

Reconnect: The Healing Power of Earthing

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Medical Disclaimer

At Grounded Kiwi, we believe in the natural healing power of earthing. We recommend discussing with your healthcare professional or primary doctor if you are considering starting. If you take medication to thin your blood, regulate blood sugar, control blood pressure, or regulate thyroid hormone levels, we also strongly suggest consulting your healthcare professional before and during earthing. This positive effect on your health may improve test results, which require lowering or adjusting your medication under your doctor's guidance.

Please note that the information presented in this eBook is for educational purposes only. It is not intended as medical advice or to replace the care of a professional medical practitioner. The information presented within or on www.Groundedkiwi.nz is not intended to diagnose, treat, cure, or prevent any disease. You should never disregard medical advice or delay seeking it because of something you have read.

Grounded Kiwi are super proud that we have been able to assist 10,000 members of our community in reaching higher health levels. Over 95% of our customers have experienced benefits, including improved health, sleep, or a reduction in pain. Many customers have reported that their pain has disappeared completely. In contrast, others say that it has eased to a level where they feel a marked improvement in their quality of life.

About Grounded Kiwi and Why We Wrote This Free Book

Grounded Kiwi is more than a business; it's a personal journey. Having felt the transformative power of earthing, husband and wife team, Blake and Rachel, set out to spread word of this practice from their home in New Plymouth, Taranaki. Blake, a firefighter for 18 years, found a new way to help others through Grounded Kiwi. He says, "Helping others during times of need was amazing, but now, hearing daily how we've positively impacted lives feels even more rewarding."

Whether you're looking to reconnect with nature or seeking solutions to modern-day health problems, Grounded Kiwi encourages you to give earthing a go today. We believe that once you start your grounding journey, your view on wellness will change forever. We hope that by the end of this eBook, you'll think, "It just makes sense," and go outside barefoot to connect with the Earth. Our aim is to educate readers on earthing, detailing the definition, history, benefits, and scientific basis, and introduce you to the indoor products which make it easy for you to receive nature's healing energy daily.

We believe that earthing has the power to change lives, especially in today's modern, nature-detached society. If you're battling long-term chronic health conditions, earthing can potentially reverse the challenges you face in your life. You don't even need to go outside to connect; Grounded Kiwi brings this healing connection inside your home.

Our vision is a future where earthing is commonplace—in hospitals, clinics, retirement homes, and schools. It is our belief that earthing will usher in a new era of natural health and well-being, revolutionising how people work, learn, sleep, and heal with the Earth’s free electrical energy to protect and heal ourselves.

Definition of Earthing

Earthing, or grounding, is defined as ‘having direct contact with the natural electric charge of the earth’ (Sinatra et al., 2022). Typically done with bare feet, hands, or indoor earthing products, this practice creates a connection between your body’s electrical system and that of our Earth’s electrical charge. By connecting directly with the Earth’s energy, you receive electrons which have been shown to interact positively with your body’s cells for improvements in health and well-being.

Similarly to how the sun’s rays provide vitamin D, the Earth offers ‘vitamin G’ (ground energy). This energy is constantly being renewed by lightning, the sun, and the Earth’s core. This energy fills our environment with life-supporting electrons which can often be felt as a warm tingling in the feet while walking on wet grass or at the beach. This natural electricity is crucial for our internal bioelectric balance. While it may seem unbelievable, this connection can help your body self-heal and recover, as you’ll discover in this book!

What You'll Learn in this Book

We will cover many of the potential benefits of earthing, from reducing inflammation and improving blood flow (Chevalier et al., 2015, p. 1022), improving sleep quality, and boosting energy levels. Just as much as we need daily vitamins and minerals, we also need Vitamin G: the electrical nutrition necessary for health every day (Ober et al., 2014).

We can't instantly fix our ailments, but we can reconnect with the Earth because it's natural. It's a necessary part of life for every living thing on this planet, including humans (Ober et al., 2014, p. 29). We'll look at why this is so, including ways to reduce some of the distance that has been created between ourselves and our natural world.

Many people can go for days, sometimes weeks without ever touching the surface of the Earth. What impact is this having on our health and what are the opportunities you are missing out on? This eBook will show why regular contact with the Earth's electrical surface would be of great benefit for all.

