

What is Earthing?

Many people have noticed that they feel better when they spend time barefoot in the outdoors. Now we know why!

Earthing™ (re-connecting with the earth) is a recent idea. It is based on scientific evidence confirming the long-suspected necessity for barefoot contact with the earth. Modern science has determined that standing barefoot on the earth (or otherwise connecting to the natural frequencies of the earth) has a wide variety of effects on the human body.

Standing barefoot on the earth (or otherwise connecting to the natural frequencies of the earth) connects the human body with an unlimited supply of free electrons resident in and on the surface of the earth. Standing barefoot on the earth also connects the human body with rhythmic cycles of the earth's energy field. These appear important for synchronizing biological clocks, hormonal cycles and physiological rhythms.

The cells in your body constantly draw energy from the brain and the Earth's electromagnetic field in an effort to achieve what is called "magnetic resonance". Magnetic resonance occurs when the magnetic frequency in your brain matches a harmonic of the frequencies of the other organs and body tissues. This normally occurs for only brief periods during sleep. During these periods, your body's ability to heal, create enzymes and boost immunity is enhanced. Other vital functions related to magnetic resonance are being discovered almost daily by those working in the emerging field of quantum medicine. (*Proc. Natl. Acad. Sci. 00; 97; 6242*) (*FASEB J 92; (abstract 2433)*) (*Sci Week 00; Vol4(32)*)
- Dr. David Williams, Alternatives, March 2004.

Because our modern lifestyle prohibits most people from spending time in direct contact with the earth, Barefoot Connections™ products were designed to help make the connection – in the comfort of your own home or work place. In today's world, re-connecting with the earth (Earthing™) could be one of the most important things you do!



This simple diagram illustrates how the concept of Earthing™ works. When a person is in bed – resting or sleeping on either the Barefoot Connections™ Bed Pad or on a Barefoot Connections™ Sheet Set – the body is connected to the earth. The sheeting

fabric contains a grid of conductive, inherently antimicrobial, silver yarn. The fabric snaps to a copper wire system which is connected to the earth via a cable and stainless 3mm diameter, 30 cm long rod. The connection point does not require a big area- just 3cm (1 inch) diameter - as long as the roping reaches into continuous soil.

(Unfortunately a plant pot wont work, as we want a connection to the whole earth field.) The body is immediately brought to the same electrical potential as the earth and connected with the earth's vital electrons and other natural rhythms and frequencies. All of this occurs at the speed of light and without effort while in a state of rest or sleep.

Why Does Earthing Work?

Because of Thunderstorms

The earth's electrical field is maintained by thunderstorms — 1,000 to 2,000 thunderstorms are continually active across the earth. Since the earth's surface is highly conductive, this electrical charge is evenly and rapidly dispersed across the earth. Standing barefoot on the earth (or otherwise connecting to the the earth) connects the human body with the unlimited supply of free electrons resident in and on the surface of the earth. The whole circuit is referred to as the global electrical circuit. It is estimated that this current would disappear in less than an hour if all thunderstorm activity ceased. Standing barefoot on the earth also connects the human body with rhythmic cycles of the earth's energy field. These are essential for synchronizing biological clocks, hormonal cycles and physiological rhythms.

Because Our Bodies Are Mostly Water and Minerals

The earth's electric field is a continuous direct current (DC). Thousands of years of life on the planet have attuned our biology to this subtle field. Because the body is mostly water and minerals; it is an excellent conductor of electrons. The free electrons on the surface of the earth are easily transferred to the human body as long as there is direct contact. Unfortunately, synthetically-soled shoes act as insulators so that even when we are outside we do not connect with the earth's electric field. When we are in homes and office buildings, we are also insulated and unable to receive the earth's balancing energies. Barefoot Connections™ products remedy this situation allowing an individual to be in contact with the earth in the comfort of his/her home and work place.

