

## **Chronic Pain, Inflammation**

**“...my shoulder pain is continuing to diminish.”**

I am a Registered Nurse living in Toronto, Canada and I am in my 50's. I injured my right shoulder 10 months ago. The excruciating pain and lack of range of motion from my “frozen shoulder,” was affecting my sleep and my ability to function daily. For months I have been searching for something to ease my chronic pain and discomfort with NO SUCCESS. The pain in my shoulder was getting progressively worse!! Three weeks ago, I seriously looked into the fascinating information about "Earthing™." I ordered a Barefoot Bed Pad and could not wait to receive it. While waiting, I started implementing the “Barefoot Revolution” idea ... walking barefoot for at least 30 minutes on my front lawn. I was amazed that I started feeling a little less pain in my shoulder. After the first night sleeping "Earthed and Grounded" I noticed that the inflammation "hot spot" in my upper right arm muscle was less tender. I also slept very soundly. It was Amazing!! It's been 3 weeks now and my right shoulder pain is continuing to diminish.

*Miriam (Toronto,*

*Ontario)*

**“...my feet weren't swollen when I got up in the morning.”**

In December of 1999 I was diagnosed with Behcet's Syndrome, a chronic inflammatory disorder. Within 72 hours of becoming ill I was profoundly deaf and in a constant state of vertigo; I had lost eyesight in one eye, had constant joint pain throughout my body – especially in my swollen and blistered feet. I developed ulcers in my mouth and lesions on various parts of my body, and was left extremely fatigued. After months of medications and bed rest, I was able to return to work, but still had to take multiple medications to reduce inflammation and regulate my immune system. At the end of each work week I would be very fatigued and I spent most of my weekends sleeping. My feet got progressively worse with pain and swelling; I had to start wearing sandals to work and kept a pair of house slippers by my desk to wear around the office. My doctor prescribed Vioxx for the pain and inflammation in my feet, which I had been taking for the last few years. I fully expected that some day I would not be able to walk, and that chronic pain was something I would have to live with. Between the medication and the pain, I would be up 3 to 6 times a night and sometimes couldn't sleep at all.

When I was told about the grounding mattress pad I was hopeful but didn't really expect what happened. After the third night on the grounding pad my feet weren't swollen when I got up in the morning. I was able to wiggle my toes and I didn't have any pain. It was unbelievable! Every morning after that was like waking up with new feet. I have been sleeping on the pad since Feb. 2004 and have been able to stop taking the Prednisone, Vioxx and I am now slowly coming off the Trental. I sleep deeper than I ever have and most of the time I sleep completely through the night. On weekends I'm up between 8:00 and 9:00 a.m. and ready to enjoy my leisure time. Behcet's syndrome has been a life changing event – so has the grounding mattress pad. Thank you.

*Randy (Upland,*

*CA)*

**“...pain in her back seems to have disappeared.”**

I had problems with inflammation of my knees, and did not sleep well at night. After using your Barefoot Bed Pad I found that I was sleeping much better and the inflammation in my knees had gone down. My wife mentioned that after 5 days of sleeping on the pad she was sleeping noticeably better. She had problems with pain in her back that seem to have disappeared. I have no words to describe how happy we are. Thank you so much.

*Javier (Panorama City,*

*CA)*

**“...my shoulder and back pain has almost completely gone!”**

My wife Athleen and I came to your office to visit you about the Barefoot Pad on June 21, 2006 (12 days ago). We had read all the material and you answered our questions with such courtesy and candor that we bought the Barefoot Pad on the spot. We immediately connected it to the ground and tried it out

Athleen has diabetes and neuropathy. She seldom, if ever, sleeps well because of the pain in her feet. When she sits for a while and stands up she always has pain and hobbles around a while until the pain eases. Upon using the pad she immediately felt a tingling sensation in different spots in her body. (She has had various health problems including chronic bowel obstructions for the last three years). We haven't had the pad long enough to determine how it is affecting her internally. However, we have observed that she no longer feels the pain in her feet when she gets up out of bed or rises after sitting. Her pain has diminished. We are slowly taking her off of the pain medication she has been on for a number of years. Now when she wakes up it is the sensation she feels from the pad that gets her attention rather than the pain. We are looking forward to observing the effects of the next month now that we are home.

