



Better Earthing
Earthing Products for Better Health



A Beginner's Guide to Earthing

*How to achieve your optimal health
the natural way, connecting with the
healing power of earth*

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What is Earthing?

Can you recall the feeling of walking barefoot at the beach or on grass? The warmth and wellbeing that you feel is the earth's subtle, natural energy flowing up through the soles of your feet

Earthing (also referred to as grounding) is being in conductive contact with the earth. You can do it by walking barefoot or lying outside (on grass or at the beach). Or you can use an indoor product that brings the earth's health enhancing, free electrons to you while you are inside your home or office.

Earthing supports foundational pillars of health - good quality sleep, blood circulation and immune function.

Studies have shown earthing reduces inflammation and speeds recovery from injury. That's because earthing or grounding supports your body's ability to heal itself. It boosts the immune system and gives your body a readily available, natural supply of antioxidants.

Astonishingly, earthing has always been around, and yet we've overlooked it.

Our earliest ancestors were grounded as they walked, sat, and slept. They walked barefoot, slept on animal hides, and made use of natural conductive materials like leather, clay, metal, animal skins and stone.

Our modern lifestyle has insulated and disconnected us from the earth.

Today we live in high-rise buildings, wear rubber-soled shoes and are make use of plastics, synthetics, asphalt and other materials that insulate us from the earth.

So we've deprived ourselves of the free electrons in the earth's natural electric field, and the earth's nourishment right beneath our feet.



When did you last walk barefoot at the beach or on grass?

My Personal Earthing Story

By Better Earthing founder Peter Griffiths

A few years ago I strained my back lifting my bike into the car. Ouch! My back froze up and every little movement was accompanied by stabbing pain. I thought, if I could reduce the inflammation, I could move easily again. So I phoned a close friend and health speaker and I asked him what I could do. He said, great timing, I've just written a blog post about a natural anti-inflammatory called Earthing.

When I discovered that the earth's free electrons act as a 'free radical scavengers' in our bodies I thought wow, this could be the most valuable easy to do thing I could do for my health. I was already taking herbal supplements to boost my immune system. The idea that I could get as many natural antioxidants as my body needed from the earth amazed me, especially as I could do this while I slept.

I bought around \$1000 worth of earthing products and experienced some benefits, enough to keep me interested. I really liked the idea that earthing could help avoid health problems before they happened.

After 3 to 6 months the earthing sheet I bought had stopped working altogether, and 4 of my 5 earthing mats no longer worked well. I couldn't find any products with a warranty or guarantee past 3 months. So I decided to make my own. I found some high percentage silver coated fibre fabric and safety connections then I bought enough to make 5 prototype earthing sheets. After testing for conductivity, I found this high percentage silver fabric earthed well through a cotton sheet. So we placed it on our bed as an underlay.

I really liked the idea that Earthing could help avoid health problems before they happen.

The first night that my wife Corrina and I slept on the silver earthing underlay we both slept so well. My usual routine was to wake up twice a night, once around 2am and then again at 4am. I would go to the bathroom and generally find it difficult to go back to sleep. On this 50% silver underlay, I slept solidly for three nights in a row, without waking up once. This was unheard of for me.

Nowadays I go to sleep a lot more easily and wake up less frequently. When I do wake up, I go back to sleep more easily. Restless nights are truly a thing of the past, apart from only a few nights each year now. My wife has a RSI related injury in her shoulder and this improved dramatically over the next 12 months of sleeping on our underlay sheet. Her right shoulder used to feel numb or frozen, like it wasn't really part of her body. Now she has sensation there.

We knew this design was special.

Our underlay would allow people to sleep on their own favourite sheets while earthing – a major innovation as the only earthing sheets available at that time were the ones you needed to sleep directly on.

We contacted an existing earthing product maker and asked if they would like to do something together with our new underlay sheet design. But they told us they were not interested.

We love earthing so much and I really believe that this underlay could be one of the most valuable, convenient and easy to use products for getting and staying healthy. I had a clear moment of knowing inside myself that it was right to make this underlay available to others. And so, we became product designers and manufacturers, launching the world's first earthing underlay sheet with a two-year warranty.

Over the following three years our knowledge grew. With support from fabric and fibre experts, we have our custom designed earthing fabric made from premium quality French silver fibre (coated with a German anti-oxidising agent) and blended with sustainable Tencel, a soft tough natural fibre like bamboo, but more environmentally friendly to produce.

We've launched our earthing wraps and our fabric earthing seat pad – made from a very high quality surgical grade stainless steel. Our custom carbonised rubber earthing mat is the first ever earthing product to be sold with a 5-year warranty – unheard of for earthing products previously.

After 2 years of developing and testing our new high-tech patented earthing fabric, in 2019 we launched our premium stainless steel range, a world first in earthing. It comes with a 5 year warranty and we expect it will earth brilliantly for 15+ years due to the durability of the medical grade stainless steel filament (which can't be damaged by oxidization from sulphur in sweat or body creams & lotions).

Even our leads are reinforced for dependability and we chose large snap connectors for our designs so that the lead stays firmly connected to the product (and does not slip off).

Since mid 2016 we have made earthing products for Earthing People Sweden and Earthing Netherlands, tailored to their local needs and under their own label. They are Europe's two most experienced and long-term earthing product distributors, so it is a great testimony to our product quality that they now distribute our products.

As we spread our wings and grow, we will continue to work with local businesses to make as many of our products as we can here in Australia.

Peter Griffiths, founder of Better Earthing



Better Earthing fitted silver underlay

Our innovation was to create an earthing sheet that is powerful enough to work as an underlay. We worked with fabric and fibre experts to create our custom silver earthing fabric made with premium French silver fibre (50%) and soft, sustainable Tencel (50%).

