



Episode #64 Earthing and Grounding: How to connect to nature through grounding

Welcome back to my podcast “Earthing and Grounding: How to connect to nature through grounding.” As always, you can check out my Living Well Community page on Facebook to look for ideas and tips on how to live a healthy, rewarding and above all, happy life. If you’re a new listener don’t forget to subscribe to this podcast, so you’ll be notified about my upcoming episodes. My podcast, the PJ Wellness Show, is scripted for relevant content featuring the most up to date information around today’s topics about health, nutrition, and fitness. You can also join my blog that precedes each podcast by clicking on the link in my show notes. Check out the scripts for my podcasts. Now available on my website beyondyourscale.com in the blog section. If you’re a subscriber to my blog, you will automatically receive an email with the link to the script. Enjoy!

Today’s podcast follows up on my blog “What is grounding, and can it improve your health?” Grounding aka Earthing: The earth as a battery - health benefits of grounding. While the words can really be used interchangeably to talk about getting outdoors, proponents of earthing, or grounding, promote walking barefoot because they believe the ground can neutralize electrical potential, and therefore, potentially have some health benefits.

Go to my blog section at beyondyourscale.com and check out my blog to learn more about the health benefits of grounding.

With the help of grounding (also known as earthing), people can and should reconnect more with nature. This is about discharging energy by getting in contact with earth. This can have positive effects on your health. Sounds interesting? In today’s podcast you will learn more about the advantages and possible applications of grounding and earthing.

But before I go on, I want to give you my google buster question for the day. Life expectancy is largely impacted by this singular condition. What is it? As always, I will give you my answer at the

end of the podcast or you will find it on my Facebook group "The Living Well Community."

Back to the roots? In the past, people were more in tune with nature. And even today there are many reasons why being close to nature is good for the body and mind. Electricity is probably not a thought that has come to your mind so far.

Kicking off your shoes and literally connecting with Mother Earth can have many health benefits. Does that sound too easy to be true? In fact, it is!

The phenomenon is also called grounding or earthing and can bring you back to the natural rhythms of our being. According to smaller studies by scientists, the practice can support positive effects on inflammation and stress. Let's take a look.

Grounding: What does it mean?

Grounding, also known as earthing, is a technique of performing activities or using products designed to ground and reconnect you to earth as you make an electrical connection to the energies of the earth. That may sound a bit spiritual at first. Yet behind grounding stands solid science. But how does it work?

First, grounding refers to direct skin contact with the earth's surface, e.g. with bare feet and hands or with different grounding systems. Reports that walking barefoot on earth improves health and induces a sense of well-being can be found in literature and practices of different cultures around the world.

The mechanism of action: How does grounding work?

If you think back to your school days, you might be able to remember that everything, including humans, is made of atoms. These microscopic particles contain equal numbers of negatively charged electrons (they come in pairs) and positively charged protons, so an atom is neutral unless it loses an electron.

When an atom has an unpaired electron, it becomes a "free radical" with a positive charge that can damage our cells and contribute to chronic inflammation and other diseases. In this case, "positive" is not a good thing. Free radicals can cause cancer and other disorders.

One reason direct physical contact with the soil could have beneficial physiological effects is that the earth's surface carries a negative charge and constantly generates electrons that could neutralize free radicals and therefore act as antioxidants.

Of course, you can and should also eat a healthy and balanced diet by eating fruit and vegetables to absorb vitamins and minerals in the fight against free radicals. But the idea sounds very interesting that we might be able to also get them directly from Earth to help us combat these radicals and stop them from robbing other cells of electrons, causing damage and contributing to many diseases.

The simplest form is to walk barefoot on surfaces, such as grass, asphalt or sand. When we make contact with the ground with bare feet, we discharge our excess energy and create a healing effect on a cellular level. If you want to do something more technical, you can also use special grounding mats or other devices. But more on that later.

Grounding and earthing: What does grounding do?

The topic itself has not been researched very well, which is why there is only a small number of scientific studies. However, the latest research results show a measurable improvement in inflammation, immune responses, wound healing and the prevention and treatment of chronic inflammatory diseases.

Although the body of evidence is still very slim, some health professionals believe that the benefits of grounding therapy may be as simple as feeling reconnected with nature. Regardless, there is little potential harm in using this technique.

