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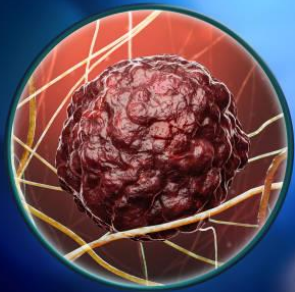
**Earthing / grounding is beneficial in almost all the human diseases like :-  
MOST EFFECTIVE IN 300 + DREADED DISEASES**



**B.P**



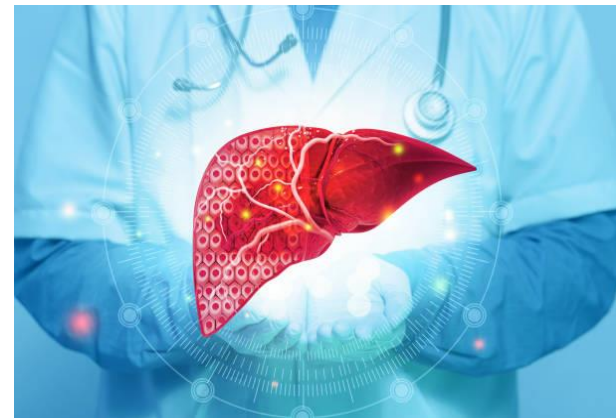
**DIABETES**



**CANCER**



**HEART PROBLEMS**



**LIVER PROBLEMS**



**DIGESTIVE PROBLEM**



**NERVOUS SYSTEM PROBLEMS**



**BRAIN DISORDERS**



## JOINT PAINS



NEUROPATHY



SKIN PROBLEMS



KNEE PAIN



ARTHRITIS



**KIDNEY PROBLEMS**



**BLOOD CIRCULATION PROBLEMS**



**SEXUAL PROBLEMS**



**ANXIETY**



**DEPRESSION**



**INSOMNIA**

## EARTHING / GROUNDING

### Benefits of Grounding

- **Reduces inflammation**
- **Heals wounds quickly**
- **Reduce arthritis**
- **Regulates heart rate & blood flow**
- **Stabilize diabetes ( blood sugar)**
- **Reduce swelling in legs**
- **Reduce stress , depression , & anxiety**
- **Reduce osteoporosis**
- **Balance autonomic nervous system**
- **Increases immune system**
- **Improves metabolism**
- **Save from harmful EMF radiations**
- **Best for pain management**
- **Enhances mood**
- **Improves cholesterol**
- **Regulates blood pressure**
- **Regulates hormonal rythms**
- **Reduces painful joints**
- **Influences thyroid gland function**
- **Reduce in PCOD, PMS problems**
- **Reduces risk of cancer**
- **Improves sleep**
- **Increases energy**
- **Reduces jet lag**
- **Reduces snoring**

There are two basic ways of Earthing:

- 1) In its most natural form, and free, by spending time barefoot outdoors in contact with natural conductive surfaces, like grass, soil, gravel, stone, and sand.
- 2) Indoors , involving inexpensive Earthing systems (conductive mats, pads, body bands, or patches) while sitting or sleeping .

Grounding is a technique used to realign your body's electrical energy to the Earth

Earthing is easy to do and often achieves rapid results, particularly for individuals with chronic health disorders.

Just as vitamin D in our body is produced by energy and frequencies generated from the sun, 93 million miles away,

The Earth right under our feet provides unique energy and frequencies that directly influence our body.

Earthing restores a primordial electric connection to the Earth lost over time because of human lifestyle. Earthing appears to correct what we call an “electron deficiency syndrome, an overlooked and likely significant cause of multiple health disorders.

We believe that Earthing as a preventive/lifestyle strategy can counteract the sharp rise in non-communicable diseases throughout the world, a major challenge and barrier to global development. Such diseases include cardiovascular, respiratory, neurodegenerative, and auto-immune conditions, **type 2 diabetes, and cancer**. These disorders account for more than 40 million deaths annually, and affect all nationalities and socioeconomic classes.

