

# Benefit from Earth's Energies



# Earthing

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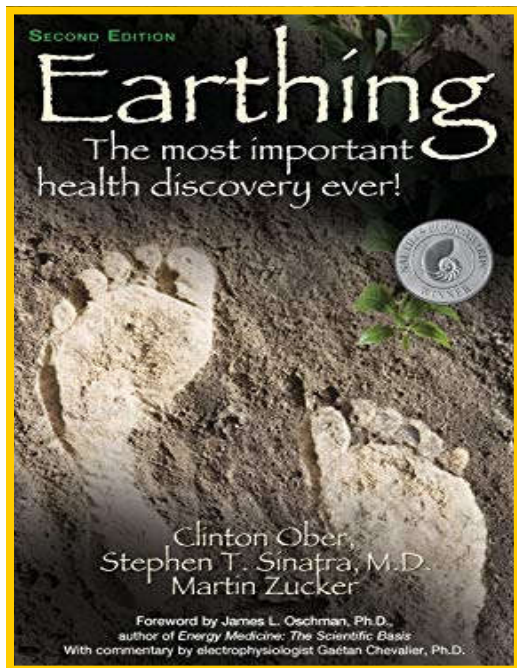


# the

# Answer

Order / More Info--Go to:  
<http://tiny.cc/Earthing>

# Earthing Book



Paperback: 260 Pages

## Earthing

Introduces the landmark discovery that living in contact with the Earth's natural surface charge, prevents chronic inflammation .

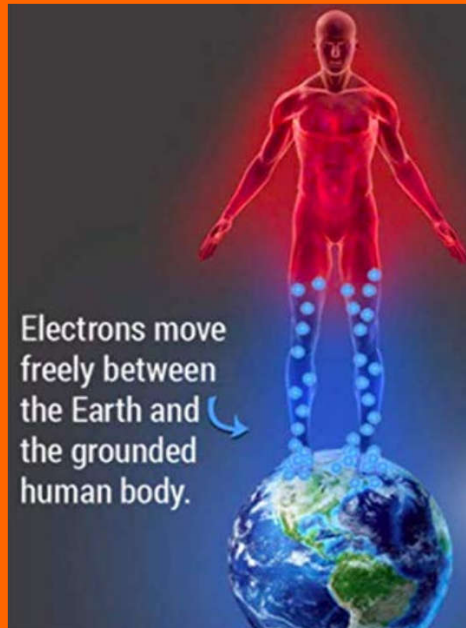
Grounding has massive health implications.

Research has established a link between chronic inflammation and chronic disease as well as the ageing process itself.

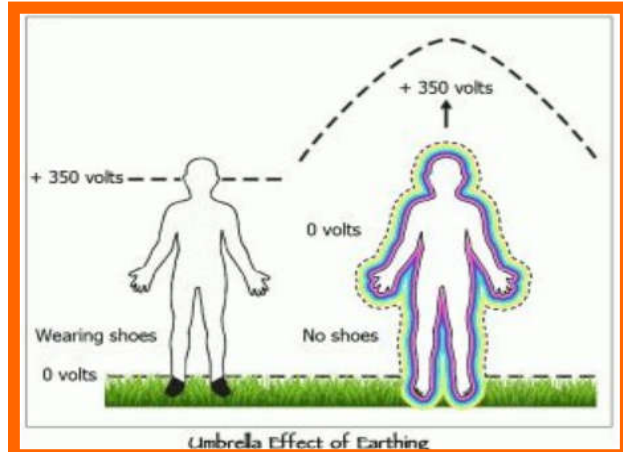
## Benefits of Earthing

- Defuses cause of inflammation.
- Reduces or eliminates chronic pain
- Improves sleep
- Increases energy
- Lowers stress
- Normalizes the body's rhythms.
- Relieves tension.
- Lessens hormonal and menstrual symptoms.
- Reduces jet lag.
- Protects the body against EMFs

# How Earthing Works



The energy of free electrons supports All life forms.



Any insulator between you & the earth interferes with your connection to the earth's electrons.

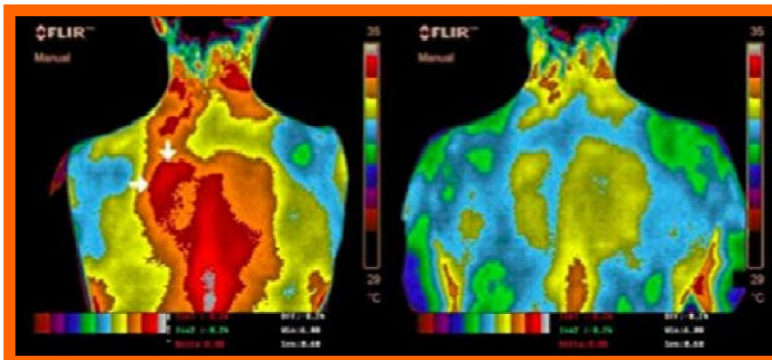
Methods were created to help us "get grounded"



Ground



Special Grounded Sheets



Heat from Inflammation

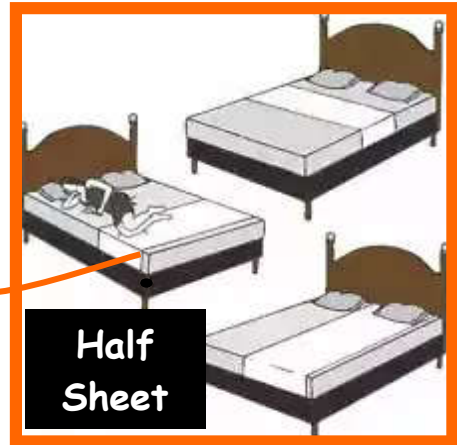
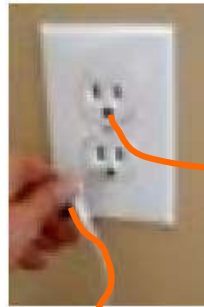
After 4 Nights on a Grounded Sheet

## Decreased Inflammation

Thermographic images of inflammation after sleeping on a grounded sheet for 4 nights.

# Stay Grounded At Night

*Sleep on a grounded sheet*



## Grounding Sheet:

- Has snap to ground to a receptacle.
- Have silver threads in the fabric
- Threads must make contact with your skin (i.e. arms, legs, hands or feet)
- 100% Cotton
- Machine Washable—warm water
- Dryer safe-Low heat

## Sheet Kit Includes



1-Sheet



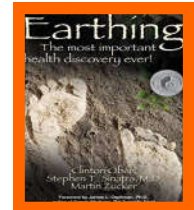
Ground Tester



15' Cord



Continuity Tester



Earthing Book

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# Stay “Grounded” During the Day



## The Universal Mat

Can be used as a foot ground with bare feet. Or on a table top in contact with bare skin

Note: The mat is grounded to the wall outlet



## The Universal Mat Kits

Includes:

- 1- Conductive black mat
- 1- 15 ft. grounding cord
- 1- Earthing book
- 1- Circuit tester to test that your wall plug is grounded .

Sizes:

12.5" x 39"

18" x 36



<http://tiny.cc/Earthing>