You'd be amazed at the amount of decision making that goes into every aspect of our products.



Corrina with an early shipment of silver earthing fabric

It Makes Sense to Earth

Being in contact with the earth may be as important as sunshine or clean air for our health.

We all know that we need Vitamin D from the sun for our health. It's a vital nutrient that contributes to bone health, enhances our immune system and more.

Earthing may be just as important.

According to the [Journal of Environmental and Public Health](#), 'The research done to date supports the concept that grounding or earthing the human body may be an essential element in the health equation along with sunshine, clean air and water, nutritious food, and physical activity.'

It makes sense that if we cut ourselves off from our own planet that we could be missing out on something fundamental.

Cardiologist [Dr Stephen Sinatra](#) is fond of calling the act of walking barefoot on the earth, "Vitamin G" for grounding. He says ' Just as the sun above creates vitamin D in your body, the ground below provides you with vitamin G, a kind of "electrical nutrition."

It's not just humans that benefit from connecting to the earth. In 2012, Gary Schwartz from the University of Arizona performed an experiment with sunflowers that demonstrates the powerful biological effect of earthing.

He put flowers in two vases, one of which was grounded and the other was not. By the 7th day the flowers that were not grounded had wilted, whilst the others were still fresh. The difference in their survival and health was remarkable. The grounded flowers lived 10 days longer than the ungrounded.

Could earthing the human body improve our vitality?

There is compelling evidence to suggest so.



Comparison of the effect of earthing on sunflowers.

Health Benefits

There have been over 20 published studies on earthing with health benefits in areas of mood, sleep, inflammation, blood circulation, immune response, nervous system function, cardiovascular function and more.

This ebook looks at 12 health benefits from earthing, starting with these three, chosen because they are pillars of good health and disease prevention.

- Sleep,
- Blood Circulation,
- And Reduced Inflammation.

That's because they support good health AND help prevent disease.

1. Sleep

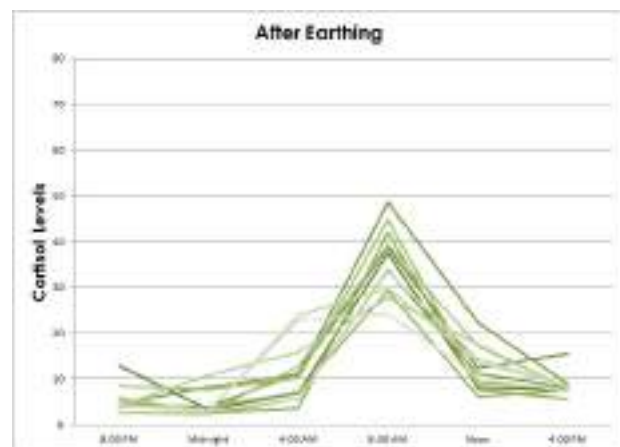
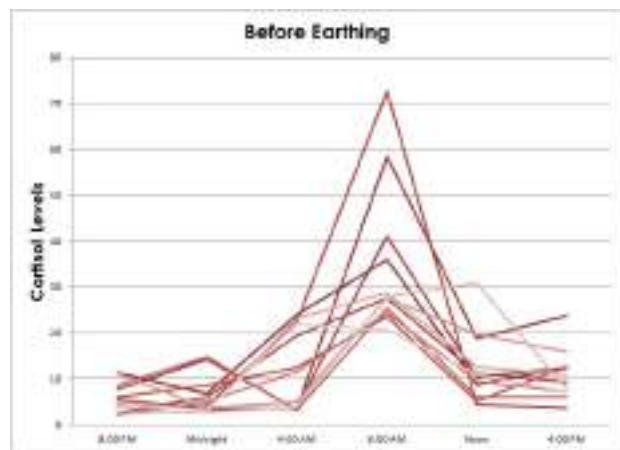
Sleep, we know we need it. Our bodies do the vast majority of their healing and repairing while we sleep. And yet, with our busy lives, it can be difficult to get a quality 8-hours sleep each night.

Over time, repeated poor sleep can compromise your health. Poor sleep is linked to hormonal imbalance, chronic inflammation, weakened immune response, weight gain, heart disease and more.

Research shows that earthing overnight is likely to give a restful sleep at night and more energy during the day. In an eight-week study involving 12 participants with sleep disorders, each person experienced an improvement in sleep quality with earthing overnight ([Ghaly M, Teplitz D, 2004](#)).

The study measured saliva cortisol levels to determine each subject's wake-sleep cycle. The hormone cortisol should peak in the morning when we wake up, and then taper off reaching its lowest at night while we sleep. When there is a disruption of cortisol secretion, sleep problems often follow.

In the study, the diurnal cortisol profiles in subjects improved remarkably, and resynchronised with the natural 24-hour pattern of max alertness at 8am and minimum at 12pm. The participants also reported improvements in their sleep, stress levels and pain with regular earthing each night whilst they slept.



Overnight Cortisol Levels from study on earthing for sleep



REM Sleep

During the first two weeks of earthing, some people notice they have vivid dreams – like going to the movies but while you sleep!

One explanation for this increased dreaming is that your body is catching up on a REM sleep.

REM sleep, or “dreaming sleep” is physically distinguished by Rapid Eye Movement and fast brain activity.

During REM sleep you dream, your brain is active and you are immobilised but your heart rate and breathing will likely be faster – you may be running for your life in that vivid dream!

Why is REM so important?

- **Damaged cells in your brain are cleansed** (autophagy) during REM sleep. Lack of REM sleep is associated with Alzheimer’s and Parkinson’s Disease.
- **Integration of new knowledge.** While deep sleep helps you store new knowledge, REM sleep integrates it with past experiences this can lead to new insights.
- **Creativity & Problem-Solving.** One study found that REM sleep increases your ability to gain new insights by 50%.
- **Emotion and Memory.** REM sleep allows the brain to process emotionally charged and upsetting memory experiences in a neurochemically calm or safe dreaming environment. The stress-related chemical noradrenaline (norepinephrine) stops secreting during dreaming sleep.
- **Emotional Intelligence.** Having good REM sleep helps you recognise and interpret facial expressions and emotions.

