

# BENEFITS OF GROUNDING

Improves Blood Viscosity  
270% Improvement

Grounding to the soil lowers blood viscosity by raising zeta potential.

Improves Blood Pressure

Subject's systolic levels had average decrease of 14.3%.

Improves Recovery

Lowers blood urea and protein breakdown.

Penetrates Inflammatory Pouch

Electrons semiconduct through inflammatory barricade.

Builds Structural Water

Grounding powers the human water battery created by proteins and exclusion zones.

Reduces Inflammation

Diminished WBC Counts and also shown through medical thermography.



# BENEFITS OF GROUNDING

Improves HRV



Grounded subjects had improvements in HRV that go beyond basic relaxation.

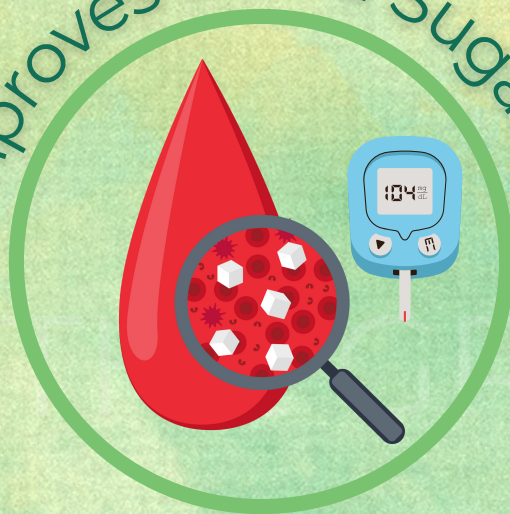
Balances ANS



Improves Vagal Tone

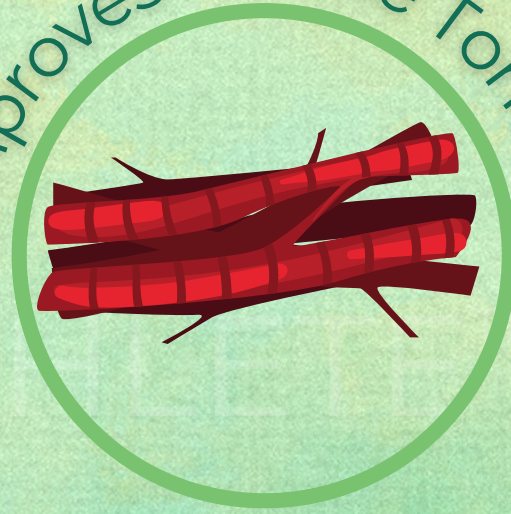
The electrical environment affects autonomic balance. Improves vagal tone and thus improves resilience to stress.

Improves Blood Sugar



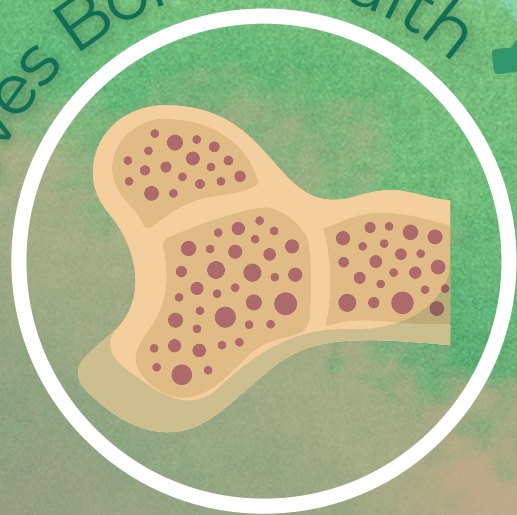
Grounding has beneficial effect on the regulation of blood glucose in NIDDM, which is expressed by decrease of fasting glucose concentrations.

Improves Muscle Tone



Grounding increases or decreases muscle tone depending on state of subject.

Improves Bone Health



Reuptake of serum ionized calcium.

Umbrella Effect



Protects against ambient electric fields.



# WHERE AM I GROUNDED?

## GROUNDED

CONDUCTIVE SURFACES IN CONTACT WITH THE EARTH:

- SOIL
- GRASS
- CONCRETE
- RIVERS/LAKES
- OCEANS
- WET SAND

## INSULATED

INSULATING SURFACES:

- WOOD FLOORING
- PLASTICS
- RUBBER
- GLASS
- ASPHALT
- DRY SAND AND DESERTS

## HOW LONG SHOULD I GROUNDED?

MOST STUDIES RANGE FROM 40 MINUTES TO TWO HOURS, TO THROUGHOUT AN ENTIRE NIGHT OF SLEEP. ANY LENGTH OF TIME IS BENEFICIAL.