As is well known, the rise in global illness has brought with it a chronic pain epidemic engulfing perhaps as many as 20% of adults, and, as a further byproduct, an alarming spike in painkilling medication usage, side effects, and addiction. Because of this development the U.S. Government declared a health emergency in 2017. The problem is growing worldwide as well. These are all conditions and issues we encounter in our clinical practices.

Earthing offers a potent health and healing tool for prevention and therapy alike, a tool that can be used by itself or in conjunction with clinical treatments to address not just symptoms but root causes of symptoms and dysfunction that begin at the deep bioelectrical levels of the physiology.

## **Our lost connection to the Earth**

It is now time for the medical world to start recognizing that a body connected to the ground – a grounded body – is similarly more stable and healthier. It functions more naturally, a state lost over time because humans have become largely disconnected from the Earth. We obviously no longer sleep on the ground, rarely walk barefoot outdoors, and, for more than a half century, almost exclusively wear insulating synthetic soled shoes instead of traditional and conductive leather footwear. We live and work, and spend much or most of our time disconnected, often far above ground in high rises.



The lost contact with the Earth may contribute to electrical imbalances, a build-up of disruptive static electricity (positive charges), and an unrecognized electron deficiency in the body, and with it, vulnerability to dysfunction, disorder, and disease.

The surface of Planet Earth, as is well known, is affected electrically by countless lightning strikes, solar radiation, and other atmospheric dynamics. Not so well known, however, is that these phenomena endow our landmasses and bodies of water with a continuously renewed supply of subatomic particles called free electrons that give the Earth a natural negative electric charge.

Research on biological Earthing suggests that this very same electric charge, and its limitless supply of electrons and their diurnal frequencies, plays a governing and nurturing role for both the animal and plant kingdoms – a form of “**electric nutrition**,” so to speak. The research findings have supported the hypothesis that Earthing facilitates a significant transfer of free electrons into the body, a transfer resulting in rapid, sometimes instant, physiological changes. Earthing restores and maintains a natural internal electrical environment.

Multi-disciplinary research has revealed that electrically conductive contact of the human body with the surface of the Earth (grounding or earthing) produces intriguing effects on physiology and health. Such effects relate to inflammation, immune responses, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases.

Specifically, grounding an organism produces measurable differences in the concentrations of white blood cells, cytokines, and other molecules involved in the inflammatory response.

Grounding reduces pain and alters the numbers of circulating neutrophils and lymphocytes, and also affects various circulating chemical factors related to inflammation.

Subjective reports that walking barefoot on the Earth enhances health and provides feelings of well-being can be found in the literature and practices of diverse cultures from around the world.

Various grounding systems are available that enable frequent contact with the Earth, such as while sleeping, sitting at a computer, or walking outdoors.

### **Analgesic Earth – the original anti-inflammatory**

One of the most powerful effects of Earthing, as documented over nearly 20 years of research, along with feedback from thousands of individuals around the world, is reduction and even elimination of chronic inflammation, a common cause or aggravating factor for chronic and aging-related diseases, as well as pain. This discovery suggests that the planet we live on is the original painkiller, the original anti-inflammatory: nature's way to counteract inflammation.

Briefly, the hypothesis for this effect is as follows: Free radicals (also known as reactive oxygen species, ROS) are positively charged molecules that strip electrons from healthy tissue, resulting in damage. Free radicals are produced in normal biochemistry, including the production of adenosine triphosphate (ATP), the body's molecule of energy. Every cell produces billions of free radicals every day. Earthing permits huge numbers of free electrons to enter the body where they are believed to neutralize free radicals. The active mechanisms of electron transportation to a site of inflammation may involve the nervous, meridian, and circulatory systems. It is assumed that the influx of free electrons absorbed into the body serves as a powerful anti-inflammatory reinforcement for the immune system. Earthing typically reverses both acute and chronic inflammation, and does so rapidly.

Various studies have provided evidence of Earthing's dramatic impact on inflammation and pain, beginning in 2004 with medical thermal imaging that register small changes in skin temperature to produce a color-coded image display.