Earthing and REM Sleep

In 2011, biohacker Dave Asprey (of Bulletproof coffee fame) created a buzz when he found that earthing helped improve his REM sleep.

He discovered a consistent 30-35% increase in his REM sleep when sleeping earthed, measured via a sleep tracker.

While no studies have been done yet on earthing and REM sleep, we do know that earthing can normalise overnight cortisol levels, calm the nervous system, and reduce stress, all of which help with REM and NREM sleep, and help explain Dave Asprey’s great result.



Improved Facial Blood Flow

Using thermal and laser imaging, researchers have documented changes to blood flow around the face, abdomen and torso in participants who earthed for one-hour (compared to participants who were not earthed). A double-blind pilot study of 40 women clearly demonstrated that even one-hour of [earthing improves blood flow to the face](#), which in turn can enhance skin tissue repair and improved facial appearance.



2. Improved Blood Circulation

Your **blood circulation** is one of the most essential functions in our body. Healthy blood circulation is needed for good digestion, heart health, clear-thinking, and energy throughout the day. It also brings nutrients to our organs and tissues, whilst also removing carbon dioxide and other waste products. Good circulation prevents the build-up of cellular waste, which can stagnate in the body influencing weight gain and inflammation. Improving circulation can also decrease joint pain in arthritis and other inflammatory diseases.

Exercise, regular physical activity and proper nutrition can help improve blood circulation and maintain optimal function.

There are several studies that show earthing does this too. Our favourite is a double-blind study on blood viscosity that measured the zeta-potential of red blood cells. Their blood viscosity improved by 230% after earthing for just 2-hours with better flow and less clumping up of red blood cells

[\[Chevalier G, Sinatra ST, Oschman JL, Delany RM 2013\]](#) Cardiologist Dr. Sinatra describe this as:

“This is the most incredible discovery, because if you can increase the thinning of your blood naturally by grounding, you can fight off disease. Not only heart disease and stroke, but I'm thinking cancer, Alzheimer's, multiple sclerosis, or any illness that requires good oxygenation to the tissues.”

- Dr Sinatra **Before Grounding**



After Grounding



Before & After 2 hours of earthing

From study on blood viscosity by Dr Stephen Sinatra

“Allen has been experiencing episodes of atrial fibrillation at very regular intervals (sometimes twice a week) for at least the last three years.

However since we first started using the earthing sheet on 9th August he has not had one episode. We will continue to monitor this but feel very optimistic.

So apart from all the other many health benefits of earthing to both of us, the earthing sheets have been a massive blessing for Allen for this one reason alone. Keep up your important work”

Debbie and Allen, NSW

3. Reduced Inflammation

Reducing inflammation could be the single biggest thing you can do to help maintain your health.

Long-term inflammation is invisible and potentially highly damaging. It silently and stealthily damage tissues over many months or years. You won't know it is there until a disease sets in or loss of function occurs.

The word inflammation comes from the Latin word 'Inflamatio', which means 'to set on fire'. The job of this fire is to eliminate harmful bacteria, viruses, allergens, and irritants in the body. As a short-term blast, this is very healthy.

The trouble starts when the fires of inflammation smoulder on or keep on burning, even after the harmful agents (that triggered the inflammation in the first place) have all been destroyed.

Medical research now links chronic inflammation to almost all modern diseases.

Earthing is an easy lifestyle change that can reduce inflammation in your body.

There is evidence to support this. A double-blind study induced inflammation in the participants bodies using a series of exercises. They earthed or grounded afterwards. The study found that:

- White blood cell count was elevated in the ungrounded group, but not in the grounded group. (This is a marker of inflammation).
- Bilirubin (a naturally occurring antioxidant in your body) decreased 40% in the ungrounded group, but only 5% in the grounded.
- The group that earthed experienced less pain.

Together these finding indicate earthing significantly decreases inflammatory response. This especially important given that inflammation plays a key role in almost all major disease today!

Disease	Health Effects
Allergies	An overactive immune response and too much inflammation in the body can result in allergies
Alzheimer's disease	Chronic inflammation plays a major role destroying healthy brain cells
Asthma	Inflammation has been linked to the blocking of bronchial tubes
Arthritis	Chronic inflammation interferes with lubrication of the joints and destroys joint cartilage
Autism	Brain inflammation is present in autistic children
Cancer	Unchecked inflammation can cause excess free radicals and tumour growth
Cardiovascular disease	Inflammation creates plaque in arteries and damage to heart valves
Chronic Fatigue syndrome	New research links brain inflammation to CFS, particularly the areas of the brain that are linked to fatigue, pain and depression
Diabetes, types 1 & 2	In type 1 diabetes, inflammation causes the immune system to attack pancreatic beta cells. In type 2 diabetes, fat cells send inflammatory messengers leading to insulin resistance
Depression	Can be caused by inflammation. A spike in inflammatory cytokines, a protein that the immune system uses to fight off a foreign agent, occurs when people are depressed
Fibromyalgia	Inflammation in the central nervous system and exacerbated by nutritional and neurological imbalances
Multiple Sclerosis	Inflammation of the nervous system
Psoriasis and Eczema	Skin becomes inflamed and itchy. Linked to chronic inflammation in the gut and liver with poor detoxification
Polymyalgia Rheumatica	Autoimmune reaction against the joints caused by too many inflammatory white blood cells called cytokines
Stroke	Research is currently being done on the links between inflammation, heart disease and certain types of stroke
Surgical Complication	Excess inflammatory cytokines (often already in the body before surgery) can slow healing

4. Pain Relief

Most pain is due to inflammation and typically reduces with earthing. A pilot study on [earthing for sleep](#), found that overnight pain reduced in 10 of 12 subjects after sleeping on an indoor earthing products. Healing related pains also decreased in intensity, according to a study on [earthing for delayed onset muscle soreness](#) (a condition caused by over-exercising. This was a double-blind study and ungrounded subjects reported a higher perception of pain on each of the post-test days compared to the grounded subjects: 86%, 83%, and 86% higher subjective reporting of pain.

