

\$5.00

HEALTH FREEDOM NEWS®

WINTER 2011 / VOLUME 29 / NO. 4

Inside this issue:
**The Global
Phenomenon of
"Earthing"**

Earthing

The most important
discovery ever?



A Ron Paul Moment at Codex



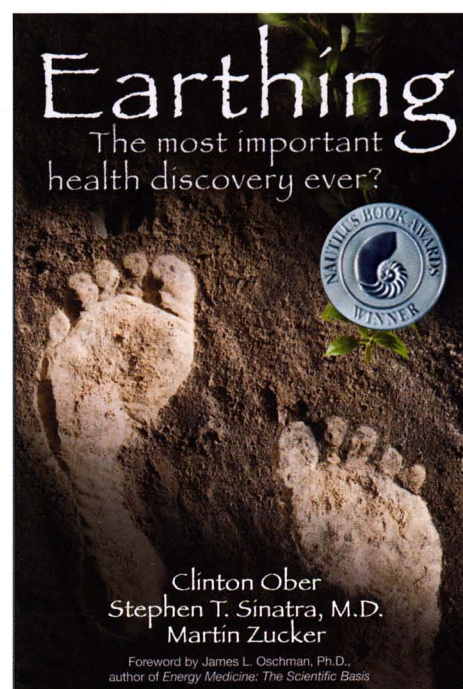
THE GLOBAL PHENOMENON OF “EARTHING”

For decades, new-age gurus have referred in a vaguely hopeful way to “the healing power of the Earth.” Now a former electronics expert claims to have found scientific proof that the Earth can indeed heal us – in a very basic and literal way. He has taken a remarkable journey that began with a bad tooth and just might end in a radical new way for the World to think, live, and deal with chronic pain and disease. This is the story of Clint Ober and Earthing.

BY K.C. HAYES

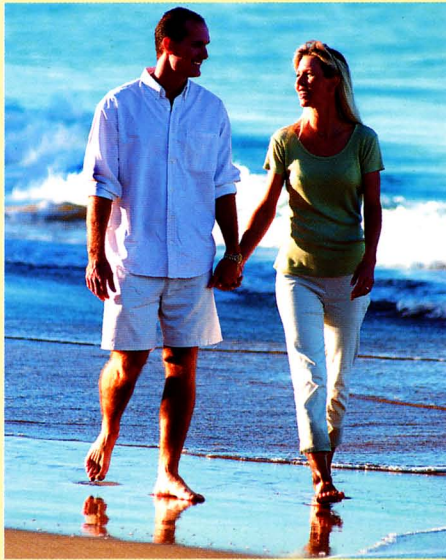
On a sunny afternoon in early 1998, Clint Ober sat down on a park bench in Sedona, Arizona. His attention turned to the passing parade of tourists and their footwear. Sneakers. Sandals. Hiking boots. It occurred to him that almost everyone was wearing some sort of rubber or plastic sole.

And then, as he describes it, “a light bulb went off.” He thought back to his cable industry experience and the practice of grounding – that is, connecting – all electrical and cable systems to the Earth in order to stop interference from outside electromagnetic fields. Suddenly Ober realized that all those people were insulated from direct contact with the Earth. He didn’t know it at the time, but his life was about to change with a single question that entered his mind: “Could wearing insulating rubber- or plastic-soled shoes adversely affect our health?”



Mr. Ober’s book, *Earthing*, co-written with cardiologist Stephen T. Sinatra and veteran health writer Martin Zucker, outlines Mr. Ober’s discovery that major health and healing benefits can be acquired by regular contact with the Earth’s electric energy. Earlier this year, the book was selected as a 2011 Nautilus Book Award winner, a prize for writing that promotes spiritual growth, conscious living, and positive social change. The book has also been very positively reviewed by experts in the health and self-improvement field.

Earthing at a Glance



What is Earthing?

Earthing involves coupling your body to the Earth's eternal and gentle surface energy. It means walking barefoot outside and/or sitting, working or sleeping inside while connected to a conductive device that delivers the natural healing energy of the Earth into your body. For more than ten years, thousands of people around the world — men, women, children, and athletes — have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary.

What isn't Earthing?