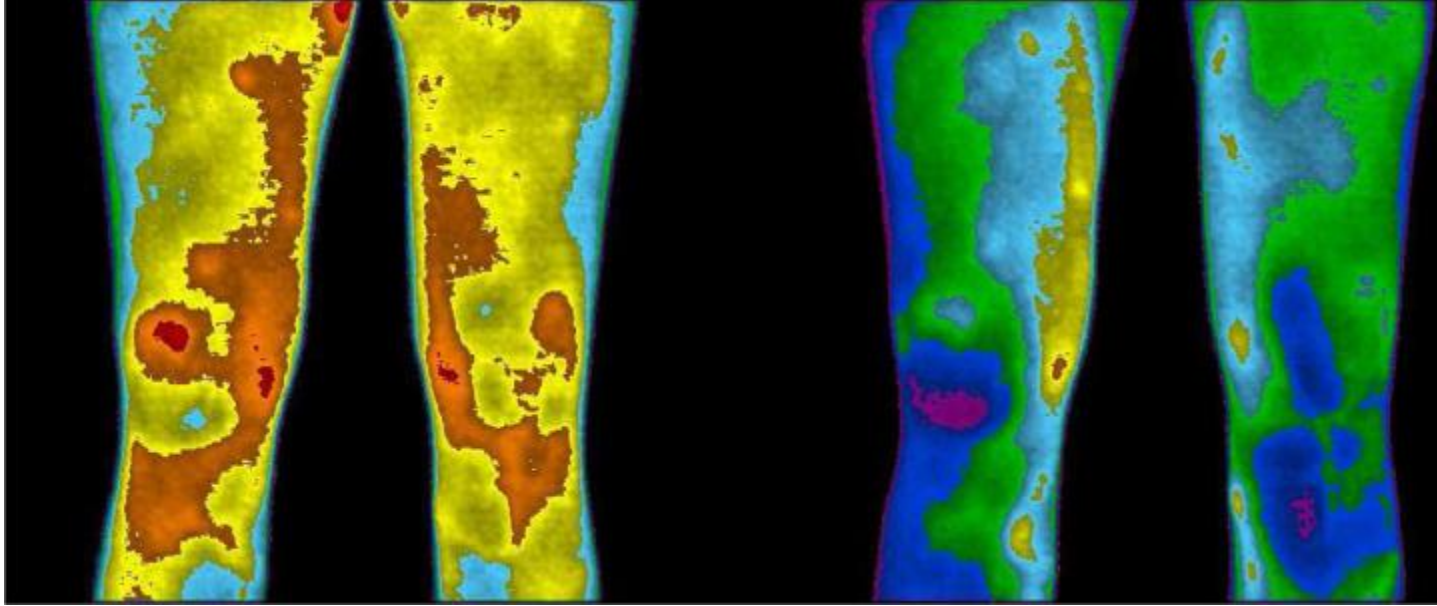


Fig. 1. These thermal images, of a patient with pain in the area of both knees, were taken a half-hour apart – before (left) and after Earthing (right). Tissue damage generates heat, represented by the hot colors on the left. The difference shows a clear and rapid resolution of inflammation.