As an objective measure of pain, a blood pressure cuff was applied on the sore area (the right calf muscle) and tightened until the subject asked the experimenter to stop. The grounded group were able to tolerate a more pressure (26%, 29%, and 45% over the three test days). This indicates they were experiencing less pain.

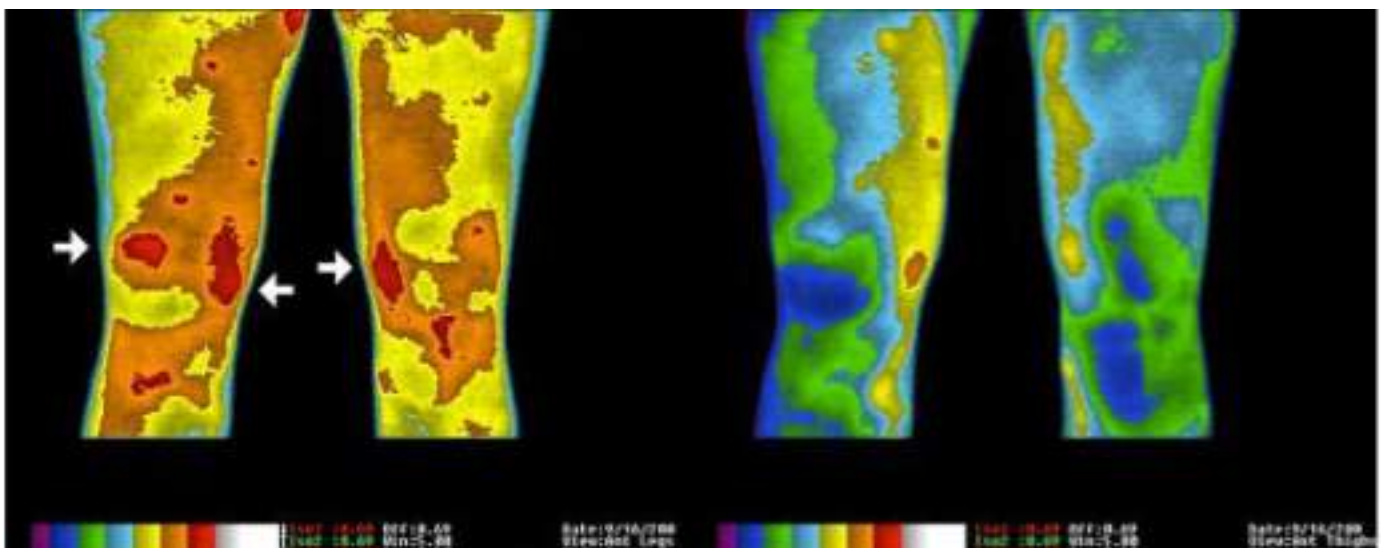
For a personal account of earthing for pain relief, read one of our [case studies](#).

After 5 weeks of chronic inflammation of the neck and shoulder muscles just one night on the under sheet meant I was able to leave the prescription anti-inflammatory and pain killer tablets in the packet.

Now, 2 weeks later I have only taken one tablet (half the prescribed dose) on just 2 days and no pain killers. If nothing else at all these products have reduced the need for prescription drugs and their long term negative effects.

Thank you Peter and Corrina.

Steve, QLD



5. Arthritis Relief

Earthing aids in the management of arthritic pain in three ways:

- it reduces inflammation,
- it helps lubricates joints through improved circulation, and
- it improves bone health.

A study on the [influence of earthing on physiological processes](#) found that after one-night's grounding (from 10pm to 6am), the participants who slept grounded showed reduced elimination of calcium and phosphorous and improved mineral levels in their blood samples. This result is significant as it shows that earthing can help maintain bone health.

There are many anecdotal reports of earthing helping relieve arthritis pain. Here are just a few:

After 4 days of sleeping on your fitted sleep system my arthritic stiffness in my hand and hips had disappeared. It seemed too hard to believe. But now 4 weeks later, all is still good with no arthritic stiffness, and I now know the Earthing underlay sheet did this. I'm also sleeping much better.

Lyn Harris, QLD

I have been using the earthing underlay sheet on my bed and a mat under the computer desk for nearly a year and love them. A few weeks ago my husband and I went away for four days holiday and I had no earthing undersheet. The first night away I was so sore and achy from arthritis and came close to booking a massage the next day. It wasn't till I got home that I realised I hadn't had the sheet under me for four nights and now I really appreciate it all the more. It makes such a difference. I didn't realise how good the bed underlay sheet is until I didn't have it.

Wendy H. QLD



6. Stress Reduction

Earthing is an effective tool for stress management. Studies show that it:

- Helps normalise cortisol, a stress hormone.
- Shifts the autonomic nervous system from fight-or-flight mode (sympathetic) to calming mode (parasympathetic). Breathing and yoga are other key ways you can help calm your nervous system.
- Earthing also improves heart rate variability (HRV), which is the indicator of stress. Poor HRV is linked to mental health issues, cardiovascular disease and diabetes.

Over time, earthing can have a profound impact on your ability to handle or manage stress.

