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INCREMENTAL *Health*

My Guide to Grounding

Discover how and why you might want to start thinking about this magical act of grounding/earthing.

WHAT IS GROUNDING?

Grounding, or Earthing, is connecting your body with the Earth, harnessing its natural energy to improve health by rebalancing your body's electrical state.

OUR BODY IS LIKE A BATTERY

Humans are electrical beings.

Our bodies function like batteries, powered by a delicate balance of positively and negatively charged ions. These ions contribute to vital bodily processes, facilitating nerve impulses, muscle contractions, and the maintenance of a stable internal environment.

Much like a battery maintains its charge through a flow of electrons, our bodies rely on these ions to function optimally. However, the modern lifestyle disrupts this balance, leading to a whole host of health issues.

Earthing, by re-establishing a direct connection with the Earth's surface, helps to restore this balance, enhancing overall health and well-being.

OUR EVOLUTIONARY CONNECTION

Humans evolved over millions of years in direct contact with the Earth.

This connection provided a constant, natural exchange of energy. Modern lifestyles, characterised by living spaces and insulating shoes, have largely severed this connection.

Historically, our ancestors walked barefoot every day and slept on the ground, continually harmonising their electrical state with the Earth. This natural grounding played a crucial role in maintaining health and balance within the mind and body.

By contrast, our current disconnection and electrical imbalance contributes to the various health issues that are plaguing our society.

HEALTH IMPLICATIONS OF DISCONNECTION

Prolonged disconnection from the Earth's natural energy leads to a build-up of positively charged ions in the body.

This imbalance is strongly linked to chronic inflammation which is often cited as a root cause of many chronic diseases and mental health complaints

The theory of Grounding suggests that reconnecting with the Earth allows a transfer of negatively charged electrons into the body, neutralising this imbalance. These electrons act as natural antioxidants, countering inflammation and reducing the risk of chronic diseases, reducing pain and improving mental health.

This concept offers an intriguing perspective on the relationship between our disconnection with our environment and our health outcomes.

HEALTH ISSUES RELATED TO LACK OF GROUNDING

Chronic Inflammation: Inadequate grounding contributes to persistent inflammation, exacerbating various chronic health conditions.

Poor Sleep Quality: Disconnection from Earth's energy disrupts circadian rhythm and sleep patterns, leading to poorer rest, recovery and overall health.

Elevated Stress Levels: Lack of grounding can lead to an increase in stress and anxiety by not allowing a balance of the nervous system, disrupting natural bodily rhythms.

Weakened Immune Response: An increase in free radicals due to disconnection can weaken the body's immune system, meaning we get sick more often and more severely than would otherwise be the case.

RELATED HEALTH ISSUES

Continued

Hormonal Imbalance: A lack of grounding plays a role in disrupting hormonal balance, as a knock on effect of increased inflammation and stress.

Reduced Cognitive Function: Without regular grounding, cognitive functions such as memory and focus can deteriorate over time due to continuous stress and reduced effectiveness of blood circulation.

Cardiovascular Issues: The imbalance caused by a lack of grounding can affect cardiovascular health, increasing the risk of heart-related conditions such as high blood pressure and heart attack.

Increase risk of issues from non-native Electro Magnetic Fields: nnEMF's are a huge underappreciated health issue in today's society and a disconnection from grounding doesn't give our body the chance to rebalance and reset from this increased exposure to harmful frequencies (wifi, 4g/5g etc.)

BENEFITS OF GROUNDING

Enhanced Circadian Rhythm: Connecting with the Earth can help regulate circadian rhythms, improving overall daily energy and mood.

Improved Sleep: Grounding enhances sleep quality, aiding in better rest and recovery by signalling to the body what part of the day it is, synchronising with your circadian rhythm.

Reduced Inflammation: Regular grounding helps in decreasing inflammation, alleviating chronic pain and diseases.

Lower Stress Levels: Grounding reduces stress, anxiety and depression by bringing on a calming sensation and activating the parasympathetic nervous system, contributing to a calmer and clearer mental state.

Boosted Immunity: Regular earthing strengthens the immune system by neutralising the build-up of free radicals, allowing your immune system to focus where it's needed.

BENEFITS OF GROUNDING

Continued

Better Cardiovascular Health: Grounding improves cardiovascular function and reduces the risk of heart diseases by improving blood flow and circulation.

Faster Injury Recovery: The practice of grounding accelerates healing from injuries by reducing inflammation and pain and improving blood flow through the transfer of electrons with the Earth's surface.

Improved Mental Health: Grounding offers benefits in managing symptoms of depression and anxiety by bringing a sense of calm and presence within the mind and body.

Neutralises nnEMF's: Grounding disrupts the effects of nnEMF's by allowing Earth's negatively charged electrons to flow into our bodies, restoring electrical balance and reducing oxidative stress and inflammation associated with prolonged exposure to harmful frequencies.

NON-NATIVE ELECTRO MAGNETIC FIELDS (nnEMF's) .

I can't talk about Grounding without mentioning nnEMF's. (full guide on this topic coming soon).

In our modern, technology-driven world, nnEMF exposure is a growing concern, with potential implications for both mental and physical health.

When exposed to these unnatural frequencies, it disturbs our natural electrical signalling and allows for an accumulation of excess positive charge in our bodies, generated by nnEMF from devices and networks that surround us such as WiFi and 4g/5g and electrical appliances etc. This increase exposure to non-native frequencies disturbs our natural electrical state, which can amplify stress responses, disrupt sleep, and increase inflammation—key factors in deteriorating mental and physical health.

So we're living in this double whammy situation where we are disconnected from the Earth but also bombarded with more and more nnEMF's every day.

NON-NATIVE ELECTRO MAGNETIC FIELDS (nnEMF's) .

Grounding can help to counteract these nnEMF imbalances by facilitating the transfer of the Earth's negatively charged electrons into our bodies.

These electrons help neutralise the excess positive charges which come from our body's response to these unnatural frequencies, reducing the harmful impact of nnEMF exposure.

Therefore, the absence of grounding not only deprives us of this natural defence mechanism but may also magnify the negative effects of nnEMF on our health.

Just stop and think how surrounded we are by electrical devices and internet/phone connection, 24/7 exposure. It's even more detrimental for children.

This is not to say stop living in the modern world and resort back to caves, but include regular grounding into your routine to offset the affect as much as possible.

HOW TO HARNESS THE BENEFITS OF GROUNDING

Barefoot Walks: Intentionally walk barefoot on natural surfaces like grass or sand to connect directly with Earth's energy. (ever realised how calm you feel walking on the beach)?

Outdoor Activities: Engage in outdoor activities like gardening or yoga to enhance your connection with the Earth as a side benefit of your outdoor activity.

Swim in Natural Water: Swimming or Dipping in natural water sources such as the Sea, Rivers or Lakes is one of the best ways to connect to the Earth as water is extremely electrically conductive allowing for that seamless transfer of electrons between your body and the Earth.

Grounding Mats: Use grounding mats at home or work to mimic the Earth's electrical charge. While not as effective as the real thing, they have shown to be quite effective.

Grounding Bed Sheets: Sleep on conductive sheets or grounding mats to maintain a grounding connection overnight.

Mindful Meditation: Combine grounding with meditation outdoors to enhance mental clarity and stress relief.