After you have finished reading this eBook, I am positive that you will be motivated to increase your time earthing. The power of the Earth is real, but as we live disconnected to it by our shoes, clothes, cars, homes, and workplaces, getting our connection time needs to be a priority for all of us.

How often do you connect with the Earth each day and week?

You will be surprised by the short length of time that's required.

A Powerful Tool for Insomnia, Aches, Pains, and Anxiety

*“Grounded Kiwi’s earthing bed products have actually astounded me. My experiences after a month of using them. 1. I’ve had chronic insomnia since a baby. Whilst I know my triggers and have managed them with herbs, etc, to some extent, I’ve still had issues with sleep onset and maintenance. I’m now able to fall asleep much more easily and sleep through the night (and return to sleep easily if I do wake up). 2. My aches and pains have reduced by 3/4. On days when I’m sore from massaging, stress, or exercise, I sleep and wake up without these joint/muscular aches (or much reduced). 3. I feel more grounded. This really helps anxiety levels. Which I know for many people is at an all-time high. So, if this resonates, then as a health practitioner with integrity, I recommend you try them! Thanks, Blake and Rachel, for sharing this technology with the world! Shine bright”
~ Nicola S.*

Earthing: Nature's Gift to Your Health

Throughout human history, medicine has evolved in many forms. Today, most people rely on Western medicine to address concerns like diabetes, chronic pain, and sleep disorders. But one of the most powerful healing tools has been beneath our feet all this time—Earth's natural energy. Just a few moments each day standing barefoot on dirt, sand, or grass, or sleeping on an earthing mat for eight-plus hours, can have profound benefits.

Reconnecting daily with Earth's energy can lead to better sleep, reduce chronic pain, lower stress, and increase energy. Recent research demonstrates that Earth's connection enhances health and well-being, contrasting with Western medicine's approach, which often focuses only on symptom relief (Marques et al., 2021, p. 1). This is why earthing, or grounding, is gaining worldwide popularity. It's a simple practice that can transform your life, whether you're ill or seeking a productivity boost.

Connecting with the Earth is both physical and emotional, providing tangible benefits for both health and mental state. Simply by swimming in natural water, walking barefoot outside, or using an earthing mat, you can experience numerous advantages. The Earth's free energy is readily available, just waiting for you to reconnect.

These are the most common benefits of using Grounded Kiwi earthing products regularly, according to more than 20 years of worldwide earthing research, including over 20 peer-reviewed studies and anecdotal evidence from our 10,000+ happy customers:

- **Reduces inflammation**
- **Improves sleep**
- **Boosts mood and reduces stress**
- **Enhances energy levels**
- **Reduces pain**
- **Improves blood flow**
- **Supports immune function**
- **Lowers blood pressure**
- **Speeds up recovery**
- **Balances hormones**
- **Reduces electromagnetic field (EMF) exposure**
- **Enhances heart rate variability**
- **Promotes faster healing**
- **Improves digestion**
- **Supports cognitive function**

Earthing: Your Key to Better Sleep

The number one reported benefit from earthing is improved sleep. Before we show you how earthing can help you get more quality Zs, I need to explain why sleep is so vitally important for your health and well-being.

If you don't get good sleep, your body will struggle, full stop. Poor sleep quality affects everything, from your immune system to your ability to heal wounds or even to think clearly. Simply put, you need quality sleep to lead and enjoy your best life. You only get one shot at this, so it's up to you to support your body's natural ability for maintaining good health.

To understand the importance of deep sleep, one must first realize that there are different stages of sleep. Sleep falls into two main kinds: rapid eye movement (REM) and non-REM sleep. Non-REM sleep has three stages, the third of which is referred to as deep sleep or slow-wave sleep. This is when some of the most crucial body processes take place, which is why we need to take getting enough sleep seriously. If one misses even a single night of good sleep, there will be a sleep debt that cannot be cleared by the next night's 'make-up' sleep alone. Research has shown that it may take several days of sufficient rest to fully recover from the cognitive and physiological impairments caused by poor sleep. For example, Van Dongen et al.'s 2003 study revealed that after just one night without sleep, reaction times and cognitive performance were significantly impaired for two nights, even after recovery sleep. All this proves that sleeping for fewer hours builds up over time in a way beyond the immediate hours you gradually lose.

