

## Earthing Technical Resource List

### References:

Ghaly M and Teplitz D. "The biologic effects of grounding the human body during sleep as measured by cortisol levels and subjective reporting of sleep, pain, and stress." *Journal of Alternative and Complimentary Medicine* 2004; 10(5): 767-776

Understanding Earthing is a very good overview:

[http://www.earthinginstitute.net/statements/understanding\\_earthing.pdf](http://www.earthinginstitute.net/statements/understanding_earthing.pdf)

The following list major themes and then allows a click through to the original article or abstract... <http://www.earthinginstitute.net/index.php/research>

The following is an ongoing blog where both researchers and individuals who share their experiences.... <http://www.earthinginstitute.net/index.php/blog>