Because Free Electrons from the Earth Neutralize Free Radicals in Our Bodies

The earth is a vast reservoir of naturally produced electrons. This is important because these electrons stabilize (neutralize) free radicals and stop free radical damage. The earth is therefore the best antioxidant available – and it's free. Connecting with the electrons on the surface of the earth can stop the destructive cycle that causes free radical damage. No wonder re-connecting with the earth is so important for our well-being.

Could there be a link between modern disease and modern man's disconnection from the earth?

We invite you to read the fascinating account of the discovery of earthing by a cable television executive who researched the question, "is there a link between escalating free radical damage and modern people's disconnection from the earth?"

His research revealed that from the beginning, all life on earth has been nurtured within the electromagnetic womb of the earth. Humans have lived and slept in direct and virtually constant contact with earth. Until recently, the human body has been continually charged with the earth's free electrons.

Today, most people live for extended periods of time completely disconnected from the earth. We work and often live in high-rise buildings. The use of plastics, synthetic fabrics, and synthetic-soled shoes insulates us to an even greater degree so that the human body is no longer in its natural state – connected to the earth. As a result, the human body is no longer able to receive the constant supply of free electrons our bodies evolved around.

During the same period of time that we have elevated our dwellings and work places, and incorporated synthetic materials into our modern lifestyle, we have seen an increase in chronic health problems and sleep disorders that were rare or unheard of 50 to 60 years ago. Research has revealed that most of our modern diseases are linked with inflammation and free radical damage. Could this be the consequence of our disconnection from the earth?

The Barefoot Revolution will change all that.

Why is neutralizing free radicals so important?

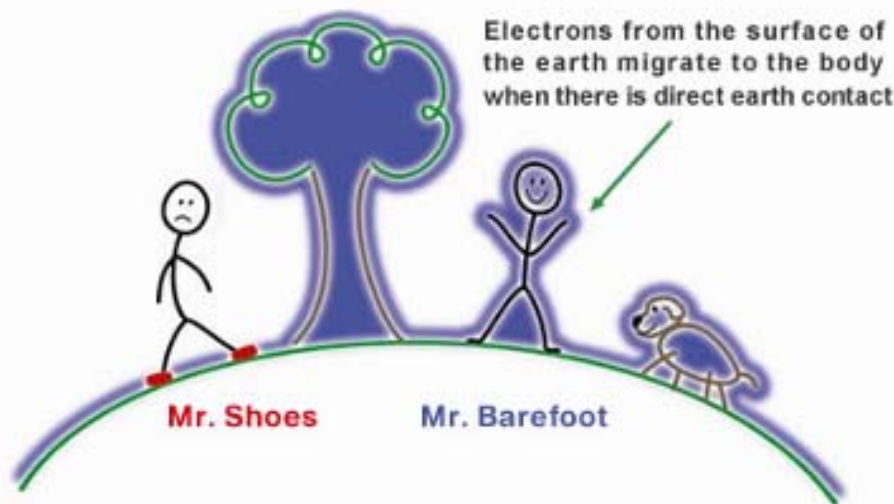
Free radicals are volatile molecules. Because they are missing an electron from their outer electron shell, they are electrically unstable. To become stable, free radicals grab electrons from other molecules; although this stabilizes (neutralizes) the original free radical it creates a new free radical and begins a chain reaction known as free radical damage - the destruction of cellular tissue. This process, also called oxidation, comes in very handy when bacteria invade the body. In fact, it is the immune system's primary response to infection. Free radicals help destroy bacteria by literally ripping apart their cellular structures. The same process breaks down damaged tissues for removal from the body. But what happens when infection/injury is gone and free radicals persist? This is a common problem. Free radicals that are left behind after an infection or injury cause damage to healthy tissues. However, a larger problem ensues when the immune system (perceiving a secondary threat), releases even more free radicals. We now recognize the role the earth plays in reducing free radical damage. Connecting with the electrons on the surface of the earth can stop the destructive cycle that causes free radical damage. No wonder re-connecting with the earth is so important for our well-being.

Are there studies demonstrating the value of Earthing™?