Methylation and Deep Sleep

Methylation is a biochemical process that plays a significant role in gene expression, protein function, and regulating various physiological activities. Research indicates that profound changes in methylation patterns in the brain result from deep sleep, thus affecting genes concerned with synaptic plasticity, learning, and memory, such as BDNF (Brain-Derived Neurotrophic Factor) and CREB (cAMP Response Element-Binding Protein). Deep sleep is vital for physical rejuvenation and maintenance of cognitive functioning and memory consolidation, turning your memories into lasting ones.

DNA Repair Mechanisms

Another profound role played by deep sleep is DNA repair. Our DNA gets damaged throughout the day due to various sources and influences, such as environmental toxins, metabolic by-products, and oxidative stress. During deep sleep, the body goes to work to clean, repair, and rebuild the damage that we have caused each day. Supporting this process of DNA repair is crucial for maintaining cellular health and preventing mutations, which when not done well through lack of quality sleep, can lead to diseases like cancer and a vast range of other health conditions.

A study conducted by Massey University found that about one in three New Zealanders have significant sleep problems. Lack of sleep and insufficient deep sleep lead to chronic sleep issues, impacting overall health and well-being. Earthing however, connects the body with electrical energy that can help us to heal and rest adequately. Numerous studies and tens of thousands of anecdotal reports prove this

point; it has been shown that those who ground during their sleep improve its quality over time (Oschman et al., 2015, p. 84). This includes patients who struggle with stress, chronic pain, and poor sleep. By using sleeping earthing mats, these patients improved their sleep and encountered less chronic pain upon waking (Oschman et al., p. 85).

Earthing plays a significant role in establishing a healthy sleep-wake pattern, also known as your circadian rhythm. This rhythm is regulated by the release of cortisol, which should be produced at specific times, such as in the morning, to aid awakening, and gradually decrease to promote calmness for sleep at night.

Earthing balances out cortisol by equalizing bioelectrical levels in the body, supporting normal autonomic functions, stabilizing timings of biological activities, and reducing overall responses to stress. Even cortisol levels throughout the system can support calmness while benefiting mental acuity. These factors work collectively, helping to create a more conducive environment for quality sleep.

Improving your sleep with earthing is a gradual process. Research has shown that for many patients, just four nights of using an earthing mat can reduce nighttime inflammation and enhance overall sleep patterns (Oschman et al., 2015, p. 86). Even if you have sleep disorders like insomnia, earthing mats can still provide significant benefits and promote better sleep overall (Sinatra et al., 2022, p. 4).

Oh My!

“First night on our grounded mat – oh my! Slept right through until 7.50am – unheard of 9.5 hours! Amazing!” ~ S.M

The Anti-Inflammatory Power of Earthing

Everybody is susceptible to inflammation, from professional athletes to office workers. Inflammation is a natural process our bodies use to protect us. For example, whenever you are bitten by a mosquito or stung by a bee, your body responds with localized inflammation to defend against potential harm. In the case of a bee sting, your body floods the area with fluids to localize the poison and prevent it from spreading. Without inflammation, wounds and infections would never heal.

Once the immediate threat is gone, the body shifts to an anti-inflammatory mode to break down and remove excess inflammatory chemicals that are not needed any more. What we need to be concerned about is how good our individual bodies are at clearing these. Inflammation left unchecked, or our systems being overwhelmed by the constant inflammatory response from our stressful lives, can lead to chronic inflammation, where the inflammatory response doesn't turn off. This can lead to a long list of conditions:

- **Allergies**
- **Alzheimer's disease**

- **Amyotrophic lateral sclerosis (ALS)**
- **Anaemia**
- **Arthritis**
- **Asthma**
- **Autism**
- **Cancer**
- **Cardiovascular disease**
- **Diabetes**
- **Fibromyalgia**
- **Intestinal disorders**
- **Kidney failure**
- **Lupus**
- **Multiple sclerosis**
- **Pain**
- **Pancreatitis**

As you may know, inflammation is known to be the root cause of many modern-day diseases. Studies have shown that earthing can reduce inflammation throughout

the body (Sinatra et al., 2022). Many people suffer from what is called ‘silent inflammation’, which tends to be symptomless and therefore goes unnoticed until it’s too late and it has caused us illness and disease. This kind of inflammation weakens the immune system, making us more prone to getting sick due to an already compromised state caused by continuously dealing with hidden problems like this (Sinatra et al., 2022). But there is hope because earthing can help alleviate these symptoms.