I have had significant pain in my shoulders such that I could not fully raise my left arm or rotate my shoulder for over a year. (I had the same problem with my right shoulder until I went to physical therapy.) I have some degenerative discs in my lower back and have recently looked into the possibility of surgery. I use a back brace when I lift anything or sit for a long time. The pain in my back or shoulder frequently wakes me during the night when I roll over. Since using the Barefoot Bed Pad my shoulder and back pain has almost completely gone and we are amazed that I can move my arms freely over my head. My back is much better and I am sleeping soundly. As far as I know I have changed nothing except the Barefoot Pad. We look forward to continuing to evaluate the results as time goes on. We are very hopeful and will continue to let you know.

*Bill and Athleen (Layton,*

*UT)*

**“...severe foot and high leg cramps – gone!”**

I am 84 yrs of age, and have been in the cosmetic and nutrition business since 1962. During the past 30 years I have had severe foot and high leg cramps that were fierce. Often Quinine would be the only solution to the pain and disabling result. Since sleeping on the Barefoot Bed Pad these past 8 weeks (from the first night) I have not had these cramps! In addition, my ability to sleep has dramatically changed so I can sleep through the night with ease. I can't tell you the peace that this bed pad gives me!

*Marge (Newbury Park,*

*CA)*

**“...the most wonderful discovery that I have ever encountered!”**

I am 66 years of age, and have been a nutrition researcher and wellness coach for the past 30 years. Seven years ago I had a major back/disc event that changed my life with pain and limitations. I decided to avoid surgery and made good progress with my rehabilitation, however, I had constant distress, little confidence in my strength and very little stamina. Since sleeping “earthed” for over 2 years, I now have my life back! My workouts are more aggressive than before my accident. Sleeping *earthed* has allowed my body to be inflammation free while I sleep... During the day I use the Floor Pad while working.

Just recently I began sleeping on the *Barefoot Connections*™ sheets and I was amazed to see even more benefits. It's like slipping into a safety cocoon -- I drop off to sleep quicker and I am much more comfortable during the night and in the morning. Since the first night using the sheets my wife's snoring has reduced by over 90% -- after all these years. That is a miracle! Sleeping *earthed* is the most wonderful discovery that I have ever encountered!

*Hank (Westlake Village,*

*CA)*

**“...My 20-year sciatic pain went in three days!”**

I am 72 years of age, a Licensed Chiropractor in private practice, married with three children and twelve grandchildren. I am very healthy and very compulsive regarding my workouts and was amazed the morning after the first night “earthed.” I do strict yoga exercises and normally feel flexible about the 40th yoga bow... this time I felt the same at the FIRST bow! My 20-year sciatic pain went in three days and an arthritic finger that had become a problem was 90% quiet within the first week. Another very important change was getting rid of night cramps (under limited control with nutrition) that have plagued me since I was 25 – they are gone! The bed pad has performed way beyond my expectations. What a blessing!

*Marilyn Jones D.C. (Calabasas,*

*CA)*

**“...relief from long-term lower back and hamstring injuries.”**

I was introduced to the *Earthing™* products when attending a holistic health conference. By using a standard voltage meter (which measures electric fields on the body), it was irrefutably demonstrated to me that there is an instant, dramatic decrease in the electric charge in my body when using the grounded Bed Pad. Further incentive to use the products came from reading Clinton Ober's research. As a health educator and university instructor, both empirical research and demonstrable results are essential to me. With this foundation intact, I began routinely using the Bed Pad. I instantly noticed vast improvement in the quality of my sleep and within a week experienced relief from long-term lower back and hamstring injuries. Also, I can now sense an immediate energetic shift as I believe my body is increasingly adapting to - and inclining itself toward - lower EMF exposure. Because of the *Earthing™* products, I am reminded to more often go outdoors and nestle my toes in the grass, directly connecting to Mother Earth herself. I enjoy sharing my positive experience with my students, friends, and colleagues, and hope my testimony may inspire others to benefit from this important tool for enhancing well-being.

*Mary K. Walstrom, Ph.D. (Women's and Gender Studies Department,  
Sonoma State University, California)*

**“...reduced my Chiropractic visits by two thirds.”**

I am a 39 year old sales and marketing professional and have had chronic pain for most of my life due to curvature of the upper spine, overuse and sports related injuries. I have been unable to sleep thru the night for many years and use nutrition, Chiropractic and Ibuprofen to deal with this debilitating pain. The very first night using the Barefoot Bed Pad I actually slept through the night and felt more rested than ever. I was very skeptical and actually waited five days to tell anyone how well it was working. Since sleeping on the pad I have reduced my Chiropractic visits by two thirds. I am stunned as to the amount of pain reduction that has occurred along with a feeling of well-being unlike anything that I have experienced before. Thank you so much!