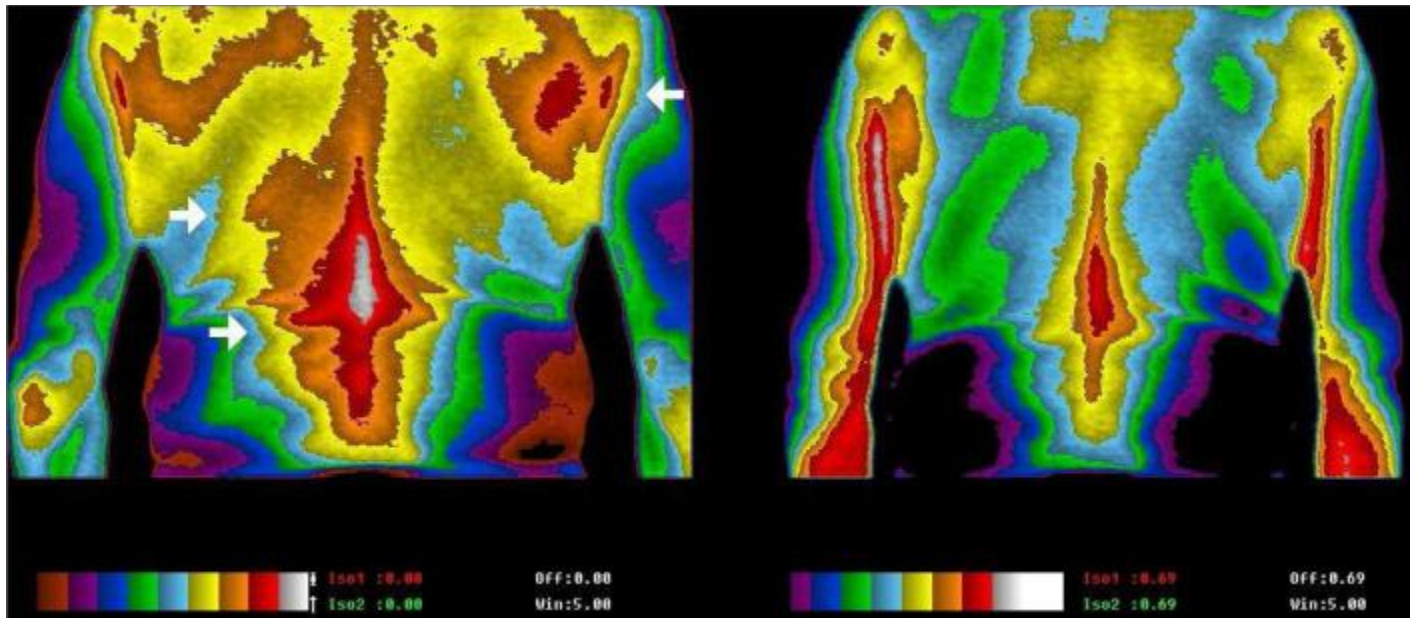


Fig. 2. These thermal pictures show significant reduction in inflammation, and accompanying rapid pain relief, for an 85-year-old male after sleeping grounded. The left image shows intense areas of inflammation and pain, identified by the arrows. The right image was taken after two nights of grounded sleep. The patient had complained of intense chronic left low back pain and right shoulder pain that interfered with sleep, and waking stiff and sore in the previous four months. Prolonged medical treatment had not been successful. After two nights of Earthing, he reported 50% less pain, 80% reduction in pain interfering with sleep, and 75% reduction in waking stiff and sore. After four weeks, he said his pain was totally gone with only occasional mild stiffness. He commented: “I have my life back.

Earthing research suggests that the rapid and pervasive impact of Earthing can't be explained by slow-moving nerve impulses or chemical reactions, rather that the influx of anti-inflammatory electrons from the Earth are at play, and able to quickly transit the conductive infrastructure of the body, and target sites of inflammation, as described by

This rapid electron transit activity can provide benefits at all ages, even for premature infants, as was reported in a 2017 study by doctors at the Pennsylvania State University Children's Hospital Neonatal Intensive Care Unit in Hershey. They found that Earthing premature infants produced immediate and significant improvements in measurements of autonomic nervous system (ANS) functioning critically important in the regulation of inflammatory and stress responses.

## Better blood flow

Another major documented benefit of Earthing is better blood flow. In a 2013 study, the zeta potential of 10 healthy subjects increased by an average of about 270% within two hours of Earthing. Zeta potential relates to the strength of the negative charge on the surface of red blood cells, a factor that maintains spacing of the cells in the bloodstream. The greater the charge the greater the potential of the cells to repel each other (less clumping), the lower the viscosity of the blood, and the better the flow. The increase measured in this study implies a natural blood thinning effect. The researchers concluded that Earthing “reduces blood viscosity and clumping” and “appears to be one of the simplest and yet most profound interventions for helping reduce cardiovascular risk and cardiovascular events.”

Earthing improves nourishment and repair of facial tissues and skin, and how it would thus generate a beauty effect. facial microcirculation is a goal of various treatments used in the beauty industry.