Earthing and Medication

Earthing can improve the functioning of the body in many ways. That in itself is good. However, one byproduct could be that a specific medication dosage may become too much.

Research shows that earthing improves blood sugar levels, has a thinning effect on the blood, and influences thyroid function. If you are taking medication related to any of these (eg. warfarin or glucose medication) you may need to adjust your dosage. For this reason, we strongly advise you to talk to your healthcare practitioner before trialling earthing so they can monitor your medication levels and reduce the dosage if need be. With your doctor's support, ease into earthing by starting with shorter time periods such as 30 minutes, and then increasing the time spent earthing. Good way to start is simply a barefoot walk on the grass or at the beach or sit in your backyard with your feet in dewy grass for 10mins each day..

As you slowly increase your Earthing time, monitor your situation carefully, including how you feel, so as to determine if your dosage of medication needs to be lowered, under the watchful eye of your physician.

[Download this study](#) to help introduce your Doctor or GP to earthing.

7. Mental Health

Due to its pacifying effect on cortisol (the stress hormone), some psychiatrists are now recommending earthing as part of a natural, integrative approach to mental health. According to [Dr. Tracy Latz](#), earthing can help those suffering from PTSD and depression. She explains:

“For those with anxiety (post-traumatic stress disorder, generalized anxiety disorder, panic disorder, etc.), reconnecting with the Earth can assist with an improved sense of safety. By improving sleep architecture, Earthing can help normalize serotonin levels in the brain as it decreases cortisol (an anxiety-inducing hormone). When cortisol levels are high, there is a tendency to go into ‘fight-or-flight’/panic responses to stressful situations and become more easily angered or irritable. As cortisol levels decrease and stabilize, we become more centered, peaceful and calm. In short, we get more easily into our heart and have more compassion for our self as well as for others.”

For those with depression, Earthing can assist with stabilizing serotonin levels as noted above. Serotonin assists with decreasing crying spells, near-tearfulness, and obsessive/repetitive negative thoughts. When depressive symptoms decrease, energy levels improve and tolerance to stressful situations, pain, or discomfort improves.”

The appeal of earthing is that it's a simple remedy that can be added into the patient's daily routine without adding stress.

Cardiologist [Dr Stephen Sinatra](#) agrees:

“In patients who experience anxiety, emotional stress, panic, fear, and/or symptoms of autonomic dystonia, including headaches, cardiac palpitations, and dizziness, grounding could be a very realistic therapy.

Grounding has the potential to help support HRV, reduce excessive sympathetic overdrive, balance the ANS, and, thus, attenuate the stress response.”

8. Joint Stiffness

Joint stiff is a common for many adults, and is often an indicator of joint wear, muscle tightness, and inflammation. We've already discussed how earthing reduces inflammation. Research also shows that [earthing normalises muscle tension](#), helping tight muscles relax and tone loose muscles. This starts to happen within 4 seconds of earthing, according to a study that measured muscle tone using an electromyography. Imagine what 8 hours of earthing can do overnight.

9. Recovery from Injury

Dramatic examples of wound healing have been documented in relation to earthing. Some of the most high profile have been Jeff Spence's work with the USA tour de france team. He noticed [faster-than-normal wound healing and recovery](#) in his team when they slept while earthing and used targeted earthing near the affected area. Improved blood circulation and reduced inflammation most likely contributed to this accelerated healing response.

The longer I sleep on my earthing underlay, the more I am convinced of its benefits. I am sleeping more soundly, wake with more energy and have an improved sense of general wellbeing. I also have much less pain from arthritis, and no longer need a pillow beneath my knees to reduce discomfort, which was previously the way I slept for years.

While clearly my arthritis is not cured, the pain has been significantly reduced and I move more easily in the mornings.

Meredith, SA



BEFORE
Photograph of 8mth non-healing open wound suffered by an 84 y/o diabetic woman



AFTER 1 Week earthing
The wound shows a marked increase in healing and an improvement in circulation evidenced by healthier skin colour



AFTER 2 Weeks earthing
The wound has healed over and the skin colour is much healthier. She also said she was completely pain free

From a study on The effects of grounding on inflammation, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases published in the Journal of Inflammation Research

10. Eczema

Also known as dermatitis, eczema is an inflammatory skin condition that causes itching and red blisters that can become open sores. Earthing can dramatically reduce eczema severity, due to the anti-inflammatory effect of earthing on the human body. Read our case studies / interviews on the topic of earthing for eczema, and find out how earthing works as an anti-inflammatory here. Note, while there are no studies to date on earthing and eczema, the anecdotal reports are positive.

I have suffered from painful stomach ulcers, reflux, and stomach pain for a couple of years now and after 2 weeks I have noticed a huge improvement in the amount of pain and inflammation I experience. I did not expect this at all.

Of course, I still have to watch my diet, but the ability of Earthing to reduce inflammation is what I am grateful for.

David C, SA

11. Glucose Regulation

Having too much or too little glucose in the bloodstream causes problems in the body. Diabetes, a disease that affects approximately 5% of Australians (2014-5), occurs when the body is unable to properly regulate the amount of glucose in the blood stream. Independent researchers from Poland examined the [effect of continuous earthing on the glucose levels](#) of subjects with noninsulin-dependent diabetes mellitus over a 72 hour period. They found earthing significantly decreased fasting glucose levels, suggesting that earthing is a helpful tool in diabetes prevention and treatment.

12. Hormonal Symptoms

Earthing can reduce women's experiences of PMS and menopause. In one [study](#), 5 out of 6 women with PMS or hot flushes experienced a reduction of symptoms over 6 weeks. ---Dr. Laura Koniver M.D. recommends earthing for women experiencing menopause. In one [case study](#) from her clinical practice, she describes significantly reduced menopause symptoms after two months of daily earthing, including less hormonal swings, improved mood and better quality of sleep.

