

# Free Antioxidants: Earthing

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Remember the movie "Die Hard" when Bruce Willis, after his transcontinental flight, took off his shoes because it helped him recover faster from jet lag? Well, it turns out the process of being "barefoot" or "earthing" is creating a huge buzz and you can expect your patients will be asking you about it in the very near future. Here's why.



The earth is virtually an unlimited source of free electrons. Think of the earth as a huge battery that is continually charged by solar radiation, lightning and heat from its molten core. And because we consist mostly of water and minerals, we conduct those free electrons and they flow into us naturally just by walking or standing barefoot on the earth. Standing barefoot on the earth, wet grass, dirt, sand, stone, even unpainted concrete allows electrons to flow into our body. Unfortunately, almost all shoes block this natural flow of electrons.

Joe, are you telling me that walking barefoot on the ground is like taking antioxidants? Well that's how it appears. The field is too new to have all the answers so I may be getting excited a little premature but to me the concept makes perfect sense. I have listed some resources for a more technical discussion of how the process works so you can do your own investigation. But I must tell you I am intrigued by the testimonials of people who have consistently applied the principles of grounding.

I am always looking for ways that people can achieve what I would call a quantum level of health, and I think the concept of earthing or grounding especially for chronic illness is going to make a big difference. People practicing earthing consistently report: better sleep, increased energy, reductions in pain, lower stress by normalizing cortisol, natural blood thinning which improves blood pressure, less muscle tension, an acceleration of healing for intense athletic activity, and less chronic inflammation.

Let's consider inflammation for a moment. Dr. James Oschman author of two books on energy medicine puts it this way, "Inflammation is really an artifact caused by a lack of electrons in your tissues. What happens is the neutrophils deliver the reactive oxygen species (ROS) to the site of the injury, but in so doing, some of those free radicals can leak into the surrounding tissue and damage healthy tissue. That's what creates the inflammatory response. However, the moment your foot touches the earth or you connect to the Earth through grounding wire, your physiology changes, an immediate normalization occurs, and an anti-inflammatory switch is turned on. People stay inflamed because they never connect with the earth, the source of free electrons, which can neutralize the free radicals in the body that cause disease and cellular destruction."

One of the areas I am most interested in is the protection earthing may offer the body against electromagnetic fields (EMFs). It is no secret to any of us that the amount of electromagnetic frequencies that our bodies are exposed to increases every year. Just because most of us don't feel the effects of cell phone towers as we walk or drive by doesn't mean they are not affecting us. How about the increased amount of wireless everything that we are now exposed to: cell phones, headsets, printers, computers and Internet connections.

Wireless means a transmission of an energy signal from one point to another with us in the middle. We don't know what effects these alien forms of energy will have on our body long term. Like canaries in a coal mine, a number of people have been affected with a condition called EMF poisoning.

Cardiologist Steven Sinatra is one of the major proponents and practitioners of complementary medicine. His own son, Step Sinatra was plagued by EMF poisoning. Despite Dr. Sinatra's professional contacts and vast knowledge he was not able to help his son recover from this dreaded illness. They spent hundreds of thousands of dollars trying everything from endocrine balancing to parasite detoxification and still a 33 year old man of 6 feet dropped in weight to 83 pounds and felt he was dying. Finally when he learned some of the principles of earthing he was able to start the road to recovery.

We are continually disconnected from the ground due to the shoes we wear, lifestyles we lead and buildings we chose to live and work in. One of the benefits of grounding is that the correct amount of free electrons creates a type of "umbrella effect" whereby the EMFs move around us instead of through us. Frequencies may not affect us in the same way if we are plugged into a source of free electrons on a regular basis.

I'm excited to see what future research reveals about "earthing." But in the meantime let's get out and get barefoot ourselves and encourage our patients to take advantage of nature's free antioxidants. Sea water, wet sand or grass, concrete and stone are great conductors. Asphalt, painted concrete, wood, carpet, plastics or rubber are all poor conductors and will not facilitate the uptake of free electrons. Our bodies are approximately 57% water. Water is a great conductor; but remember, for proper conduction throughout the body we need to get plenty of minerals.

Thanks for reading this week's edition of the Tuesday Minute.