Fig. 3. Improved facial circulation (right image) of a female, 55, after 20 min of Earthing, as documented by Speckle Contrast Laser Imager (dark blue = lowest circulation; dark red = highest circulation). (For interpretation of the references to color in this figure legend, the reader is referred to the web version of this article.) Chevalier suggested other mechanisms at play as a result of Earthing: improved blood fluidity (zeta potential), improved overall physiology, a calming effect on the body and normalization of the stress hormone cortisol (stress has been linked to many skin conditions),<sup>26</sup> and reduced inflammation. The laser camera study gives background to the comment heard repeatedly over the years after people start Earthing that they look younger and more rested, even within a short period of time. One example of this was an informal survey of 100 women at a wellness, more than 75% reported that after Earthing they had a better mood, more energy, and an improved complexion radiating more vitality and color.

In a 2015 study, thermal imaging was used to further capture the enhanced blood flow effect of Earthing, in this case, throughout the torso.<sup>28</sup> Arterial blood flows from the torso through the neck to reach the head and the face. One assumes that better blood flow to the face implies better blood flow to the brain. The imaging study described improved lymphatic fluid circulation in the torso and improved digestion. Fig. 4 shows an example from this study.

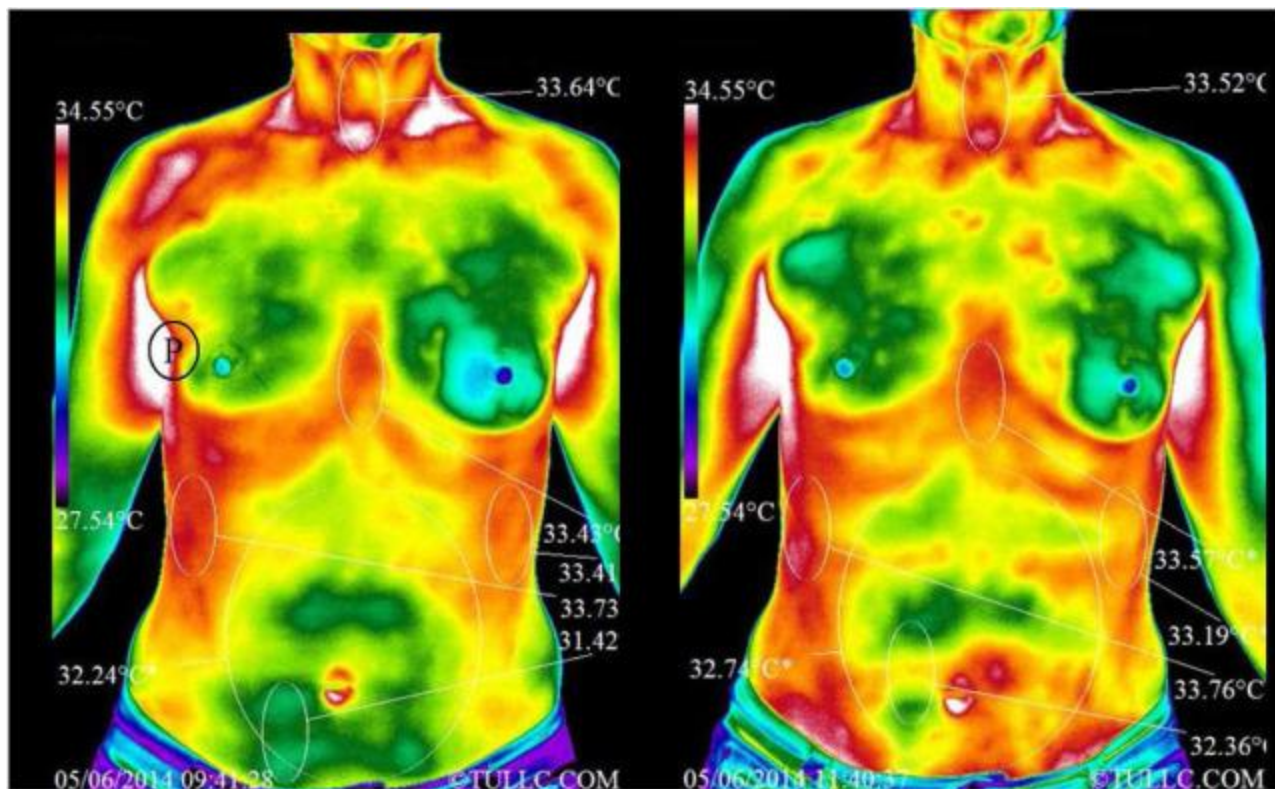