Studies by reputable scientists have consistently shown that earthing is effective in reducing inflammation, improving wound healing, and increasing blood flow by reducing blood viscosity. In a specific study on muscle soreness, patients using conductive mats experienced better recovery and less inflammation compared to those who did not use the mats (Sinatra et al., 2022, p. 4). This reaffirms the role of earthing in reducing inflammation and promoting overall health.

If you struggle with inflammation and chronic health conditions that can cause inflammation within the body, earthing could greatly benefit you, and you can start today for free! Just heading outside for 30-40 minutes a day is a great way to start your journey into better health with earthing to support you.

Best Thing Ever (post-concussion healing accelerator)

“Have used for two weeks now. It has greatly improved my body’s inflammation with consistent deep sleep and proper grounding to Earth’s healing energies. 10/10. I can recommend it to everybody. Many illnesses are caused by inflammation, so getting plenty of time grounded can be crucial for optimal health.” ~ Jade A

Natural Way to Strengthen Your Immune System

For those struggling through life with autoimmune conditions, poor wound healing, or a weakened immune system, earthing can be a fresh and completely natural way to help improve your health and quality of life. Utilizing earthing mats has been shown to notably enhance your immune system functions. Regular sessions increase your body's ability to heal itself and improve overall immunity. When your body comes into contact with the Earth's surface, electrons act as natural antioxidants, moving through your body and helping to neutralize free radicals. (Free radicals are unstable molecules which can cause cellular damage and contribute to aging and various diseases.) This connection enhances your immune response, allowing it to repair damage, promote healthy tissue growth, and protect against further harm (Oschman et al., 2015, p. 88).

We leverage nature's power to encourage our body's healing and rejuvenation, something that is not easily found in other natural healing modalities or modern medicine. Earthing does not change your immune system, but it helps your body work better, enabling you to better fight infections and repair injured tissues and cells, which is absolutely necessary for your body to be at its healthiest (Oschman et al., 2015, p. 94).

Faster Healing and Rehabilitation

According to some reports and studies, earthing can speed up healing. For example, an 84-year-old diabetic woman with an unhealed open wound on her left ankle that caused pain for eight months saw significant improvements after only two weeks of earthing for half an hour each day using a mat. The wound healed completely, and she had no more pain (Chevalier et al., 2012).

While working with American cyclists during the Tour de France, Dr Jeff Spencer noticed that earthing helped them recover quickly from injuries without showing any signs of inflammation such as heat, redness, or swelling. This fast recuperation is believed to happen because earthing has anti-inflammatory effects and improves circulation, thereby enhancing the transportation of healing factors to the injured area (Chevalier et al., 2012).

Protection from EMFs

We all live in an unseen ocean of electromagnetic fields (EMFs) produced by humans. These electromagnetic fields are present everywhere and come from different types of modern technology. Grounding can help you stabilize your electrical potential and eliminate the possible negative effects of EMFs (Chevalier, Sinatra & Oschman, 2012). Being grounded is thought to protect internal organs against external electrical or electromagnetic interferences, helping to guard a stable and quiet environment inside the body (Ober, Sinatra & Zucker, 2014). When you are grounded, the potential harmful effects

from EMFs are neutralized through your connection with Earth. As long as one remains connected to Earth's negative charge, nothing can change the electrical potential.

Many people do not know that we frequently sleep surrounded by various sources of EMFs. Examples include charging phones next to the bed or using them as alarm clocks among many other electronic devices placed nearby. It is worth noting that overhead lights with hidden power feed wires, lamps, heaters, TVs, electric blankets, heat pumps, ventilation systems, underfloor heating, solar systems, and even some beds are now electric, thus adding more sources of EMFs to disrupt our bodies' electrical systems.

