



GROUNDING (EARTHING): INFORMATION FOR CLINICIANS

Disclosure statement

This document has been prepared by CowNected Earthing. **Grounding (Earthing): Information for Clinicians** is provided without charge persons who practice grounding.

This document aims to inform medical practitioners of the potential health benefits of a regular grounding practice through evidence based studies.

Purpose of This Document

I am providing this summary because I practice grounding (earthing) regularly, and I want to ensure you are aware of it as part of my overall health picture. Grounding may influence blood viscosity and autonomic balance, which could be relevant when monitoring medications that affect circulation or clotting.

This document is not intended to challenge medical guidance — only to support safe, informed care.

What Is Grounding?

Grounding refers to direct skin contact with the Earth's surface, or the use of conductive systems connected to Earth, allowing the body to absorb free electrons.

It is not a medical treatment.

It is a physiological exposure similar to sunlight, temperature, or environmental electrical fields.

Why I Am Sharing This With You

Because I ground daily, and because grounding may influence blood flow characteristics, I want to ensure this is considered when reviewing:

- anticoagulant or antiplatelet medication
- blood pressure management
- circulation-related conditions
- sleep and autonomic symptoms

I am not requesting treatment changes based on grounding alone.

I am requesting awareness and appropriate monitoring.



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Background & Early Research

Grounding research began over 20 years ago when **Clint Ober**, a cable-television engineer, proposed that modern insulation (rubber soles, synthetic flooring, elevated living) had reduced natural electrical contact with the Earth.

His observations led to collaboration with **Dr. Stephen Sinatra**, a board-certified cardiologist**, who co-authored early papers and books exploring grounding's potential effects on:

- inflammation
- circulation
- autonomic nervous system balance
- sleep and cortisol rhythms.

The research remains early-stage, but several small studies have produced consistent physiological findings.

Key Findings From Existing Studies

(General scientific observations — not medical claims)

1. Blood Viscosity & Red Blood Cell Behaviour

Studies report that grounding may:

- increase red blood cell zeta potential
- reduce clumping
- improve flow characteristics

These effects resemble mild anticoagulation behaviour.

2. Inflammation & Oxidative Stress

Grounding has been associated with:

- reduced inflammatory markers
- improved autonomic balance
- decreased oxidative stress

3. Sleep & Cortisol Regulation

Grounding may normalise cortisol rhythms and improve sleep quality.



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Clinical Relevance

If grounding reduces blood viscosity, it may interact with:

- anticoagulants
- antiplatelet medications
- hypertension management
- conditions involving impaired circulation

This is why I want grounding to be part of the conversation when reviewing my medication and monitoring my blood.

What I Am Asking For

- Awareness that grounding is part of my daily routine
- Appropriate monitoring (e.g., INR or clotting profile if relevant)
- Guidance on whether my current medication dosage remains appropriate
- A collaborative, safe approach to any future adjustments

I value your expertise and want to work with you responsibly.

Thank You

Thank you for taking the time to read this.

My goal is to ensure that all factors influencing my health — including grounding — are visible to you so that we can make the best decisions together.

COWNNECTED EARTHING™

100% Pure Grounding Anchorage

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