Fig. 4. Images above are of a woman, 55, just before Earthing (left) and just after Earthing for one hour (right). You see a greater uniformity of skin temperature on the right, indicating improved distribution and balance of blood and lymph circulation. The hottest color is white, followed by red and orange. Yellow and green are middle colors. The coldest is black, followed by purple and blue. The image on the left shows a hot neck area, indicating congestion of blood and lymph. The post-Earthing image shows less red, a decrease of congestion. A greater temperature balance is seen around the breast area after Earthing, indicative of better blood flow regulation. In the lower abdominal area improved digestion and decreased bloating are reflected by warmer coloring

Photographic images of the healing of a non-healing wound is another dramatic illustration of Earthing's quick repair work. They show accelerated resolution of an eight-month-old open wound near the ankle of an eighty-four-year-old woman, incurred as the result of wearing a poorly fitted boot just for a few hours. In that time, a blister developed and subsequently became a resistant open wound. Various treatments at a specialized wound center were unsuccessful. Vascular imaging revealed poor circulation in her legs. When she was first seen by a physician who offered Earthing "treatments" she had a mild limp and was in pain.



Fig. 5. The column on the right are close ups of photos on the left. Top row shows the open 8-month non-healing wound and a pale-gray hue to the skin. Middle row

photos, taken after one week of daily 30-minute grounding sessions, show marked level of healing and improvement in circulation, as indicated by the skin color.

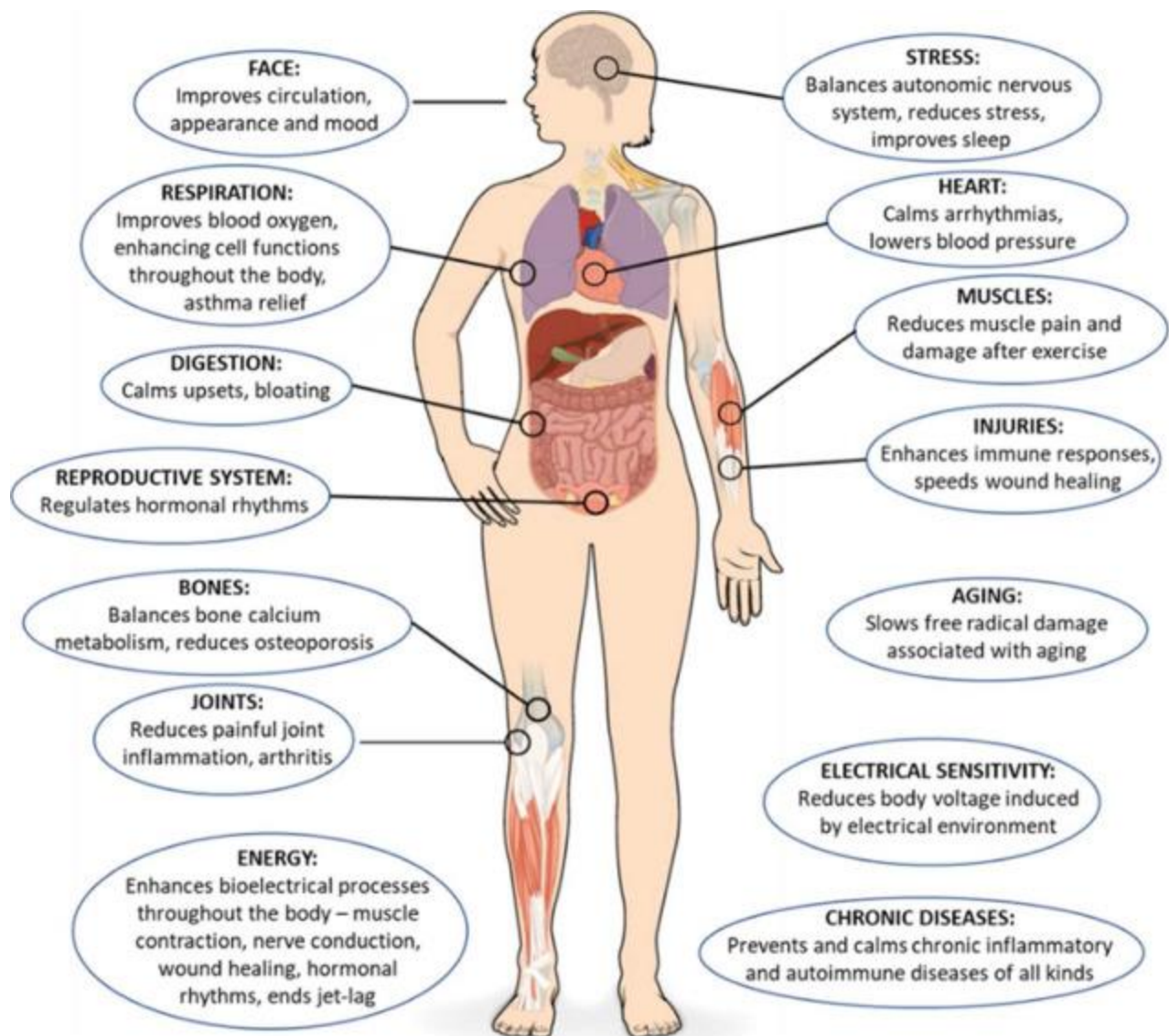
Bottom row, taken after two weeks, show the wound healed over and skin color looking dramatically healthier. (For interpretation of the references to color in this figure legend, the reader is referred to the web version of this article.)

