



BENEFITS OF NATURE

Grounding: The Ultimate Healing Technique?

Grounding, also known as earthing, is based on research showing that having a connection to the earth's electrical energy promotes physical well-being.



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The number of barriers to healing is a long and sordid list with a dirty food, water, and air supply sitting at the top. Combine that with a poor relationship with the sun and the earth, and true healing becomes very difficult. However, if we can reignite our connection with the earth, we may find healing becomes a lot easier.

What Is Grounding?

Grounding, also known as "earthing," is based on research showing that having a connection to the earth's electrical energy promotes physical well-being. This connection is made between the electrical frequencies of the human body and that of the earth, which can be achieved directly (for example, being barefoot in grass or on a beach) or by proxy through grounding technology.

As it turns out, grounding is one of the core foundations for true health.

The Pioneer and the Science

Clinton Ober, a recognized pioneer in the concept of earthing, knew that the earth's surface is made up of negatively charged ions, which contain extra electrons. These electrons have the ability to reduce positive charges, like those of free radicals. Free radicals circulate in our body looking for electrons in order to be complete, and once they do, they are "neutralized" and no longer contribute to inflammation in the body.

Ober finally received support in 2004, after many years of personal research, when the *Journal of Alternative and Complimentary Medicine* published one of his studies. His results showed that "earthing during your sleep resynchronizes cortisol secretion more in alignment with its natural, normal rhythm."

This research has provided us with a whole new way to appreciate the earth.



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Conditions Improved With Earthing

The key factor that seems to be linked with earthing is the reduction of inflammation. Since there are over 80 chronic diseases associated with inflammation, including cancer and Type 2 diabetes, earthing could be one of the greatest "rediscoveries" of our time.

Studies have indicated several benefits to your health while earthing, including the following:

- Improved sleep
- Decreased pain and inflammation
- Enhanced immune system
- Reduced anxiety and stress
- Improved gastrointestinal symptoms
- Improved cardiovascular function
- Improved energy levels
- Improved hormonal cycles
- More dramatic healing for sports injuries
- Reduced jet lag

An impressive list for simply getting back in touch with the ground.

How We Can Reconnect

We have insulated ourselves from the earth primarily through shoes with rubber or plastic soles. This daily practice with little to no reprieve has consistently unplugged us from the healing negative charge of the earth.

The most effective way to get grounded again is to get your bare feet in the grass (slightly wet is best), soil, sand, or salt water for 20–30 minutes a day (gardening with bare hands will also provide a connection). If you live close to water, walking in close vicinity to it will improve the experience. If these are not reasonable options for you, then consider [grounding technology](#) like earthing sheets, mats, car seat covers, and sandals that will essentially do the same thing.

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Keep in mind that concrete is a good conductor as well, as long as it is not sealed or painted, but materials like asphalt and wood will not allow electrons to pass through, so they are not suitable for grounding (which makes barefoot travel in the house typically useless).

Also, the higher up you are in a building, the more removed you are from the surface of the earth, which has additional negative implications.

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Derek Henry, founder of Healing the Body and the THRIVE Academy, used nutrition, supplementation, and a holistic lifestyle to naturally unravel 13 chronic disease conditions that