You are not in any sense being electrocuted. Earthing is among the most natural and safest things you can do.

What happens?

Your body becomes suffused with negative-charged free electrons abundantly present on the surface of the Earth. Your body immediately equalizes to the same electric energy level, or potential, as the Earth.

What do you feel?

Sometimes, a warm, tingling sensation and often feelings of ease and well-being.

Will you feel better?

Usually, yes, and often rapidly. The degree of improvement varies from person to person. The important thing is to make Earthing a long-term addition to your daily routine, and to do it as much as possible so as to gain maximum benefits. When Earthing is stopped, symptoms tend to slowly return.

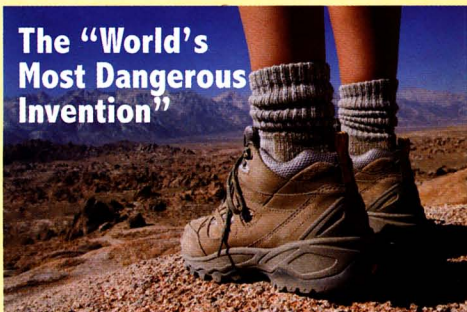
What does Earthing do?

Observations and research indicate the following benefits from Earthing; we expect many more to emerge with ongoing studies. Earthing:

- Defuses the cause of inflammation, and improves or eliminates the symptoms of many inflammation-related disorders.
- Reduces or eliminates chronic pain.
- Improves sleep in most cases.
- Increases energy.
- Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.
- Normalizes the body's biological rhythms.
- Thins blood and improves blood pressure and flow.
- Relieves muscle tension and headaches.
- Lessens hormonal and menstrual symptoms.
- Dramatically speeds healing and helps prevent bedsores.
- Reduces or eliminates jet lag.
- Protects the body against potentially health-disturbing environmental electromagnetic fields (EMFs).
- Accelerates recovery from intense athletic activity.



The "World's Most Dangerous Invention"



David Wolfe, an author, speaker, and outspoken authority on health and lifestyle, deems "the common shoe" as perhaps the "world's most dangerous invention." After fifteen years of nutritional and lifestyle research, he incriminates the shoe as one of the "most destructive culprits of inflammation and autoimmune diseases" in our lives because it separates us from the healing energy of the Earth. "Put a shoe on," he says, "and it's gone."

A Well-Grounded Childhood

Ober's Arizona insight represented the confluence of two major streams in his life. The first was his childhood on a farm in Montana.

As a boy, he was enthralled by the natural world. He describes his early years exploring an area rich in Native American history and legend. Even as a child he had an intuitive sense to "kick off my shoes" and run around on the bare earth, often sleeping outside.

Forced to drop out of school to work the family farm after his father's death, Ober started intimately observing how animals that ran free seemed to be healthier than those caged or kept indoors as pets, but it wasn't until many years later that he discovered why.

A Self-Made Career

As a young man in the 1970s, Mr. Ober started down the second life-path that led to his Newton's Apple moment: He founded what became a leading nationwide cable television installation and marketing company. Teaching himself the technical workings of telecommunications, he helped create the concept of modems and the use of personal computers for reception of information from around the World. Soon he was working with the individuals who created CNN, HBO, and other cable networks. He soon achieved the American Dream: a highly successful business, a luxurious home in Denver, and a lifestyle that included anything that money could buy.

Then it all fell apart.

The Bad Tooth That Led to Good Things

In 1993, Ober developed a toothache that turned out to be a serious tooth abscess. The result was a liver so badly damaged that his body started to shut down. Ober was told he should simply prepare for the end. However, an experimental surgical procedure saved his life.

His brush with death left him a new man — one who realized he was a slave

to his possessions and a job that no longer fulfilled him. Transformed, Ober started a search for a higher calling. He gave away most of his possessions and drove around the country in an RV for over four years, ultimately ending up on that park bench in Arizona.

Proving a Hunch with Duct Tape

From the moment that Ober first sat down in Sedona and wondered whether shoes could hurt our health, he became obsessed with finding the answer. His first experiment, using a simple voltmeter, measured the electromagnetic field (EMF) induced on his body from appliances and wiring in the wall of his apartment. He then took readings while “grounded” and sitting or lying on makeshift metallic duct tape grids he had connected by wire to a ground rod.

