

## Notes from Earthing by Ober, Sinatra and Zuckerman

“The natural frequencies of the earth are waves of energy caused by the motions of subatomic particles—free electrons with a negative charge. There is a primordial relationship between bioelectrical me and this electrical planet since both the earth and our body (and those of all living things on land and in water) are excellent conductors of electrons and energy passes between as long as there is direct (un-insulated) contact with the ground and our skin.<sup>1</sup>

Earthing, or grounding, naturally and automatically protects the body’s delicate bioelectrical circuitry against static electric charges and interferences— Vitamin G, for Ground.<sup>2</sup> Earthing allows our body to equalize to the same electric energy, level, or potential, as the Earth.<sup>3</sup> This electrical energy, the pulse of the earth, governs the circadian rhythms of all life on the planet. Insulation from it interrupts the natural systems from which we have evolved. Our immune systems suffer; inflammation and loss of immunity from chronic disease, premature aging, immune-deficiency illness, all result.<sup>4</sup>

Health is natural, and part of being naturally healthy and functioning optimally appears to involve connectedness to the Earth. Being disconnected creates unnecessary suffering in the form of sickness, inflammation, pain and poor sleep—connecting to the Earth removes that deficiency and its consequences.”<sup>5</sup>

‘Health assurance versus health insurance through removing the insulation from our lives.’

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<sup>1</sup> Earthing, p5

<sup>2</sup> Ibid, p9

<sup>3</sup> Ibid, p10

<sup>4</sup> Ibid, p17

<sup>5</sup> Ibid, p217