Everything from high-tension electrical wires to appliances emit invisible, unfelt and unnatural EMFs, which is known as electropollution. Some individuals can have severe reactions to these emissions, much like the reactions induced by pollen or dust particles which interfere with breathing when inhaled. Some may develop symptoms such as headaches, arthritis, pain, insomnia, chest discomfort, heart arrhythmia, anxiety, or depression. This sensitivity rarely gets diagnosed because affected persons usually find medications ineffective at relieving their problems.

Understanding and taking steps like earthing can help to mitigate the impact of EMFs. Earthing Promotes Greater Focus and Mental Clarity

This free healing energy can also be great for our mental health, helping us to focus and have better clarity— even people struggling with disorders. Spending time outside in connection with the Earth's surface or sleeping on a mat can

increase your ability to concentrate because you get better quality sleep, together with other physical benefits such as reduced inflammation, which we discussed earlier. This also promotes mental clarity, since one feels more relaxed and has higher energy levels and the body is well rested, allowing the system to work at its best.

Earthing Can Reduce Symptoms of ADHD/ADD

You might find relief through earthing if you suffer from ADHD or ADD. Individuals diagnosed with attention deficits have reported cognitive improvements after frequently using earthing mats or connecting with nature directly. They experience fewer ADHD or ADD symptoms compared to being inside or disconnected from nature (Koniver, 2020). The mental benefits are still being discovered and studied today. Still, these are just some of the many benefits of spending time on a mat or taking your shoes off and walking across the beach for a few minutes a day.

Natural Solution for Stress Relief

Everyday factors such as work, finances, children, or relationships can cause stress. Constant stress can lead to an increase in cortisol level that stays high and results in a sympathetic overdrive state within our bodies. In the modern world, consistently elevated levels of cortisol are characteristic for chronic stress and they contribute towards different health problems, including sleep disorders, hypertension,

and cardiovascular diseases among others. This type of continuous threat also promotes inflammation because the body perceives us to be in danger all the time.

People often say that spending time in nature can be a great stress reliever and research proves this is definitely the case. The more time you spend out in nature with your bare feet on the ground or lying on a conductive mat when inside, the less anxiety and stress you will ultimately feel. Studies have shown that those who participated in earthing as a regular part of their health plan experience less stress than those who do not.

For those who made time to connect with the Earth more frequently, the results were immediate and promising. Many experienced a rapid reduction in stress, and even anxiety levels dropped significantly after just a night or two on an earthing mat (Chevalier et al., 2012).

Numerous studies have shown that participants experienced tangible and measurable changes in their bodies, such as reduced blood pressure and deeper breathing, indicating a more relaxed state. These long-term benefits of earthing provide a sense of reassurance and confidence in its effectiveness (Chevalier et al., 2012).

If you struggle or find it challenging to sleep and relax at night, an earthing mat may be able to help you, but you don't have to be stressed or suffer from anxiety to reap the benefits. The majority of people at some point in their lives will struggle with 'winding down' after a big day or thinking over 'to do' lists. Earthing can help with this and is an excellent way for you to unwind and bring peace into your environment.

Changed My Life

“Truly changed my life, your grounding mat. I will never be without it.” ~ Kaz H

Natural Path to Calmness

If you encounter difficulties related to depression or other mood disorders, this connection may be able to help. Research shows that even brief periods of contact with the Earth’s surface can positively affect how we feel. A study by Gaétan Chevalier (2015) stated that earthing led to more pleasant moods after just one hour of contact. The fact that it was only one hour demonstrates the massive potential of this natural free power, and you don’t need a whole night’s sleep to start experiencing the benefits today. It is better in the long term to get as much contact in as you can and make sure it’s every day, especially for your overall health. However, it is powerful to know that with just one hour a day with your feet on the ground, you can encourage better moods and ultimately experience a difference in your overall daily health and life quality.