*Eric (Washington, IN)*

**“...the pain in my wrists has virtually disappeared!”**

A VERITABLE MIRACLE!!!!!!! I got the mini-pad yesterday, used it for 2 hours last night, and the horrendous inflammation pain in my wrists has virtually disappeared already!!!!!! Praise God! (I write and type a lot, and it had become more and more difficult).

**Arthritis, Fibromyalgia**

**“...when I hear a BB King tape, I can now get up and dance!”**

Over one year ago I began sleeping on the *Earthing™* Bed Pad. Before that I would wake up several times in the night, had problems getting back to sleep, and was tired when I awoke in the morning. Since sleeping on the pad I fall to sleep in just a few minutes and I now get at least 8-9 hours of sleep. Now I have much more energy during the day and my health has improved. I have severe arthritis in both wrists. Because of sleeping grounded, my arthritis has greatly improved. No medication needed now.

The reason I know sleeping grounded has helped my arthritis is that soon after sleeping on the pad my arthritis began to disappear. This became even more obvious to me when, on two occasions, I went to visit my son and his family. On the first visit, I was only able to sleep about four hours per night and my arthritis began to flare. Within two days after getting home, I was sleeping well like before and within two days my arthritis went away. On the second occasion, my left wrist became so swollen and inflamed that my son wanted to take me to the emergency room. I instead cut my visit short and went home early. After sleeping two nights on the *Earthing™* Bed Pad again my wrist was back to normal and the pain was gone and I was no longer affected by arthritis. This product has been a miracle for me. I sleep soundly, no bad dreams, and I awake completely relaxed both physically and mentally. I will be 76 soon and when I hear a BB King tape, I can now get up and dance. Thank you for the *Earthing™* technology and God bless you.

Loyce (Oxnard,

CA)

**“...I don't have this [hip] pain at all!”**

I'm a 51 year-old mother and grandmother. For several years I have experienced an arthritic, painful hip. It would hurt so much that getting out of bed and functioning in the morning was truly torturous and sometimes I just could not function (move) no matter how much I gritted my teeth. I used to take other products to control the pain as well as visit a chiropractor several times per week, but with the Barefoot Bed Pad in my life I don't have this pain at all and all I have to do is go to sleep on my *Earthing™* pad. I love it!

Melony (Orem,

UT)

**“...the arthritis pain ...is totally gone.”**

I'm a 58 year-old mother, grandmother and business woman. I am in excellent health, but have been plagued by a persistent, annoying cough over the years. I have tried so many doctors, vitamins, herbs, magnets, cleansing protocols and devices to rid myself of this cough to no avail. After sleeping on the Barefoot Pad for only two weeks, the cough was completely gone. Also, since sleeping earthed, the arthritis pain in my left wrist that has bothered me for years is totally gone. As icing on the cake, I feel a calm and peace or serenity that permeates my entire body. I am absolutely thrilled. Also, I am sleeping very soundly with the Barefoot Bed Pad. Thank you!

Patsy (Mapleton,

UT)

**"...Lupus, fibromyalgia and rheumatoid arthritis "...still thanking God for the Earthing™ Bed Pad."**

I was diagnosed with lupus, fibromyalgia and rheumatoid arthritis eighteen months ago. I could not sleep over an hour at a time; I was in so much pain. Since I received the *Earthing™* Bed Pad five months ago, I have been sleeping well which has turned my life around as it has had a calming effect on my nervous system. I am still thanking God for having you discover the *Earthing™* Bed Pad.

*Donna (Camarillo, CA)*

**"I have not had to take even so much as an aspirin for a long time."**

I'm a 49-year-old certified auto technician. For more than 15 years I suffered from rheumatoid arthritis. To attempt to control the pain, I used to take 1500-3000 mg. of naproxen every day. In September 2005 I was forced to retire; the chronic pain and inflammation in my hands made it impossible for me to continue my work. I had been given a *Barefoot Connections™* Bed Pad by my brother-in-law, but I was so skeptical that I took it home and put it in the closet. When I retired, my brother-in-law convinced me to give it an honest try. Reluctantly, I tried it and have experienced astounding results from the very first night. The inflammation and pain were significantly reduced within a few days and after 4 weeks, the pain was gone! My sleep also improved and I began to sleep better than I had in years. Today, I am completely pain free and I have not had to take even so much as an aspirin for a long time. This product has literally changed my life!