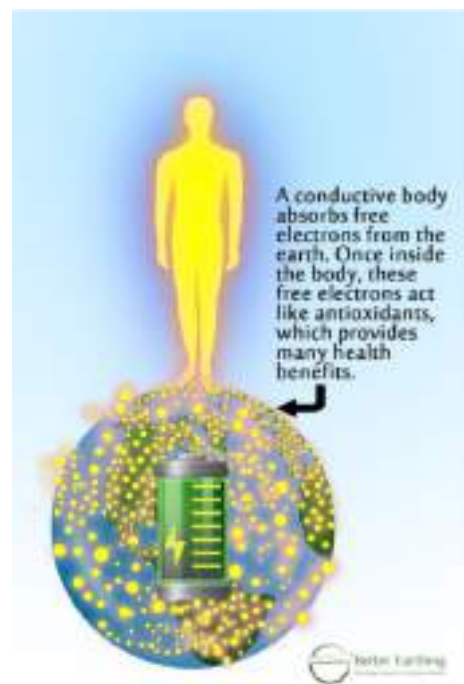


How Does Earthing Work?

In the past twenty-years, researcher have begun to unravel the mystery of the earth's healing energy - how it exists, and why it can have such a far-reaching impact on our health.

We now know that the earth's surface has a subtle, negative electrical charge due to lightning strikes and atmospheric pressure. On an atomic level, it is full of free electrons - the smallest unit of negative charge

It is an established, though not widely appreciated fact that the Earth's surface possesses a limitless and continuously renewed supply of free or mobile electrons. The Earth's negative charge can create a stable internal bioelectrical environment for the normal functioning of all body systems which may be important for setting the biological clock, regulating circadian rhythms, and balancing cortisol levels.



This research-based explanation for the earth's surface charge is from the [Journal of Environmental and Public Health](#).

Our Bioelectrical Body

We rarely think of our body as bioelectrical, but it is.

Your heartbeat and your nervous system rely on electrical impulses. Our heart beat starts as an impulse or electrical signal that spreads along the walls of the atrium, causing it to contract and let blood into the chamber of the heart.

Regular contact with the earth helps stabilise our body's bioelectrical systems.

We've seen how earthing helps calm the autonomic nervous system, aids blood flow and normalises heart rate variability.



Putting out the Fire of Inflammation

You have likely already heard of free radicals in relation to ageing, toxins in our environment, disease or inflammation.

Dr Sinatra says: *“Our bodies are so full of free radicals caused by anything from heavy metals to air pollution to transfats. I mean our body is being inundated with a firestorm of free radicals. So you gotta put the fire out. You can put that fire out in many different ways.”*

One way to knock out these free radicals is with earthing.

Free radicals are missing an electron. They are on constant look out for an electron to pair with. Positive free radical meets negative free electron = neutral charge and no more free radical.

It is difficult for your body to eliminate all the free radicals on its own.

However, the earth's surface has free electrons in abundance! It's the biggest known, natural source of antioxidants.

When we connect to the earth, we help our bodies fight the firestorm of free radicals and dampen the fires of inflammation in our body.

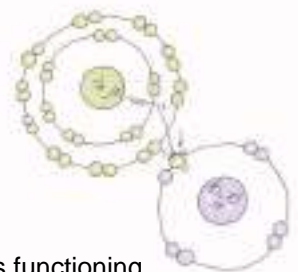
Watch video for more:

<https://youtu.be/XumPQLTzPWI>

Antioxidants Explained

Antioxidants – we know they are good for us. We even know that we can get them from fresh fruit and veggies or supplements like Vitamin C, Grape Seed Extract and more. But few of us know how antioxidants work or why they help us fight disease.

Antioxidants are molecules with lots of electrons. They stabilise free radicals by giving them an electron.



When our immune system is functioning well, our body produces enough antioxidants by itself to keep the numbers of free radicals in balance and quarantined to specific areas where they are needed.

Unfortunately as we age, many more free radicals accumulate in our bodies. This makes us more prone to illness when we're in our 70s and 80s. Our immune system starts to struggle with excess free radicals, which can damage the immune cells (T-cells, natural killer cells), disrupt the communication between immune cells (cytokine pathways), and upset free radical/antioxidant balance of macrophages (an important type of immune cell).





How Free Electrons Move Through Our Body

Our body is mostly made up of water and electrolytes. This makes it conductive.

Researchers believe that the earth's free electrons typically enter our body via our skin and are stored in our connective tissues as 'reservoirs' of negative charge.

When an injury occurs, the body will have immediate access to these reservoirs of electrons to help wind up excess inflammation and protect healthy tissues.

We need to connect with the earth regularly to ensure that our reservoirs of electrons stay topped up. Without regular earthing, the body can gradually become depleted of *electrons*. In this sense, you can think of the earth like a battery that our bodies need to connect with regularly.

Up until recently we were always connected to the earth and walked in leather-soled shoes and lived closer to the earth in single storey dwellings. We evolved in close contact to the earth, and it is possible that with our modern lifestyle, it makes sense that we may have lost something by insulating ourselves from the planet.

The body saturates itself with electrons practically instantaneously when you touch the earth. It is so fast that you can't measure it. Electrons from the earth enter the body right away and they coat the red blood cells so that the cells repel each other. And then they can't clump, and the blood viscosity goes down. It's easier for the heart to pump the blood. The blood pressure goes down. All sorts of cardiovascular issues, they go away.

*-James Oschmann PhD
Biophysicist*

Earthing in Daily Life

Earthing is a safe and easy-to-do lifestyle practice.

There are no appointments to keep, pills to take, or diets to follow.

You can connect to the earth outdoors (weather permitting) with a barefoot walk on green grass or at the beach.