Natural Pain Management

Different studies have indicated that earthing can significantly reduce inflammation and boost blood circulation, both of which are essential to control pain levels. A good blood flow ensures faster delivery of oxygen and necessary nutrients to tissues and cells, thus quickening healing and reducing distress. Inflammation reduction by earthing decreases

the chances of infection, speeding up wound healing, which leads to less severe pain and quicker relief. Further benefits are seen in the control of cortisol levels. Cortisol (the body's stress hormone) is released when we injure ourselves, and if it is not returned to normal levels, it compounds the symptoms of people already in pain who are now likely to experience sleep difficulties and increased stress levels commonly caused by this hormone. Better quality sleep lowers the amount of pain we feel, since these two conditions usually create a cycle that is hard to break. By dealing with stress, inflammation, and circulation, this connection offers an overall method for managing chronic pain while promoting improved general health. It's great to have such a natural way to support ourselves towards dealing with chronic pain where immediate results should be realized alongside long-term benefits without the common side effects of taking medication.

Reduced Symptoms of PMS

Many women have reported experiencing significant relief from menstrual discomfort and menopausal symptoms, such as hot flashes, after incorporating earthing into their daily lives. One study showed that the majority of female participants with PMS or menopausal symptoms noted a significant decrease in their symptoms within six weeks or less, with some experiencing relief overnight. (Teplitz, 2002.)

Natural Energy Booster

Nowadays, people often complain that they don't have enough energy and can never seem to get enough rest, that they wake up tired. Many modern medical solutions are either ineffective or come with negative side effects. That's

where earthing comes in. The connection helps to regulate cortisol levels, which results in the ability to get into deeper sleep, which restores one's energy and allows us to wake up feeling refreshed and ready to go. This alone can significantly increase energy throughout the day, as well as improving your overall quality of life. Furthermore, it helps ensure adequate blood circulation so that oxygen and essential nutrients get carried optimally to tissues and cells, promoting healthy cellular activity for maximum wellness.

Chronic inflammation and pain drain a person's energy like nothing else can. One way this benefit from earthing is achieved is through physiological relief of our energy levels by reducing inflammation, thereby freeing more energy reserves to power us throughout the day. Additionally, this connection can help to support our natural healing processes within bodily structures such as tissues or organs themselves, speeding recovery from illness and injuries.

Anti-Ageing Effect

One of the most exciting areas where earthing may help is with anti-ageing, as it has the potential to combat the effects of free radicals, which are believed to significantly contribute to aging. Free radicals, produced through normal metabolic processes in the mitochondria (the 'power plants' within our cells), can cause cumulative damage to our DNA, leading to mutations and disease. Over time, these molecules impair mitochondrial function and reduce energy production throughout the body. While we cannot entirely prevent the formation of free radicals, since they are a natural byproduct of our daily activities such as breathing and even eating, strategies to mitigate their damaging effects hold great promise

for extending a healthy lifespan.

Many people have noticed changes in their skin and overall appearance when they start using these products. They now have a glowing complexion and brighter eyes and generally feel healthier, as if they have reset their biological clock.

The key to understanding how indoor earthing products combat aging lies in their ability to increase electrons in the body. These electrons act as antioxidants, neutralizing the harmful free radicals. Research supports this, suggesting that this process can slow down free radical damage, thereby delaying age-related changes and promoting better health and well-being (Chevalier et al., 2012). This theory is further bolstered by studies demonstrating the anti-inflammatory and antioxidant effects of earthing (Chevalier et al., 2012).

Is This the Fountain of Youth?

“The last time I felt this good, I was rolling down hills as a kid. I’m 51 now, and everything is better in my life. Have told everyone I know about this product. Bought one for my parents and grandparents.” ~ Katie S

The Evidence Behind Earthing: A Scientific Perspective

We have talked a bit about the benefits of earthing. Now it's time to delve deeper into the science behind what is happening to us when we live a life disconnected from the Earth's surface and why, from reconnecting, we see the benefits that we do.

For centuries before the 20th Century, humans would walk around without shoes, often without any disruption or disconnection to the surface of our planet. Earthing was a natural way of life back then, and the Earth still operates the same way today. We humans, though, have changed the way we live entirely and along with that is the rise of modern-day illness and disease. The free naturally healing energy is still there and will allow our bodies to benefit if we just give it the chance to do so.

From the 1960s onwards, people started wearing rubber-soled shoes, which disrupted our connection, as did our choice to make our beds elevated rather than sleeping on the ground (Chevalier et al., 2012). Earthing works the same whether you're walking, sitting, or sleeping in contact with a conductive surface, whether it be the ocean, grass, or the conductive surface of your mat.