The patient was grounded for 30 min daily for two weeks with an electrode patch in the clinic while seated comfortably. After the first session, she reported a noticeable decrease in pain. After one week, she said the pain had reduced by about 80% and she was no longer limping. At the end of two weeks, she said she was completely pain free.

Other major benefits of Earthing are stress reduction and mood improvement, through a normalizing effect on the autonomic nervous system (as measured by improved heart rate variability and vagal tone) and the stress hormone cortisol. It is likely that a combination of effects described in this paper also impact blood pressure. Over the years there have been numerous anecdotal reports describing improved blood pressure after people start Earthing. Promoting healthy lifestyle, such as eating a better diet and routinely exercising, presents a challenge for many doctors because patients frequently can't change unhealthy behavior.<sup>34</sup> Earthing presents no such challenge. It requires no effort, concentration, or discipline. People can ground themselves conveniently while sitting or sleeping. Earthing can be applied right in the clinic to patients waiting for an appointment. The fact that no extra effort is needed is a significant factor that bodes well for compliance and greater potential for improvements that both the physician and the patient will welcome. The frequently rapid results can motivate patients to take on other lifestyle recommendations such as exercise, meditation, yoga, and even dietary changes.



## Systemic benefits of Earthing.



## Clinical observations

In this section, the authors share their individual observations about incorporating Earthing in their clinical practices.

These are individuals with head, neck and back pain, period pain, plantar fasciitis, rheumatoid arthritis and fibromyalgia, and everything in between.

Typically, they have tried everything else before .

Earthing patches or wrapping their joints with an Earthing mat helps take the pain away at night.

If there is a lack of cartilage, Earthing may help to create an environment where perhaps cartilage regrowth can happen.

Earthing has helped improve blood pressure in many cases. A few male patients mentioned improvement of erectile dysfunction,

Earthing typically improves sleep; and for people with anxiety (post-traumatic stress disorder, generalized anxiety disorder, panic disorder, etc.), better sleep can make a huge difference.

Earthing is helpful in gluten intolerance and irritable bowel symptoms have shown significantly improved when they regularly use Earthing. While they may not be completely cured, their GI and stomach issues are better; pain and anxiety are both diminished.

Earthing is also recommended to patients with auto-immune conditions. Earthing can be very beneficial as it lowers the stress response which is well-documented to create or worsen auto-immune disease flare-ups.

patients with chronic fatigue, people who have exhausted their adrenal hormones. Most have a history of intense stress. With Earthing, they are much less fatigued and calmer. As their sleep cycle improves, the adrenal issues and thus cortisol levels start improving. They start to feel more energy and progressively better.