Or you can earth indoors with an earthing system that brings the earth's free electrons to you while you are sleeping, relaxing or working.

Earthing indoors is the easiest way to earth regularly and you'll find you can earth for many more hours this way, which can be beneficial for stubborn or chronic health complaints.

How to Earth Outdoors

Here are some easy ways you can earth outdoors on a regular basis

Take a **Barefoot Walk**

- *At the beach.* This is the most idyllic location to get grounded. Stroll at the water's edge for barefoot for maximum benefits (as the salt water is a great conductor).
- *On the grass.* Take a turn around a lawn or take your chair onto the green and soak up some Vitamin D from the sun whilst you get "Vitamin G" or electrons from earth.
- *Concrete and brick* are often good conductors of the earth's electrons too. Take a barefoot walk along the paths around your home – provided that they are not sealed with paint, tar or tarmac.





Other ways to earth outdoors include:

Gardening

If you have a green thumb, gardening is a great way to connect to the earth. Just make sure you leave your gloves off and are in contact with plants that are planted directly in the ground (rather than pot plants).

Swimming

Swimming in a lake or ocean is perfect for earthing as the water is directly in contact with the earth and electrons will conduct via water to your body.

Lunchtime picnic or nap on the grass

This one is easy to do if you have a park near to your office. Have your lunch outside on the grass. In warmer weather, kick off your shoes for an extra barefoot connection. You'll find the stress of the day eases away.

When we earth outdoors, we typically have 'skin contact' with the earth. For example, at the beach the skin on the soles of our feet touches the sand and free electrons from the earth's surface pass into our bodies.

We can also make 'conductive contact' with the earth without direct contact. For example, if you are sitting on the grass in a cotton dress, the slightest amount of moisture in the fabric of your dress, combined with your body weight, helps create conductive channels that will allow the earth's free electrons to pass into your body. Earthing indoors works in this way.

How to Earth Indoors

Indoor earthing is very effective like barefoot walking outdoors, perhaps even more so as it allows for more time spent earthing each day.

Imagine earthing for 8-hours overnight whilst you sleep, and waking up refreshed and energised each morning.

Or imagine earthing for seven-hours in the office while you work and having more energy at the end of the day.

Generally speaking, the more hours that you earth, the greater the benefit. Indoor earthing makes it easy to top up on the earth's free electrons and experience the benefits of earthing.

What are Indoor Earthing Systems?

Indoor earthing products are made of conductive materials (such as silver, stainless steel or carbonised rubber) that you connect to a special lead and adapter. These products are designed to pass free electrons from the earth's surface into your product and then to you. They do not use any electricity or power.

How Do Indoor Earthing Systems Work?

Indoor earthing products needed to be connected to the ground outside in order to work. This is because they are 'powered' by free electrons from the earth's surface.

You can connect your product to the earth in two ways:

- 1/ In countries with earthed powerpoints (such as Australia, NZ, UK, USA), you can connect earthing products to the third 'earth' port of your powerpoint with our specially designed lead and earthing adaptor. Earthing leads and adaptors conduct earth, not electricity. They work with the powerpoint turned off.
- 2/. You can use a grounding rod or metal stake in the ground solid outside to bring the earth's free electrons to your product. We supply a 15metre UV resistant outdoor lead with our grounding rod kits. You can use a splitter to connect multiple products to a single rod. This may not be convenient if you live in an apartment or multi-storey home.



Better Earthing pad being used on the couch



Better Earthing mat being used at work



Better Earthing premium underlay for sleep



Better Earthing Adaptor



Better Earthing Rod



Common Questions

Is it Safe to Ground myself via the Powerpoint?

Yes, it is but only if you are using an especially designed earthing adapter and lead. Better Earthing adapters have two non-conductive plastic prongs at the top so no electrical current can pass through. Only the third 'earth' pin is metal to allow free electrons to pass through. Better Earthing adapter and leads have built-in safety resistors totaling 60,000 Ohms, which means barely a mosquito bite of electricity could pass through, even in the event of a power surge that managed to travel up the earthing wiring.

Do earthing products use electricity?

No. Better Earthing Adapters are designed to safely conduct earth not electricity. The top two prongs of our adapter are non-conductive plastic, instead of metal like a normal plug so no a/c current can pass through.

I'm taking several types of medication and have a serious health issue – will I feel better earthing?

Earthing can improve the functioning of the body in many ways. That in itself is good. However, one byproduct could be that a specific medication dosage may become too much. Symptoms of overdose could appear. In the case of a single medication, it is easier to notice and remedy this situation. But in the case of multiple medications, the situation can get complex as different medications interact with each other as well as Earthing. That's why we recommend that you do not begin Earthing until you have spoken with your Doctor or health professional. They will need to closely monitor your medication and you may need to visit them more regularly at first.

How many hours or minutes do I need to earth each day to improve my health?

Around 30-40 minutes a day is enough to start the healing process. However, during sleep is when the body does the major work of healing and regeneration, and the 8 hours when you sleep is an optimum time for earthing. We've known people who've had reduced arthritic pain and improved sleep after only one or two nights of sleeping earthed. Those who have longstanding health issues may also benefit from additional earthing hours during the day such as going barefoot outside where possible or using an indoor earthing pad at work or at home.

Is earthing safe for pregnancy and babies?

Yes, earthing is safe for pregnancy. As cardiologist Dr Stephen Sinatra says 'grounding is no different than walking barefoot outside on the grass or on the beach'. Earthing helps lower stress levels and balance hormones so the mother may feel less emotional during pregnancy. Pregnant women who practice Earthing also may find that they sleep better and suffer less pain and inflammation.





Earthing While You Sleep

Earthing while you sleep is a revolutionary way to reduce stress and improve sleep quality. Earthing naturally rebalances cortisol (a hormone that helps us feel alert in the morning and sleepy at night).