*Steve G. (West Valley, UT)*

**"...decrease in the pain and discomfort of my fibromyalgia."**

I am a 63 year old woman who has suffered from fibromyalgia for over ten years. About a year ago I was fortunate to receive the bed pad as a gift from a friend, who had experienced terrific benefits with the use of this bed pad himself. In a matter of two weeks after putting the pad on my bed, I noticed a significant decrease in the pain and discomfort of my fibromyalgia. I also noticed that my sleep time at night was much longer before being awakened by the pain and discomfort of my having fibromyalgia.

I strongly suggest that anyone who suffers from fibromyalgia make a wise investment and purchase one of these pads. They very well may find out, as I have, that not only has it helped to decrease the discomfort of their fibromyalgia, they are sleeping much sounder and having more dreams.

*Evelyn (Denver, CO)*

**"...My hands and right hip (from arthritis) no longer hurt me."**

I have been sleeping grounded for over a year. Looking back, I realize that I have not been going to doctors like I used to do. My hands and right hip (from arthritis) no longer hurt me, and without really thinking about it, I had stopped taking glucosamine. The same thing happened with the numerous vitamins and supplements I used to take. It seemed I no longer felt the need to take them. Additionally, and this really surprised me, my many food allergies have disappeared. I also notice that my mind seems to be clearer and I seem to have more energy and stamina. Recently I had a check-up from my doctor and he commented that he was amazed at my excellent health – given my age.

Also, I am a hospice worker and was assigned a person who was suffering from very advanced rheumatoid arthritis. His hands, elbows and feet were grotesquely misshapen and he could hardly move or could only move very slowly. He also wanted to try grounding and has been using a mattress pad for over a year. Now he takes slow walks into the yard,

something he never did previously. He also does some household chores such as tending to his fireplace (including carrying wood in from outdoors). His swelling has gone down, he looks healthier, and he moves, talks and expresses himself with a new liveliness. He once commented, "I feel I no longer have disease in my body." Though he will probably always be handicapped, he is no longer considered at risk to die soon. And happily he now experiences some good feelings about life.

*Arvord W. Belden, Ph. D (Clinical Psychologist, Meiners Oaks, CA)*

**"...It's hard to remember now how horrible my nights were."**

I would like to thank you for inventing the *Earthing™* technology and for bringing me back a little bit of myself and my life. I have suffered from lupus and fibromyalgia for decades and I can honestly say that I barely slept – for 25 years. Sleep deprivation goes along with both of these diseases. Since sleeping on the mattress pad, I am now sleeping at least 8-9 hours per night and sometimes 10-12 hours, and rarely waking up during that time. If someone wakes me up, I fall back asleep immediately. I wake up feeling refreshed and grateful for another night of sleep and rest. Previous to purchasing the pad, it would take me 2-3 hours in bed before I could fall asleep and then I would wake up about every hour through the night and again had to struggle to get back to sleep. The nights made me feel like I had been in some sort of war and I was losing the battle. I had tried every imaginable herbal remedy and even prescription sleep aids did not work and had many side effects. I spent a small fortune on new pillows and mattresses to try to solve this dilemma. All that did was put me further into debt. Nothing helped. When the pad was recommended by my doctor, I had no preconceived notions whether the pad would help me or not. The first time I laid on the pad I felt my muscles relax, and I luxuriated in that feeling and knew I would keep it even if that were all I would ever experience from this product. I slept 7 hours the first night and quickly got up to the sleep level I have now. It's almost hard to remember now how horrible my nights were compared to now. For years, I was unable to sleep on my side because of the pressure on my joints, but now I can sleep any which way I like on the pad. I no longer feel sleep deprived and I now look forward to going to bed. I can honestly say that my *Earthing™* Bed Pad is the most valuable possession I have.