What Happens to Us When We Don't Connect to the Earth?

When a person is not in contact with the surface of the Earth, their body can accumulate static electricity. This happens because there is friction between the individual and synthetic materials like carpets, clothes, or footwear. Electrons may move from one of these items into our bodies, leaving a positive or negative charge in us, causing an electric imbalance. The human body operates through a myriad of complex electrical processes, including our nervous system, cardiac activity, muscular and motor neuron activity, cellular-level functions, brain waves, sensory perception, homeostasis, and hormone regulation.

The number of electrical signals that occur in the human body on a daily basis are difficult to estimate because the number is so vast. The human brain alone contains about 86 billion neurons, each capable of firing multiple action potentials per second, especially in highly active states where a neuron might fire up to 200 times per second. Electrical activities are critical in muscle contractions, heartbeats, and numerous cellular processes. For example, the heart beats approximately 100,000 times daily due to its electrical system. What is clear is that the total number of electrical signals in the human body each day reaches the trillions. This is why maintaining a balanced electrical state inside us should be considered a priority. We don't want static energy to build up! Just like static energy would affect a TV signal, our bodies have much higher electrical states that should also be grounded.

The presence of too much static energy creates an imbalanced electrical state within us, which can interfere with these functions. This might appear as small inconveniences such as getting shocked when touching your car, but it also has the potential to heighten physiological stress levels which, left unchecked, may lead to chronic inflammation over time. This information should raise concerns about the potential health risks of static electricity imbalance. Simply put, if there is an electrical imbalance within the body, this may hinder its ability to communicate properly, affecting our many different biological processes. This should stress the urgency of addressing the issue of static electricity imbalance.

The Effect of Reconnecting

When you practice earthing, you are discharging both literally and metaphorically. Built-up accumulated energies inside your body get released back into the Earth's negative energy where they belong. At the same time, free electrons will flow from Earth into us and absorb the excess positive ions, effectively neutralising any accumulated charged particles and reestablishing the normal, natural electrical balance throughout our systems.

Earthing is simply a transfer of energy between you and the Earth. Our bodies are electricity conduits, meaning we are electrically conductive when not insulated by our shoes or clothing. The Earth is teeming with electrons, and your body's contact with the ground will allow these free electrons to move instantly throughout your body. This relates to what we discussed with the natural antioxidant effect. Because of

the Earth's free electrons, your body can neutralise harmful free radicals, which would otherwise damage the body (Doru, 2023).

At the same time, these free electrons enhance your immune system and give you a unique and 100% natural support boost. These free electrons are incredibly beneficial for you, not only because they have a natural anti-inflammatory effect but also because they positively change your body (Sinatra et al., 2022, p. 2).

One of the most unique and fascinating potentials of earthing and the flood of free electrons is that you can repair your body much more quickly, leveraging this natural energy to live your best, healthiest life. Many studies have shown that if you have severe injuries, you can experience remarkable recovery due to earthing, all of which can be directly connected back to the power of our natural world (Oschman et al., 2015, p. 84).

To sum up, it's based on the direct transference of electrons from the Earth's surface into human beings, acting as natural antioxidants that counteract oxidative stress and inflammatory responses. Failure to keep in touch with the ground may result in static build-up or electrical imbalances within our bodies, significantly impacting our biological well-being. Through this practice, we can reconnect ourselves with the Earth's surface, thus re-establishing such balance while at the same time gaining the many possible health benefits.

Indoor and Outdoor Earthing: Methods to Stay Grounded

There are many ways to get started today. No one method is perfect for everyone, so you can choose which is best for you according to your preferences, lifestyle, and free time available. If you love being outside, putting your feet in the sand or dewy grass in the mornings is an excellent way to connect with nature. Other methods can be even more beneficial, such as indoor products like the Grounded Kiwi earthing mat, which provides eight-plus hours of healing energy every night while you blissfully sleep. We will cover the indoor products soon, but first, the free outdoor options...

