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Electric Nutrition: The Surprising Health and Healing Benefits of Biological Grounding (Earthing)

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Abstract

Context • Modern biomedicine has discovered that many of the most debilitating diseases, as well as the aging process itself, are caused by or associated with chronic inflammation and oxidative stress. Emerging research has revealed that direct physical contact with the surface of the planet generates a kind of electric nutrition, with surprisingly potent and rapid anti-inflammatory and antioxidant effects. **Objectives** • The objective of this study was to explain the potential of grounding to clinicians as a simple strategy for prevention, therapy, and improving patient outcomes. The research summarized here has pursued the goal of determining the physiological and clinical significance of biological grounding. **Design** • The research team has summarized more than 12 peer-reviewed reports. Where appropriate, blinded studies examined in this paper were conducted using a variety of statistical procedures. **Interventions** • In all cases, the intervention examined conductive contact between the surface of Earth and the study's participants, using conductive bed sheets, floor or desk pads, and electrode patches, such as those used in electrocardiography. **Results** • All studies discussed revealed significant physiological or clinical outcomes as a result of grounding. **Conclusion** • This body of research has demonstrated the potential of grounding to be a simple, natural, and accessible clinical strategy against the global epidemic of noncommunicable, degenerative, inflammatory-related diseases.

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