He found that the measurements varied dramatically based on whether he was grounded or not. For instance, as he rested on the bed and with his bare skin in contact with his crude metallic tape grid, his voltmeter registered almost zero. Ungrounded, there were varying levels of voltage. Then he discovered that being “grounded” allowed him to sleep for the first time in many years – without having to take his usual pain pills for chronic back pain. Night after night, he repeated his little experiment and found that his pain diminished and his sleep improved significantly.

Fascinated, Ober conducted a similar experiment with willing friends who had similar problems. Same results. Better sleep. Less pain. It became apparent that being grounded and “in sync” with the Earth’s natural electrical energy had unique benefits.

Good News Travels Fast

As he recounts in his book, *Earthing*, Ober’s next challenge was to refine his crude grounding grids. Working with specialty companies, he developed cotton sheets with conductive silver

strands woven into them. He also developed grounded mats, patches, and bands with which to connect people to the Earth.

He began grounding people who had chronic pain, severe inflammation, immune disorders, insomnia, and even conditions as disabling as multiple sclerosis (MS). Within a short period of time – sometimes as fast as overnight – many people reported significant symptom relief. Word spread rapidly about the amazing effects of simply being reconnected to the Earth and people would seek out Mr. Ober for his grounding devices.

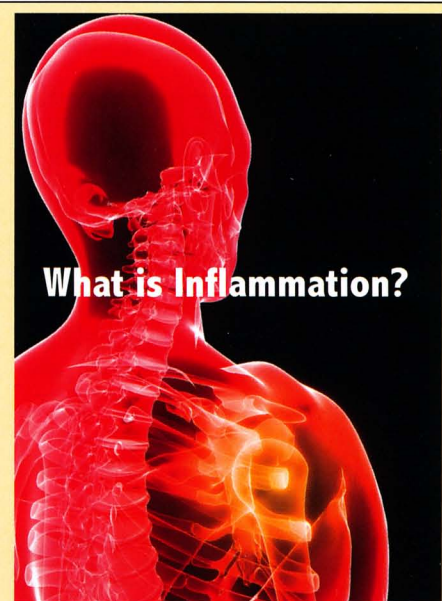
Over time, the repeated positive results convinced Mr. Ober that contact with the Earth restores a natural electrical state in the body – and that the planet has abundant yet overlooked healing properties.

Overcoming the Skeptics

Initially, researchers wanted nothing to do with Ober’s idea. In fact, as he first tried to solicit doctors and scientists to investigate his discovery, Mr. Ober met with ridicule. But as word continued to spread, some members of the health community started to listen and conduct their own experiments using Mr. Ober’s devices.

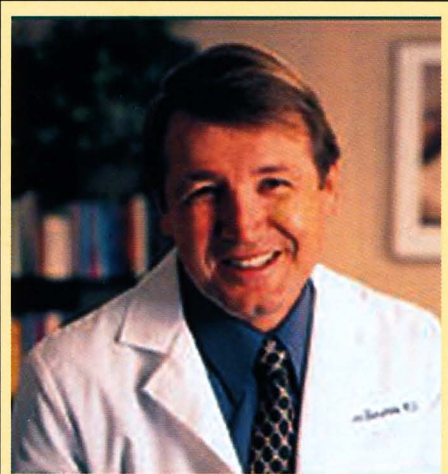
In one early experiment, Dr. Maurice Ghaly, a retired anesthesiologist, conducted a pilot study measuring the secretion of cortisol, the so-called “stress hormone,” in people before and after grounding. (Elevated cortisol levels indicate chronic stress and contribute to poor sleep as well as a host of health problems.) Ghaly’s study found that Earthing during sleep “resynchronizes cortisol secretion in alignment with its natural, normal rhythm.” People in the study reported better sleep and less pain – the very same findings that Mr. Ober and his close friends had experienced.