*Patricia (Ventura, CA)*

**"...my aches and pains are all but gone."**

I was diagnosed with MS over 15 years ago and have been in a wheelchair for the last six years. I have experienced many aches and pains and the inability to sleep and wake up refreshed. It has been almost four months since I began sleeping on my *Earthing™* Bed Pad. In that time I have noticed a marked improvement in my sleep patterns and my aches and pains are all but gone. I have more energy than I have in the past and have found that I am able to accomplish much more than I used to. My husband goes to bed an hour or so before I do - just so that he can sleep on my mat! He feels better, too! I recommend this product to everyone! It works differently for everybody who tries it and the results are amazing! This is a product that will be around for some time to come and I am glad that I am able to benefit from its use. Thank You,

*C. Lambert (Parker, CO)*

**"I am now getting 8 wonderful hours of sleep every night."**

I have a neck and back injury and also fibromyalgia (the result of surgery on my neck). For the last 9 years, I have tried many treatments to solve the pain and loss of sleep. Currently I see a Chiropractor and a Physical Therapist, weekly, and a Homeopathic doctor as needed. They were helping to improve my pain level, but they were not improving my sleep patterns. If I woke up during the night, it would take several hours to get back to sleep again. The only way to get 8 hours of sleep was to take pain medication; and after 9 years, the pain

medication was having adverse effects on my overall health. I am now getting 8 wonderful hours of sleep every night. I still wake up, but I go right back to sleep. A skeptic might say that the treatments I was undergoing finally began working. However, the 8 hours of sleep started on the *very first night* that I used the *Barefoot Connections™* Bed Pad. I believe that the Bed Pad is 100% responsible. It is a wonderful product and I thank you from the bottom of my heart.

*Sally R. (Payson, UT)*

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## [\*\*Sleep\*\*](#)

**“...Now I wake up without pain.”**

The *Barefoot Connections™* Bed Pad is an incredible stress reliever! Before, when I'd go to bed really stressed, the next morning I'd wake up stressed. Now when I go to bed, my sleep is refreshing and I wake up relaxed. Furthermore, I used to have disturbing dreams when I was stressed that would make it hard to sleep, but that doesn't happen anymore. In fact, one night my mattress pad was not connected because we had moved the bed and I had forgotten to reconnect the pad. I realized it immediately in the morning because I had disturbing dreams, woke up stressed and my allergies came back

Also, I injured my back and that has caused pain in my SI joint, and I had physical therapy for it for years with chiropractors and an osteopath. But I always had soreness and pain. And when I'd go to bed with it, I'd wake up with it. Now I wake up without pain. I think it's because I sleep so relaxed. *Earthing™* is simple but it works!

*Richard (Ashland,*

*OR)*

**“...first time in years I actually slept a full night”**

I have had a sleep disorder all of my life. I would stay awake lying in bed until 5 or 6 a.m. until I literally exhausted my body every night with severe fatigue and only then would I fall asleep. I just could not get my mind to shut down long enough to drift off into an uninterrupted sleep pattern. As a Stage Hypnotist I use self-hypnosis to fall asleep but during my attempt to sleep a full night I would still wake up 15 to 25 times and what little sleep I did receive was for only a couple of hours. For the first time in years I actually slept a full night without waking up a single time and all I did was sleep on the Barefoot Pad, which I had placed on the end of my bed that was grounded to the earth outside of my bedroom. I have slept so well for the last three days that I will never go anywhere without my Barefoot Pad. I have to say that the Barefoot Bed Pad is the most incredible invention I have ever owned.

*Rick (Lubbock,*

*TX)*

**“...joint and back stiffness I have tolerated for years has vanished!”**

I got my Barefoot Bed Pad on Thursday January 19, 2006 and what an incredible experience it has been! In just six days I have slept much better and shorter using the pad. I usually wake up several times a night and now because of the pad I have slept straight through. Another amazing benefit is the joint and back stiffness I have tolerated for years has vanished after just a few nights! Thank you for such profound product.

*John (Branson,*

*MO)*

**“...almost all of my patients ...reported improved sleep.”**

I discovered the benefits of grounding when I noticed the excellent health benefits experienced by one of my patients who was in Clinton Ober’s research study. I contacted Mr. Ober and subsequently grounded the beds of 35 additional patients over a two-month period. Before grounding, the e-field (electric field) measurements of the beds in this group ranged from .3 to 47 volts.