According to these studies grounding carries benefits for these conditions:

Chronic fatigue, chronic pain, anxiety and depression, sleep disorders, cardiovascular disease and the balance of cortisol levels.

Many of the studies are still small, so more research is needed. However, the results of the studies so far look promising, and I will now take a closer look at them.

Reduce inflammation

A research paper suggests that the earth is a living matrix with a central connection to all living cells. This matrix is held together by

electrical conductivity, which acts as an immune system defense (similar to antioxidants). Therefore, the body restores its natural defenses by connecting to earth.

Positive effects on heart health

A small study looked at the effects of grounding on heart health in humans. For the study, ten healthy volunteers had grounding straps on their hands and feet. Then, the changes in the blood flow of red blood cells were measured.

The result showed a sharp decrease in clumping of blood cells after grounding. This suggests a positive influence of grounding to heart health.

Accelerate the healing process and relieve pain

Researchers also examined grounding's pain-relieving abilities. Using special patches and mats, they studied the effects on post-exercise muscle damage.

The creatine kinase (important for energy supply in the muscles), the number of white blood cells and the pain level were measured before and after the grounding. The blood analysis showed that muscle damage and pain could be reduced and that there is a positive influence on the healing process in the body.

Effect on mood

Another recent study examined the pain-relieving and mood-enhancing properties of grounding. This study examined 16 massage therapists who alternated between periods of grounding and pausing the grounding.

Due to the physically demanding work, they all had complained of chronic pain and physical and emotional stress. After receiving the grounding therapy, all participants reported a decrease in pain, stress, depression, and fatigue.

Balance of cortisol levels

A study was published in the Journal of European Biology and Bioelectromagnetics in 2006 examining patterns of cortisol balance in patients. Researchers found that after grounding, cortisol levels were more balanced again.

If you ground yourself before going to sleep, the body could then deal better with stress and break down the stress hormone cortisol more efficiently, which has a positive effect on your body's regeneration at night. Anyone who recovers optimally at night is also less stressed in everyday life.

Earthing and Grounding: How can I ground myself?

Experience and measurements show that grounding, meaning constant contact with the earth, can bring lasting benefits that support your body. There are many types of grounding. All, however, are focused on reconnecting with Earth. This can be done either through direct or indirect contact with the earth's surface.

Here are some ways how to ground yourself:

- **walk barefoot**
- **lying on the floor**
- **immerse yourself in water**
- **use grounding products**

As a beginner, you can start grounding your body with just a few minutes a day or on certain days of the week. Then you can expand on that, depending on how much time you have in everyday life, for example for walks.

Walking barefoot

When was the last time you walked barefoot through green grass and felt your feet tickle? This way is probably the easiest way to ground yourself. Whether it's grass, sand, or even mud, when your skin touches the natural surface of the earth, you get grounding energy.

However, make sure to keep an eye out for stray rocks or other harming elements such as broken glass.

Lying on the floor

You can improve your skin-to-earth contact by lying on the ground, on the grass in a park, or even on the sand at the beach. But you can also move your next yoga session outside to the grass or other ground surface instead of using a mat.

Immerse in water

Water can also be used for grounding. You can walk along the shore with your feet or swim in the sea. Feel the cool water, soft sand, and even slimy rocks or smooth river stones to feel more connected to the earth. Just be careful not to slip.

Use grounding products

There are also various grounding and earthing products that allow frequent contact with earth, for example when sleeping, when you are sitting at the computer or when you are outdoors.

These are simple grounding systems in the form of

- **sheets**
- **sleeping bags**
- **mats**
- **wrist or ankle straps**
- **patches and pad**
- **shoes**

These products are connected to earth by a current limiting cord that is inserted with a safety adapter into a grounded wall outlet or attached to an outside grounding rod.

Sheets and sleeping bag

The grounding sheet or sleeping bag is ideal for use while you sleep. If you don't want to do without it when traveling or visiting, it's best to use a sleeping bag.

Mats

Even at work or when you relax on your sofa, you don't have to do without grounding. Special mats are very suitable here, which you can use with your bare feet while sitting at your desk or watching TV. It is also available as a desk pad, where you can place your bare upper arms or hands.

Wrist and ankle straps

Straps are an inexpensive and convenient way to take advantage of a connection to earth. You can use these in everyday life but also when sleeping.