Absolutely, and more studies are underway. Keep in mind, however, that Earthing™ related research is continuing, and affirmative research data has been

compiled to date. However, more research and corroboration of research is needed for science to make absolute, peer-reviewed conclusions that carry the weight of a consensus of scientific opinion regarding the benefits of Earthing™. Testimonials and information contained on this web site are provided as a starting point for your own research and must not be taken out of the intended context that Earthing™ is new and unsubstantiated by a consensus of scientific opinion.

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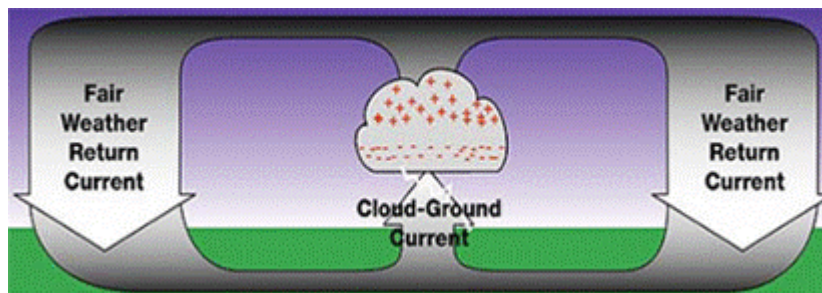
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The Global Electrical Circuit

The earth's negative electrical surface charge is the accumulated effect of thousands of thunderstorms. The average thundercloud generates a current of about one amp during its active period. With an estimated 1000 to 2000

thunderstorms continually active around the globe emitting close to 5000 lightning strikes every minute, there is an electric current of 1000 to 2000 amps continually being transferred to the surface of the earth. Since the earth's surface is highly conductive, this charge is evenly and rapidly dispersed across the land surface.

Even the atmosphere conducts electricity (to a lesser degree) because of ions in the air. Thus, electrons continually flow from the earth's surface into the atmosphere where an equal and opposite (positive) charge is maintained in the ionosphere. The whole circuit is referred to as the global electrical circuit. (see graphic) It is estimated that this current would disappear in less than an hour if all thunderstorm activity ceased. The global electrical circuit is responsible for the weather. It also maintains an unlimited supply of electrons everywhere on the surface of the earth.



Above: Diagram shows fair weather circuit, also called "global electrical circuit," showing normal potential between the ground and atmosphere. Credit: NASA/MSFC (Dooling)

What is the Barefoot Revolution?



The Barefoot Revolution is a global awakening to the vital importance of the connection of the human body with the earth. It is also a conduit to a deeper understanding of the earth's natural, restorative energy. The Barefoot Revolution provides the incentive to "re-connect to the earth" at a time when it is critical for our well-being.

It is a well established scientific fact (though not widely known), that the earth's surface is charged with mobile free electrons. The earth's surface charge is commonly referred to as "ground" or "the earth's electrical potential." When grounded or "earthed," any conductive object including the human or animal body becomes charged – at the speed of light - with the earth's free electrons.

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Becoming aware of the importance of our connection with the earth allows us to seek any and all opportunities to re-connect our bodies with the earth. This means spending time outdoors as often as possible – without shoes – standing barefoot on the earth.

Unfortunately, in today's world, going barefoot outdoors is often impractical. When we can't spend time outside, Earth FX introduces an alternative – a proxy – for standing barefoot on the earth. It's called "Earthing™".

Earthing™ provides substantially the same effects as standing barefoot on the earth. It is a simple way to re-connect the human body with the earth in the comfort of our own homes and work places.

Earthing™ allows the natural influences from the earth which have been an integral part of life's evolutionary process, to flow to our bodies as nature intended.

Earthing™ discharges the build-up of bio-electrical stress and it supports the neutralization of free radicals that research has revealed cause pain, chronic inflammation, and auto-immune disease.

Earthing™ supports the synchronization of biological rhythms and influences the hormones that regulate sleep and many other functions.

People everywhere are re-connecting with the earth via Barefoot Connections™ products. These products keep you connected while you sleep, while you work, and very soon – while you play.