Significantly, almost all of my patients in that group reported improved sleep. Further, in many cases metabolic and hormonal conditions responded as well. Chronic back pain went away in several cases, stiff arthritic joints became more flexible, asthma attacks subsided and PMS symptoms lessened. Also, as a result of improved sleep, there were reports of increased energy and athletic performance.

I have continued recommending grounding and now over 100 of my patients are sleeping grounded. The results confirm that e-fields clearly affect health and that grounding mitigates those effects.

*Russell Whitten, D.C. (Santa Barbara,*

*CA)*

**“...After years of insomnia... I look forward to sleeping.”**

I suffer from insomnia. Even as a young infant, my parents said that I had a difficult time sleeping and there were many nights they spent staying up with me. Also, seven to ten days prior to my menstruation cycle, I could not sleep for more than one to three hours a night, and that’s with medication. My doctor said it was from a hormonal imbalance at that time of the month.

Since sleeping on the grounded mattress pad I now sleep well and no longer need sleep medication. However, the best thing that has happened is that during my menstruation cycle I would suffer from severe cramps to the point that I would not be able to get out of bed. I would miss work and different activities or responsibilities. Since sleeping on the grounded bed pad, the cramps and pain are unnoticeable.

I really love my bed pad. It has saved my sanity, in a sense. Now I am a happier person, I like my mornings, I look forward to sleeping and I do not have a problem falling asleep. Thank you,

*Raha (Ventura,*

*CA)*

**“...Now I sleep between six and seven hours.”**

I was in real life turmoil. There were so many changes in my life and I wasn’t sleeping more than one-and-a-half to two hours per night. I also had a broken ankle with a steel plate in it and lots of pain. Then my friend advised me to try the *Barefoot Connections™* Bed Pad. To my surprise, I began to sleep three hours straight, then four to five hours, never getting up once! Now I sleep between six and seven hours. I continue to see my doctors and do as they advise, but during this difficult period in my life, the Bed Pad has made me more relaxed and rested, with no aches or pains.

*Olga (Walnut Creek, CA)*

**“...the next thing I knew, it was morning.”**

Four months ago a friend and neighbor who was aware of my sleep and health problems suggested that I try sleeping on your grounded bed pad. Even though it sounded strange, based on her reported results, I ordered the pad. Before sleeping grounded, I would get into

bed and read for two to three hours at a time before I could fall to sleep. Even then, my sleep was not restful, and to make matters worse, I suffer from severe chronic pain in my lower back. Having two young children, a full time job and other stressful events occurring in my life, getting up in the morning without enough sleep was a very unpleasant experience. The first night, after placing the grounded mattress pad on my bed, I lay down to read and the next thing I knew, it was morning. Every night since, I fall to sleep quickly and sleep well almost every night. If I wake in the night, I go right back to sleep. Now I sleep so soundly and well that I get up at 5:15 a.m., go for a five-mile walk with my friend, and still have lots of energy. Recently I went on a trip and was not able to sleep while away. From here on I will not go or stay anywhere unless I can sleep grounded. It is my security blanket of sanity. Thanks Again.

*Kelly (Ojai, CA)*

**"I immediately stopped snoring and my sleep apnea was gone."**

I've become fascinated and excited about your technology. My wife (a Naturopath) and I attended the A4m Conference in Las Vegas this month, and stopped at the Barefoot booth. My wife became almost immediately 'sold' on the technology, and bought two pads. We put one on our bed in our room at the Venetian, and I immediately stopped snoring and my sleep apnea was gone. We've been sleeping on the pad since. We sent the second pad to Linda's Mother, and her arthritis is steadily improving.

*Ron*

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### [Sports Recovery, Stress, Other](#)

**"...my recovery time is noticeably reduced."**

Since I began using the *Barefoot Connections™* bed sheets and Athletic Recovery Bag, my recovery time is noticeably reduced; I require about an hour less sleep at night and I wake up more energized and refreshed.

[Click to view video interview with Chris](#)

*Chris Lieto, Three-time Ironman Triathlon Champion*

**"...free of that stiffness."**

The results using this Barefoot Bed Pad have been such a wonderful surprise. I have had daily muscle pain in my upper and lower neck and between my shoulder blades and now when I awake in the morning I feel rested, refreshed and free of that stiffness. The most valuable result for me is the peace I have when I arise in the morning. I am a high stress personality and I have noticed such a calming effect, I handle my stress so differently that my husband has noticed it.

