoot on the sand, walk barefoot through puddles etc., you are grounded.  Some cement is grounded, but some isn’t, this is because of the polymers in new cement and that may be acting as an insulator, but in general, especially old cement is grounded.  It is conducting energies through itself from the inner earth, up into you.  Once again, these energies are free mobile anti-oxidant electrons that help your body resist oxidation, keeping you younger.

If you touch a tree, you are grounded, because the tree is a living wood, it has electrolytes and water in it and therefore it is  
conducting electricity and yes it can make you grounded.  If you touch a metal pole that is stuck in the earth, you are grounded.

These are effects that you begin to notice and they have important side effects and that is they can actually protect you from free radical damage as already mentioned AND excessive EMF exposure.  They drop the EMF field that is hitting your body, when you are grounded.  When you are grounded, you are more resistant to EMF fields, because the EMF hits you and goes right into the ground.

The earth itself is an infinite reservoir for EMF fields, that’s why  
it’s called “ground”.  The earth can absorb an infinite amount of EMF.  If we are in a rubber soled shoe, and we’re on a cell phone, we are oxidizing ourselves and damaging ourselves with very high frequency EMF’s.  But if we’re on our cell phone and we are barefoot, we are not completely protected, but we are DRAMATICALLY more protected.  That’s important to understand.

It is believed that a huge body of our neurological disturbances are caused by being isolated from the earth’s EMF field, from being ungrounded and wearing rubber soles.

The rubber sole, because it isolates us from the earth, actually may be the cause of our philosophical loneliness - once we get our shoes off and connect back with the earth as much as possible, whether it’s just 5 minutes a day in the park, or just walking on the grass, or walking on the beach every day, or going swimming in a lake or ocean.

The more you are grounded, the better you will feel, and very likely the longer you will live, based on the research, and the lower your inflammation and pain will be.

Pain, of the chronic sort, is associated with excess POSITIVE charge. The earth, again, is NEGATIVELY charged.  When we stand on it barefoot we absorb that negative charge, and it immediately begins to wash away the positive charge.  It starts to add electrons to that positive charge and within 50 minutes our pain can dissipate.  What a dramatic discovery.

Being grounded immediately alters our pulse rate, our respiratory rate, blood oxygenation, changes our skin to conductants within 40 minutes.  Improvements are seen all over those areas.

Most of us like to spend our vacation time on the beach for a reason and the reason is because we are reconnecting back to the earth itself.

Our direct skin connection to the earth is one of the most important “foods” that we can take in.  It may be more important than food.  Because if we get far enough away from the earth’s EMF field, up in outer space, we immediately start demineralising.  Research now is indicating that connection to the earth helps re-mineralise.

Problems with mineralisation, problems with bones, with teeth, are related to not being grounded.

When you want to electroplate a substance, for example you want to put copper onto another metal, you want to electroplate it, you have to remove electrons so that they stick together, so that the 2 metals SHARE electrons.  That’s kind of what happens when we become oxidized - we no longer have ENOUGH electrons and therefore our tissues have to share electrons and then we become easily oxidized.

Our teeth, if they lack electrons, will then begin to share electrons with plaque and the plaque electroplates itself to our teeth.  Immediate improvements have been seen with dental health, simply by being grounded.

The earth itself is a reference point for all circadian rhythms in our body. For example, when we get in a car, the car is not grounded - it is on rubber tyres, so it is not connected to the earth and hence we are ungrounded.  We drive to some other location and we get out of the car, well there’s a little bit of a jet lag even from driving around in a car.  If we stand barefoot for 15 minutes wherever we have arrived, we re-calibrate to the circadian rhythms of the earth where we are and the jet lag goes away.

A similar phenomenon has been noted when you fly an aeroplane.  If you get out of the aeroplane and take off your shoes and your socks and you directly connect your skin to the earth, within 15 minutes you can dissipate the EMF fields you have picked up, the radiation you have picked up, from being up in the upper atmosphere, (you are in a giant metal cylinder that’s attracting gamma rays and UV radiation - we can get 10 to 100 times the radiation up there than we do down here)and  
you come back into the electrical potential if the earth and you  
absorb frequencies out of the earth that tells your body where you are and what’s going on.

The circadian rhythm piece of this puzzle is profound because it  
affects cortisol levels - this has been proven, it has been scientifically and medically documented.  Within 8 weeks of being  
grounded, cortisol levels are improved.  The rhythm of cortisol in the body is improved.  Disturbances in cortisol levels are eradicated.

The same can be said with hormone levels.  Erratic fluctuations in hormone levels.  This is because these 2 things respond to circadian rhythms.  Circadian rhythms being biological clocks, rhythms that we have inside ourselves.  When we are in rubber soled shoes, when we are ungrounded, our body has no ability to access the referenced circadian rhythms, the frequencies that are coming out of the earth.  Our body attunes to those like Greenwich Mean Time, it’s kind of like a clock on the wall, it goes out of balance after a while, it goes a bit faster or a bit slower and every now and then we have to actually bring it back to the Greenwich Mean Time, so we know exactly what time it is.

When we’re dealing with going back onto the earth, that’s really what’s happening.  Our body resets itself.  Make sure you take the time this summer to do that.  Get reset by getting grounded.  Get barefoot and get your hands into the earth.  Get to the beach, get in the ocean or jump in a lake, and immediately you will notice these benefits.