Patches and pads

Self-adhesive grounding patches and pads are suitable for direct earthing of specific body parts to improve recovery, pain, and inflammation. Due to the positive effects on inflammation and pain, these can be applied specifically to the pain point for this purpose.

Shoes

When using a special grounding shoe, a conductive plug is positioned in the sole and/or at the ball of the foot under the metatarsal bones. The conductive plug in the sole acts as a conductor of electron flow from the earth to your body. It makes the shoes genuinely grounding.

In addition to special shoes, there are also flexible straps that can be used to convert almost any shoe or sandal to fit grounding. You are grounded when you are on a conductive surface such as grass, dirt, sand, or concrete.

What do I have to consider when grounding?

The methods performed in nature are considered safe. Here, when walking barefoot, you should only make sure that you do not step on any harmful parts or watch out for currents in the water.

However, the use of grounding rods, mats or similar products may present a risk of electric shock. Therefore, you should only use specifically designed products for grounding, be careful when using it and follow all the product instructions so as not to get shocked by the electricity.

Additionally, conditions such as chronic fatigue, pain, and anxiety can have medical causes that should be addressed accordingly. Always speak with your doctor first to assess the symptoms before relying on grounding as the first line of treatment.

Conclusion

Grounding is a technique that focuses on realigning your electrical energy by reconnecting with the earth and absorbing its electrons to feel grounded. Smaller studies have reported benefits in inflammation, pain, and mood.

There are many methods you can use, such as walking barefoot, lying on the floor, swimming in the ocean, or getting in touch with nature. If going outside to ground yourself is not an option, there are also grounding products such as sheets and sleeping bags that

can be used while sleeping. Another idea would be grounding shoes or straps that attach to the sole of the shoe.

Aforementioned research in studies has already found positive outcomes, but as with many other studies more research is needed here. However, since grounding is very safe and not harmful, it is definitely worth giving one or the other grounding method a try. What can be better than walking barefoot on grass or in the sand...

What are your strategies for better health? What tips help you, especially in times when you wish you could have more control over your well-being?

If you don't want to miss any more podcasts and would like to receive information about new blog posts, recipes, and lifestyle ideas, then subscribe to my blogs and podcasts to stay up to date.

And here is today's answer to my google buster question "Life expectancy is largely impacted by this singular condition. What is it?"

One of the most important medical discoveries of the past two decades has been that the immune system and inflammatory processes are involved in not just a few select disorders, but a wide variety of mental and physical health problems that dominate present-day morbidity and mortality worldwide. Indeed, chronic inflammatory diseases have been recognized as the most significant cause of death in the world today, with more than 50% of all deaths being attributable to inflammation-related diseases such as ischemic heart disease, stroke, cancer, diabetes mellitus, chronic kidney disease, non-alcoholic fatty liver disease (NAFLD) and autoimmune and neurodegenerative conditions. Evidence is emerging that the risk of developing chronic inflammation can be traced back to early development, and its effects are now known to persist throughout the life span to affect adulthood health and risk of mortality.

Let grounding help you reduce inflammation, pain, and stress, while improving blood flow, energy, and sleep, to help generate greater well-being. Re-listen to this podcast and start implementing grounding techniques to reduce the effects of inflammatory triggers in your life. Picture yourself a year from now. You won't regret it!

I also want to remind you to leave me your email if you wish to receive a link to my blogs and podcasts. If you still feel

overwhelmed keeping your health and weight in check, I want to remind everybody that I'd love to Skype or Zoom with you for more ideas of how I can help you jumpstart your health and create a Living Well, healthy, and happy lifestyle for you and your family.

Check out my great packages & as always, our first get together is free! You can find the link to all my personalized coaching services in the Show Notes. Take a look and let me know how I can help.

And, of course, I am continuing to work hard so you can join me for my upcoming digital course: "28 Days To A Healthier You". It's the perfect way to enjoy the journey how to live a better, healthier, and happier life. Don't forget to check out my show notes and my website BeyondYourScale.com for tips, recipes and so much more information.

Take care for now and thank you so much for staying tuned. I love having you & look forward to getting to know you better soon! Have a safe & happy rest of the week.

Check out the links below which support this podcast.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7147972/>

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