*Wendy (Simi Valley,*

*CA)*

**"... I use the defibrillator less and less."**

I am a retired chiropractor with a heart condition that requires a defibrillating pacemaker. What that means is that when my heart goes into fibrillation, I can defibrillate myself – it's not very fun but it keeps me from having to make emergency trips to the hospital on a regular basis.

Before I was introduced to the *Barefoot Connections*™ Bed Pad, my heart would go into fibrillation about once a week, and it was getting worse. The first night I slept on the Bed Pad came after 10 straight nights of having to defibrillate. Needless to say, I was very appreciative of a full night's sleep. Amazingly, I went for 2 weeks without a problem. Now, after about a year and a half of sleeping "earthed" I use the defibrillator less and less; I have gone for as long as 3 months without a fibrillation. There is no doubt in my mind that the *Barefoot Connections*™ technology has made all the difference. I have changed nothing else

*Mark S. (Bountiful, UT)*

**"...seizures I've had for 15 years seem to have stopped."**

I am an acupuncturist and the *Earthing*™ technology was recommended to me as something I should experience in order to be able to recommend it to my patients. I had no significant health problems myself, however, it did occur to me after 2 or 3 months of sleeping on the Barefoot Bed Pad that I was no longer waking up in the middle of the night – something I'd done for years. Also, after a year of using the mattress pad, I find that my occasional bouts of neuralgia are fewer, milder and easier to stop. And the mild and infrequent partial seizures I've had for 15 years seem to have stopped. Further, my stress level is much lower – it's relaxing to lie on the mattress pad - and my digestion and elimination have improved.

Of significant interest to me, a patient of mine with long-term astrocytoma brain cancer has benefited from sleeping grounded; there is a reduction in severity in his epileptic seizures. Now, they usually are so mild that he can talk during them and he recovers immediately. He has also been able to discontinue two of the medications he had used to control the seizures. Another patient of mine with chronic pain was able to discontinue some of her pain medication. Though she still has pain, it is now only occasional rather than constant. The Barefoot Bed Pad is a product that needs to be experienced to be understood.

*Theresa Vernon, (Licensed Acupuncturist)*

**"...I did not have any muscle soreness the next day."**

I am 39 years of age, and work as a machinist and a volunteer firefighter. My work creates numerous opportunities to be very sore. I was pretty skeptical when I first got the Barefoot Bed Pad, until I did a very strenuous work out. I was amazed that I did not have any muscle soreness the next day. Also my endurance has improved quite a bit making my increased ability to perform very obvious. Isn't it interesting how great things happen when we get back down to the basics?

*Dan (Simi Valley, CA)*

**"...I am delighted..."**

I am a 65-year-old mother, active grandmother and Hospice advocate. I am quite healthy; however, I have the "normal" aches and pains. When I over-do things I pay for it for a couple of days. I also have the remains of my menopausal experience that interrupts my sleep. Since sleeping on the Barefoot Bed Pad for the past 6 months, I am delighted to say that my recovery is amazing and the hormone control is wonderful. This is a very real experience.

*Jean (Westlake Village, CA)*

**"...my feet warmed right up."**

I have had cold feet (poor circulation in feet) for longer than I can remember. Only 15 minutes after using my new Barefoot Bed Pad my feet warmed right up, and they stay that way throughout the day. I am so grateful. No more hot water bottle!

*Pat*

**"...Foot surgery heals fast."**

My girlfriend's son had foot surgery on his left foot identical to the same surgery he had on his right foot six months ago. First time took him nine days to get the swelling down enough to cast it. This time we put one of the *Earthing™* straps over his arch on his good foot day and night. After five days they removed the bandages and his foot was as normal as the healthy one and they cast him yesterday four days early. This allowed him to travel and spend Christmas with his grandparents and relatives. Thanks!

*Ernst*

**"...physical endurance ...has increased dramatically."**

I am 64 yrs of age, and have been in the mortgage business since 1986. Since sleeping on the Barefoot Pad these past 6 weeks my physical endurance after golf and/or workouts has increased dramatically. Surprisingly I found that in the first 2-3 weeks my waistline reduced by almost 3 inches without losing any weight. My stomach lining must have been inflamed and I had high cortisol levels. The "*Earthing™*" changed all of that! This science will change my health in the future more than anything that I have ever experienced.