Better Earthing Underlay sheets

Our range of bedding is designed as underlay sheets that sit underneath your regular cotton sheet that you sleep on. This means less washing and less wear and tear on your earthing product. Plus you can still use your favourite fitted sheets.

It includes fitted sizes for Super King, King, Queen, Double and King Single, and our Universal earthing underlays, which suit any size beds.

About Better Earthing Indoor Products

As a manufacturer, we are committed to producing long-lasting, well-designed earthing products that you can make part of your normal daily routine. Our products are generally designed work through clothing (they don't require skin contact), and can be used at night while sleeping or during the day when you are stationary at a desk or relaxing on the sofa.

What Makes Better Earthing Underlays So Special?



- **Our silver fabric** has 50% silver coated fibre from France, our products are made using fabric from the best in the world
- **Premium stainless steel fabric** includes 15% solid medical grade stainless steel filament plus antibacterial German-made fibre woven with sustainably produced Tencel & Lyocel (similar to bamboo but stronger and more environmentally friendly)
- Gently powerful and long-lasting – less 'wear' and washing due to our underlay design.
- You can still use your favourite bed sheets (no direct skin contact needed).
- Better Earthing is the only indoor earthing products manufacturer in Australia
- Highest warranties worldwide, 5 years on our premium range and 2-year warranties on the silver range on their effective earthing life – not just warranty on sewing and stitching. Plus a 1-year satisfaction guarantee, and best price guarantee.

SPOTLIGHT

Experience Earthing with Peace of Mind

12-month Guarantee. If you're not satisfied within a whole year of purchasing, we'll refund you all, or the larger part of what you paid. See our website [guarantee page](#) for details.

Longest Warranties. Our products are the most durable and reliable worldwide, and we back this with the longest warranties worldwide – up to 5 years.

Best Price Guarantee. If you another brand (or “no-name”) comparable product of equal quality to ours with a lower recommend retail price (ie non-sale or fire-sale price), we'll beat it by 20%.

Durability is Important. With Earthing, you need to top up regularly for ongoing benefits and maintenance. The benefits you experience at first can disappear when a poorly made product breaks down with wear and regular washing. Lower priced Earthing sheets are often sold with Zero-to-1-Year written warranties or guarantees. You will likely need to replace them before long. Fabric mills have offered to sell us lower cost, low silver fabric and we said no.

Our innovative product designs are made to last. For example, our sleep systems are designed as an underlay, which protects it from wear and only needs washing every 2-12 months. This is just one reason why we can confidently guarantee durability.

How To Order

Online: Place an order any time 24/7 via our website <https://bettereathering.com.au>
Orders are shipped the next business day via courier at a flat rate of \$10 within Australia or \$20 to New Zealand.

Phone: You can also place an order via phone during business hours Monday to Friday (QLD time) on AU 07 5630 3790 or NZ 09 887 0912.

Questions and Support

Our friendly customer service team are available Monday to Friday 9-5:00pm QLD time to help with any questions you might have about earthing or Better Earthing products.

About Better Earthing

Better Earthing are proud to be Australia's first manufacturer of earthing products and Australian Made Certified. When you chose our earthing products, you are buying direct from a manufacturer. We source the highest quality components and employ Australian businesses with high standards of workmanship to assemble, manufacture and test our products.

This also means we can answer almost any technical question you might have about how earthing products are made or how they work.

Call us today with your questions.



Read some of our customer reviews below

I just wanted to say that this pad has been amazing! I have been using the earthing pad at bedtime as I suffer severe pain if I sit or lay down for extended periods of time, and I am actually not waking up in pain through the night and in the morning! I always know when my little one has pushed me off the pad in the night because I will wake up in pain again! I haven't yet used it through the day to help me get through the day, but plan to be more conscious of using it as the pain increases during the day, as its definitely made a huge difference at night!

Chelsea (5 out of 5 stars)

Fabulous, fast service from friendly, helpful people. Love the Better Earthing products. I have been recommending them widely because I noticed great improvements within a day. Have even purchased some of the wristbands as gifts - to get friends started so that they'll get the benefits and hopefully buy other items from the range, to maximise benefits.

Heather Wilks (5 out of 5 stars)

I have suffered from painful stomach ulcers, reflux, and stomach pain for a couple of years now and after 2 weeks I have noticed a huge improvement in the amount of pain and inflammation I experience. I did not expect this at all. Of course, I still have to watch my diet, but the ability of Earthing to reduce inflammation is what I am grateful for.

David C (5 out of 5 stars)

Hi I am very happy with the service . And the chance to ask questions on the phone before purchase and the friendly help re my query re my electric bed . It arrived quickly and well backed and was here yesterday for my birthday . happy to recommend to anyone . just had my first sleep on it with no problems . Thank you

Maree Hamming (5 out of 5 stars)

Peter was so helpful and gracious - and I can't wait to see how much better their earthing products are! I have some of another brand but these seem so much better! And it was very fast service and delivery. The customer service went above and beyond anything I have experienced! Thank you Peter!

Amanda Gore (5 out of 5 stars)

Hi All. I brought this product and all I can say is AMAZING!

I've been taking sleeping tablets for the past 6 months because I was having trouble getting to rest. After sleeping on the earthing sheet, I sleep deeper, more soundly. My dreams have become very vivid, as I feel more reconnected and less distracted as I rest. Also, I don't need the tablets to get to sleep...the moment my head touches the pillow, my body responds and relaxes. A must for every home in this mad, modern world, where rest and re connection are part of our foundations during observation and reflection.

Markos Evans (5 out of 5 stars)

Contact us on 07 5630 3790
or 09 887 0912 in New Zealand

Or email us [direct support@betterearting.com.au](mailto:support@betterearting.com.au)

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