In 2001, the work of Mr. Ober attracted the attention of Dr. Stephen Sinatra, an integrative cardiologist who combines conventional and alternative



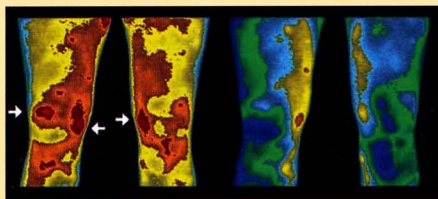
Everyone is susceptible to inflammation – from high-performance athletes to non-performance couch potatoes.

It’s an equal opportunity hit for man. The word “inflammation” comes from the Latin *inflammatio*, meaning to set on fire. Inflammation is the complex biological response of the body to harmful stimuli, such as pathogens, damaged cells, or irritants. It is a protective attempt by the system to remove injurious or threatening agents as well as start the healing process for the affected tissue. In the absence of inflammation, wounds and infections would never heal and progressive destruction of the tissue would compromise survival.



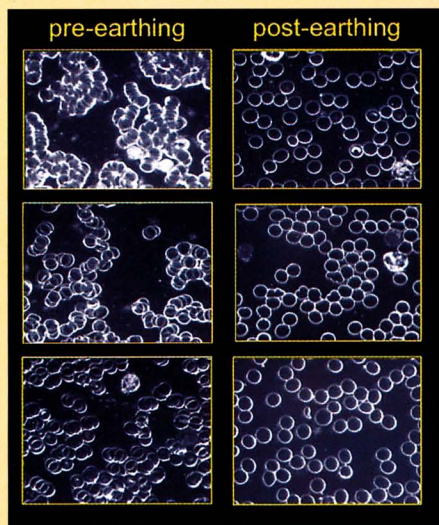
Renowned Cardiologist, Stephen Sinatra, M.D., who has over 30 years practicing in medicine says, “I regard Earthing as the greatest health breakthrough in all my years in medical practice. Regular grounding (another name for Earthing) restores the body’s natural electrical state, calms the nervous system, reduces inflammation, and improves circulation. No pill on Earth can do what Mother Earth does!”

Grounding Reduces Inflammation



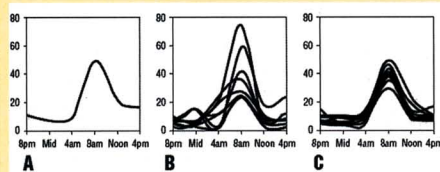
The medical infrared images show inflammation in both knees before (left) and the reduction of inflammation that occurs after (right) sleeping with subject's bare feet on grounded Earthing pad.

The Effects of Grounding on Blood Cells



The reproductions above represent darkfield microscope images of blood taken from three individuals in attendance at Dr. Sinatra's house just before and after forty minutes of grounding. The before image is on the left, the after on the right. The pictures clearly show a dramatic thinning and decoupling of blood cells.

Cortisol levels before and after grounding



In unstressed individuals, the normal twenty-four-hour cortisol secretion profile follows a predictable pattern – lowest around 12:00 midnight and highest at 8:00 a.m. (Graph A). The pre-grounding chart (Graph B) shows the wide variation of patterns among the study participants. Graph C represents the altered pattern of the participants after Earthing, showing a significant stabilization of cortisol levels.

treatment. Inflammation had recently been identified as the cause of arterial and cardiovascular disease, and Sinatra reasoned that if grounding reduced inflammation in the heart (which is regulated by electrical impulses), then grounding might provide a “new weapon against heart disease.” Dr. Sinatra asked Ober to determine whether or not Earthing indeed reduced inflammation. With the help of other professionals, such as biophysicist James Oschman, Ph.D., and William Amalu, D.C., the president of the International Academy of Clinical Thermography, Mr. Ober found the answers he was seeking: Yes. Ober and his associates had found that the Earth itself is one gigantic anti-inflammatory aid.

The Positive Effect of Negative Particles

The electric energy on the surface of the planet takes the form of a limitless supply of negatively charged subatomic particles called electrons. When you make direct contact with the Earth, they are absorbed into your body, where they appear to absorb the positively charged free radicals that cause chronic inflammation.

