

LIVING THINGS IN NATURE HAVE A CONSTANT ELECTRICAL CONNECTION WITH THE EARTH, except for humans. Lifestyle has disconnected us from the battery. We rarely walk barefoot outside. We no longer sleep on the earth. We don't use footwear from animal skins. Such practices were part of ordinary living throughout history and allowed humans constant connection to EARTH'S ELECTRICAL ENERGY.



Just as electric systems are stabilized when they are grounded, that is, connected to the earth, so too, OUR BIO-ELECTRIC BODIES BECOME STABILIZED WHEN WE HUMANS ARE GROUNDED, by being in direct skin contact with the earth and soaking up valuable electrons that came from the sun. Keep in mind that our bodies work electrically. Every movement and thought is based on frequencies and electric transmissions in the body.

Think of systems like the heart and brain and immune system that operate electrically.

THE EARTHING CONCEPT CAN BE PUT TO THE TEST BY SIMPLY WALKING BAREFOOT OUTSIDE at the beach, in a grassy park, or in your backyard.