

The Benefits of Earthing for the Weight Loss Surgery Patient

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What is “earthing” (or “grounding”)?

“Earthing is living in contact with the Earth’s natural surface charge – being grounded – which naturally discharges and prevents chronic inflammation in the body.”

(Clinton Ober, 2014)

How does it work?

The skin of our bodies directly contacts to the skin of the Earth, reconnecting us to the natural surface charge, and restores a natural electrical state in our physiology. (Clinton Ober, 2014)

Do our bodies house and use electrical charges?

Yes! Electricity requires three types of materials: conductors, insulators, and semiconductors.

- Conductors allow electrons to be loosely bound, so they move easily in the space between atoms and flow freely throughout the solid conductive material. Examples of natural conductive materials are water, minerals, soil, rocks, grass, sand, gravel, stone, brick, unsealed concrete.
- Insulators tightly grip their electrons, so there is no flow through the materials. Examples are plastic, rubber, glass, wood, asphalt, vinyl, carpets, painted/sealed concrete.
- Semiconductors are in between – sometimes they conduct and sometimes they don’t, ranging from not as good at conducting to not as bad at insulating. Their conductance can be controlled by the application of an electric field.
- The use of electricity by the body and its connection to the Earth’s charge has been studied by experts in geophysics, biophysics, electrical engineering, electrophysiology, and medicine.
- Body systems that utilize electrical currents include but are not limited to the nervous system, cell membranes and generation of electrical currents, cellular inter- and intra-communication, organ determination and function in embryo, cardiovascular function, muscles, brain, blood vessels, sleep-wake cycles, hormone production and regulation, digestion, and immune system. All movements, behaviors, and actions are energized by electricity. (Clinton Ober, 2014)
- Human bodies are mostly water and minerals – good conductors.

What does an electrical ground actually do?

“A ground is defined as a conductive object that makes a direct electrical connection to Earth and has the ability to absorb or dissipate an electrical charge, thereby maintaining a grounded object at a stable electrical potential with Earth. . . In effect, an electrical ground drains away any unwanted buildup of electrical charge. When a . . . person is connected to an Earth ground, that . . . person will equalize with, and maintain, the stable electrical potential of the Earth.” (Clinton Ober, 2014)

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What is the benefit to human health of earthing (grounding)?

Earthing (grounding) remedies an electrical deficiency in the body by bringing the body's electrical charge into alignment with that of the Earth, which regulates all systems on the planet. When these internal systems and rhythms are in sync, the body can better self-regulate and self-heal by establishing a stable reference point for repair, recovery, and rejuvenation. Most current chronic diseases are associated with inflammatory processes. These include but are not limited to fatty liver disease, endometriosis, Type I & II Diabetes, Inflammatory Bowel Disease, Crohn's Disease, Ulcerative Colitis, Asthma, Rheumatoid Arthritis, Obesity, Alzheimer's, Dementia, Parkinson's, cancers, cardiovascular/heart disease, and Metabolic Syndrome.

Inflammation is categorized into two (2) groups – acute and chronic.

- Acute = redness, warmth, swelling, pain in tissues and joints in response to injury. This is caused by white blood cell release to surround and protect the affected area, fight infection, and promote healing.
- Chronic = long-lasting; on-going; body feels like it is under constant attack. White blood cells may eventually attack healthy tissue and organs.
 - o Visceral and deep fat can be perceived as a threat. (Obesity)
 - o Elevated LDL can generate/increase inflammatory response in vessels and restrict blood flow.
 - o Autoimmune disorders – to include asthma, hay fever, eczema, Psoriasis, allergic reactions, lupus, multiple sclerosis, food allergies/sensitivities, etc.
 - o Long-term exposure to irritants such as refined sugars, tobacco products, alcohol.
 - o Increased exposure to environmental irritants and pollutants.
 - o Protein calorie malnutrition can result in immunodeficiency.
 - o Often is invisible – detected by C-reactive Protein or erythrocyte sedimentation rate testing.

How can I implement Earthing (grounding)?

- Routinely go outside and place your bare feet directly on the Earth for thirty (30) minutes at a time. Feet and hands have the most receptors for electron transfer.
- Purchase conductive floor and desk mats, bed sheets, bands, and patches for indoor use. They are connected to a cord that is plugged into a ground rod outside or a grounded electrical outlet inside a building. This is the best option for those who live in apartment buildings.
- Use a personal electrostatic discharge (ESD) grounding system, commonly used in the electronics industry.
- A word about lightning – The U.S. National Safety Council reports that your odds of dying from a lightning strike are rather unlikely. However, to be most safe, unplug any grounding devices and go indoors during lightning and thunderstorms. (Clinton Ober, 2014)

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Online Resources

www.earthinginstitute.net

www.youtub.com/watch?v=44ddtR0XDVU

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