Although inflammation results from the body's attempt at healing itself through the release of white blood cells to an injury site, sometimes the inflammatory response persists even when the initial illness or injury has passed. This chronic inflammation can eventually harm healthy cells in the surrounding area. Mr. Ober and his co-authors believe that “normal inflammation veers out of control because of lost contact with the Earth.... [This] generates an autoimmune response manifesting as chronic inflammation. The immune system [runs] amok, attacking its owner – you.” A lack of grounding, they contend, causes an electron deficiency. Reconnection with the Earth eliminates it and a healing process unfolds. Inflammation, sickness, and pain are but a manifestation – in large part

or small – of an electron deficiency and the remedy is right under our feet.

An Outside Chance to Heal Ourselves

Inflammation is related to a rogue's gallery of ailments: Multiple sclerosis, arthritis, fibromyalgia, intestinal disorders, headaches, kidney failure, chronic pain, diabetes, cancer, allergies, and cardiovascular disease. One of the great promises of Earthing is that it offers a simple and natural way to impact inflammation and aid the body in combating the pain and dysfunction that inflammation causes. We can connect to the Earth as easily as walking barefoot on the ground outside, or sitting with our feet planted on the lawn, or swimming in the ocean. When we go inside that connection can be maintained by sleeping on one of Mr. Ober's grounded sheets or working at the computer with bare feet on one of his grounded floor mats.

The Human Body as Electric Battleground

As far-out as Earthing may sound initially, it is grounded (so to speak) in science. The human body is a conductive object and when it is in disharmony or inflamed, which may manifest as pain, illness, disease, or simply stress or depression, it is in a positively charged state. If you then put your positively charged and malfunctioning body in connection with the ground (negatively charged), your body will pull electrons from the larger object (the Earth, obviously). Then the “electrical potential” of the two will equalize or harmonize, which is what Earthing accomplishes. As Mr. Ober and his co-writers put it, “electrons are the smallest possible negative charges of electricity. It is well established that negative charges (electrons) are attracted to positive charges (free radicals). Connecting the body to the Earth automatically enables the conductive tissues of the body's living matrix to become charged with the Earth's free

electrons." The result is a reduction in symptoms related to inflammatory conditions.

Proof of Accelerated Healing?

Mr. Ober's book, *Earthing*, contains thermal images of wounds before and after grounding therapy. The pictures show a decrease in inflammation after Earthing is applied. In addition, before and after pictures provided by Dr. Sinatra show that after grounding for forty minutes, red blood cells that had been clumped together in a pattern indicative of cardiovascular disease thinned out into healthier patterns. This is the apparent result of the red blood cells acquiring a greater negative charge through Earthing, and thus being better able to repel other red blood cells. (The book also contains numerous testimonials from people whose quality of life improved dramatically with treatment.)

The blood-thinning effect has been documented already in a pilot study, with another larger study in the works. If Earthing is indeed found to contribute to blood thinning, the implications for cardiovascular disease would be profound.

Reconnecting with the Healing Power of the Earth

Mr. Ober believes that Americans, in particular, have been led into a false sense of health security. We were promised that in the years ahead there would be a pill for all our ills and medical insurance for everyone. That hasn't happened – and even if it had, asks Ober, at what cost would it be offered?

Meanwhile, we have become increasingly disconnected from nature and the Earth.

Not only do we eat increasingly unhealthy and unnatural food, but our environments have become more and more unhealthy and unnatural as well. Technology has delivered a double whammy: First, plastic-soled shoes replaced traditional (and conductive) leather shoes; and then we became sur-

rounded by electronic devices, wireless connections, microwaves, and cell towers – devices that constantly assail us with forms of interference that act like electricity running wild through our ungrounded bodies.

The result? From the latter half of the 20th Century on, everything in our homes, schools, and offices has hampered our ability to connect with the healing power of the Earth, while bombarding us with contamination. Ober points out that people have never lived like this. Native Americans, such as those in Mr. Ober's home state of Montana, knew the value of the Earth. They walked on it barefoot or with moccasins; they slept on it; and they healed from their interaction with it.

Healing Begins with Awareness. And Action

Ober pleads for us to become more aware of our own health issues, become proactive, start thinking of "health assurance" versus "health insurance," and begin reconnecting with the Earth. He believes in a healthy diet and exercise; but he also believes that if we are not grounded, we are failing to take advantage of a remarkable source of healing that is available to all of us, all the time, for free.

