

Welcome to the Barefoot Health Revolution

The Barefoot Revolution is a global awakening to the vital importance of the connection of the human and animal body with the earth while we sleep. It provides the incentive to 're-connect to the earth' at a time when it is crucial for our well being.



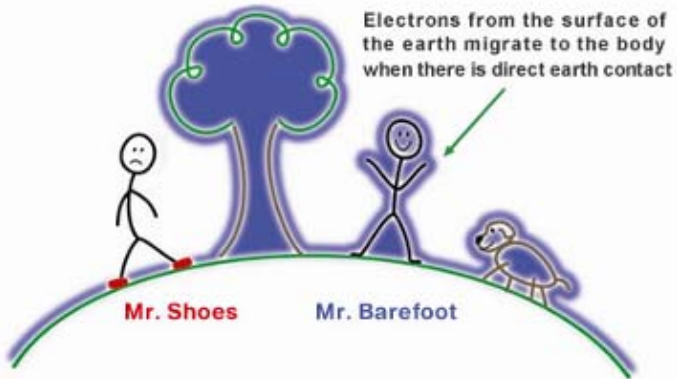
The earth has a negative electrical surface charge due to the effect of thousands of thunderstorms and lightning strikes every second. Since the earth's surface is highly conductive, this electrical charge is evenly and rapidly dispersed across the surface of the earth.

Standing barefoot on the earth connects the human body with this unlimited supply of health-promoting free electrons resident in and on the surface of the earth. This also connects the human body with rhythmic cycles of the earth's energy field, essential for synchronizing biological clocks, hormonal cycles and physiological rhythms. Remember how good we feel/felt being in unspoilt countryside or by the seaside?

**Going Barefoot in bed may be the
Most Important health discovery ever!**

Barefoot Connections provides virtually the same effects as standing barefoot on the earth. A simple, safe and effective way of re-connecting us with the earth while in the comfort of our own homes. Earthing™ allows the natural influences from the earth to flow to our bodies as nature intended. This helps to discharge the build up of bioelectrical stress, neutralise free radicals that cause pain and inflammation, and support the synchronisation of biological rhythms.

In short, on a night time when the body carries out its healing and repair work (homeostasis), being *earthed* with the Barefoot Material at the same time allows the body to heal and repair to its maximum potential.



Most people today live for extended periods of time completely disconnected from the earth. Today we sleep upstairs or in high-rise buildings and we wear **man made rubber-soled shoes** that insulate us from contact with the earth.

With the dramatic increase in use of electrical and electronic equipment, increasing microwave-radiating phone masts, Digital TV and all things Wireless, **it is imperative that we find a way to re-connect with the earth to disperse this electrical radiation from our body before it causes us any harm or long term damage.**

Research has revealed that most modern diseases are linked with inflammation and free radical damage, reflecting a shortage of health-promoting earth electrons. Are you ready for your Barefoot Revolution?

**For more information please contact Equilibra for Health –
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