I see many auto-immune disorders like Graves' disease, lupus, multiple sclerosis, rheumatoid arthritis. Earthing has been very helpful in these cases as well.

Patients with bad circulation tell me that their extremities feel warmer, a result, I believe, of improved circulation. Pain patients report increasingly less pain, and if there has been throbbing, the throbbing goes down.

Overall, Earthing promotes improvements on many levels, and works so synergistically with everything else I do, and for so many different conditions. Lifestyle changes make a big difference. For many years I have seen how typical lifestyle changes like diet, detox, and exercise have improved blood test results. Since adding Earthing to my recommendations, the results have become dramatically better...like some kind of a healing switch has been turned on.

We are after all bioelectrical beings, and Earthing rapidly loads up the body's electrical system, and fast. It's like charging a battery.

Neurologically, having a tension or stress load in the central nervous system is like looking at a fuse box with a camera and seeing an overloaded system. And then when you bring in Earthing, it is no longer overloaded. A few nights of Earthing alone results in physiological changes in the spine that you normally don't see for weeks or even months of treatment. Even though other kind of treatments need to be added, patients are already reporting relief.

## Bio magnetic energy



**Magnets & magnetic therapy have been used to treat different types of pains such as arthritis or headaches for hundred of years. Magnetic devices are marketed widely and they are most commonly used for pain , inflammatory conditions and wound healing It can improve functions in patients with various musco skeletal pain condition and some osteoarthritis conditions. Magnetic therapy pemf has been approved by the FDA (US) for specific conditions including treatement of fractures**

that do not heal with standard medical treatment and post operative pain and edema in superficial soft tissues. For severe migranes , depression and obsessive – compulsive disorder (OCD). The use of FDA approved magnetic therapy for these conditions is considered conventional medicine and is beyond the scope this fact sheet. A 2021 review of 7 studies (576) participants on the use of static magnets for various types of pain – including diabetic neuropathy , sciatica , fibromalgia , plantar heel pain , pelvic pain , neck and shoulder pain or forearm and wrist pain had Mixed results. Four studies showed improvement in the pain and three did not. Different studies used different static magnet strength on closing times – which may have contributed to the inconsistency in the results. Neodymium magnets are used in the health sector . Neodymium magnets are incorporated in medical devices e.g. in magnetic resonance imaging (MRI) device to diagnose and treat chronic pain syndrome , arthritis , wound healing , insomnia , headache and several others diseases . Due to their ability to generate a static magnetic field. An increase in their usage has been observed over the last decade . These magnets are thought to have a curing effect and are therefore sometimes called “ Magic Magnets” NASA uses neodymium magnets to maintain the muscular tones of astronauts during space flights ( because in space they loose contact with Earth). Neodymium magnets have push and pull forces and have been used as a motion generating device in orthodontic treatments , molar distillation and palatal expansion. v Static magnetic field has been reported to stimulate bone formation via osteoblastic differentiation or activation. Effects of neodymium magnets on health and medical usage

1. Cardio vascular system : Reduces blood flow and skin perfusion
2. Increases nail bed circulation : The flow of red blood cells in skeletal muscle capillaries has been reported to be reduced.

**3. A study has reported a decrease in the blood stream and blood vessel density in tumors that were treated using static magnetic field.**

**In non tumoral skeletal muscle exposed to static magnetic field , platelet activation and adhesion increased. Neodymium increase microcirculation , reduces depression Scientists have very clearly proved that 300 + multiple diseases , disorders , disfunctions deficiencies and body pain develop in human bodies is because of free electron , poor blood circulation and poor level of oxygen.**

**Arogyam jeevan Magnetic therapy is useful in :-**

1. Protects from free radical activity , help to reduce or eliminate the flow of free electrons ( free radical activity ) from the body.
2. Breaks the clusters of blood molecules into smaller and hence enhance the flow of blood smoothly.
3. Increases oxygen levels by 10 – 20 % in the blood. Hence helps in reversing or getting benefits in more than 300 multiple disorders of the body.