But what if we can't spend enough time outside, walking barefoot on the grass or swimming in the ocean? Ober has created a line of products that allow users to ground from almost anywhere inside homes and offices. He has spent millions of dollars to develop his dream and accomplish his mission. He states that his desire for the future is simply to get the message to more people, to share the healing results that Earthing has to offer, and to motivate everyone to get earthed and share their experience with friends and family – and help bring about the "natural" health and wellness revolution. 🔥

You can view reports and videos related to Earthing at Mr. Ober's websites – www.earthing.com and www.earthinginstitute.net

What the experts are saying about "Earthing":

- "Earthing is a revolutionary health breakthrough that will change your life. Get grounded, and start the process of breaking the stress and illness cycle."
– *Martin Gallagher, M.D., D.C., author of Gallagher's Guide to 21st Century Medicine*
- "This book is a manual for one of Nature's great healing secrets."
– *John Gray, Ph.D., author of Men Are From Mars, Women Are From Venus*
- "Earthing may be as fundamental as sunlight, air, water, and nutrients."
– *Gary E. Schwartz, Ph.D. Professor of Psychology & Medicine, University of Arizona*
- "Earthing ranks right up there with the discovery of penicillin.... probably the most important health read of the Twenty-First Century."
– *Ann Louise Gittleman, Ph.D., C.N.S., author of Fat Flush Plan*
- "Earthing is a return to the healing power of Nature.... here's a simple but powerful way to restore your health on all levels."
– *Hyla Cass, M.D., author of 8 Weeks to Vibrant Health*
- "This inspired and well-researched book explains perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. A brilliant hypothesis well-grounded in science."
– *Nicholas Perricone, M.D.*
- "Most people want the most health benefits for the least amount of work. This is it! Earthing gives you more benefits for the least work. There is no work!"
– *David Wolfe, M.S., author of Superfoods: The Food and Medicine of the Future*
- "The feedback from patients is now so strong that I know predictably, as a doctor, this will change a person's life."
– *David Gersten, M.D., author of Are You Getting Enlightened or Losing Your Mind?*

Effects of Grounding Sunflowers

Gary E. Schwartz, PhD.

Professor of psychology, medicine, neurology, psychiatry and surgery at the University of Arizona and director of its Laboratory for Advances in Consciousness and Health

Proof-of-Concept Experiment, September 15, 2011



Experimental Setup on Day 0.

Two Sunflowers on the left were connected to the bottom plug.
Two Sunflowers on the right were connected to the top plug.
The experimenter was blind to which plug was electrically grounded and which plug was not grounded.



DAY 0



DAY 3



DAY 6



DAY 7



DAY 7 — NOT GROUNDED



DAY 7 — GROUNDED



A Study on the Effects of Grounding on Sunflowers

Do the studies conducted on sunflowers have some relevance to human health? It is interesting to note that Dr. Gary Schwartz, PhD, at the University of Arizona has conducted studies on the effects of "Earthing" plants. The results of his scientific studies on the health and longevity of sunflowers gives rise to the question of relevance on human health.

Dr. Schwartz placed four freshly picked sunflowers into individual vases. They were all picked from the same area at the same time. The water in each vase was the same. Each of the four vases had a thin metal rod placed in the vase. Each rod was connected to a wire plugged into a wall socket earth ground port.

For his test, one plug was grounded. The other plug was not grounded. Two of the rods were connected to the upper socket and two were connected to the lower socket. It wasn't known which plug was grounded.

The results were astounding! After a week, the sunflowers without the grounding connection drooped and died. The water in their vases turned cloudy and dark. The two remaining sunflowers on the right maintained their vigor and lived for another 10 days. Their water remained as clear as when the vase was first filled. Their wall plug had been grounded.

Clint Ober creator of "Earthing" states that sunflowers growing in the ground are continuously supplied with energy from the Earth. The grounding rod continues to provide that Earth connection, allowing the grounded sunflowers to live out their life cycle.

Does our health and the health of all flora and fauna depend on our connection to the earth? Is Clint Ober on to something basic that our modern society has forgotten?

You will find more information on "Earthing" at: www.earthing.com