Walking Barefoot

As one of the most common and natural forms of earthing, walking barefoot is an outdoor activity that is best done on sand, dirt, grass, or mud. If a bit of moisture is involved, such as dewy grass or along the shoreline at the beach, this is even better as the moisture will strengthen the conductivity between yourself and the Earth's energy. Barefoot walking is straightforward and it takes only a short time to feel its benefits. All you have to do is take off your shoes or wear shoes that have a conductive strap (available at Grounded Kiwi) to obtain the connection between the Earth's surface and your body. Simply make direct contact with an outdoor surface, and whether you stand and admire the view or walk, aim for about 30-40 minutes per day.

If you work in an office block in the city, at lunchtime, see if you can find an open green area to kick off your shoes and ground. This is especially good if you are surrounded by electronics all day or work in a high-rise. Your body will love absorbing some Vitamin D from the sun while rebalancing electrically from the Earth.

Sitting or Lying on the Ground

You can sit or lie on the ground and connect with the surface directly - just make sure you have at least some skin contact through your hands and/or feet. I always encourage people who want to experience earthing for the first time to go outside daily and enjoy a cup of tea while sitting on the grass or another conductive surface. This action of drinking a hot drink allows you to stop and be present in the moment and try not to rush back to your work, kids, or other life demands too quickly. If you are lucky enough to be somewhere hot, sunbathing using a cotton towel to support the conductive connection from yourself through to the surface of the Earth is a great way to soak up the healing energy.

Take a Dip in the Ocean or Fresh Water

One of the most exciting and refreshing ways to engage in this practice is submerging yourself in a natural body of water like the ocean, a river, or a lake. (Swimming pools are often not going to be earthed.) It's one of the best ways to engage

in earthing, but you should swim only in bodies of water you trust and always go with another person. Taking a dip in the ocean can be an excellent way for you to ground, not only because of the salt content of the water but because it allows your whole body to experience the benefits of Earth's connection.

Have you ever thought about how good you feel when returning from a holiday at the lake or on a tropical island? Consider the amount of time you spent swimming or relaxing in contact with the Earth. Now, let's bring that connection into our daily lives, and we can all live better!

Indoor Earthing Products

Indoor products from Grounded Kiwi are designed to help you quickly connect daily with the Earth's natural energy inside your home or office. These products work as barefoot substitutes, offering the same benefits as walking barefoot outside on natural surfaces. These products have a conductive surface, meaning they connect you to the Earth's energy through a grounding wire that links to the grounded port of an electrical outlet. They do not use electrical power, so they're very safe. Once these products are connected to the Earth via the plug, their surface becomes an extension of the Earth itself.

Generally, the more time you spend grounded, the greater the benefits may be, and that's where indoor products come in to offer you the best value for your time and money. Do you have a job that keeps you indoors? Or perhaps

due to ill health you just might not be able to spend enough time outside. Our products bring your connection indoors, allowing you to connect on your own terms.

You can choose from a variety of products, including my favourite way to connect, the earthing mat for your bed. Grounded Kiwi has the largest range of earthing products in Australasia, including sheets, pads, throws, blankets, floor mats, and more. Be sure to shop only from reputable sellers like Grounded Kiwi, so that you can safely experience the best earthing products and enjoy long-term support to enhance your experience. This is only on offer from us, as we are your local earthing experts.

Options for Earthing Indoors

I often get asked, “What is the most beneficial indoor product to get?” The answer is easy: the Grounded Kiwi earthing mat wins the race by far. Not only is it the easiest item to set up and use (all you need to do is go to bed and blissfully sleep), but the mat alone will provide you with eight-plus hours of healing connection each and every night. Feedback shows that this product works best for our community and gets amazing reviews.

Grounded Kiwi Earthing Mat: The Go-To Indoor Solution

How the Earthing Mat Works

Our earthing mat allows you to connect to the Earth's free energy through a conductive surface. What makes our mat so unique is that its surface is 100% conductive, vinyl/PVC free, latex free and is verified safe. Many of the earthing sheets you may see advertised have typically only a 5% conductive surface or use unsafe practices. Our mat's full surface conductivity is achieved by using the latest technology with carbon pigment infusion on leatherette with a cotton backing. The mat allows you to connect to the Earth's energies when you plug it into a standard power outlet. Because every home electrical system is connected to a large earthing rod in the ground, you can leverage this access point to connect the mat quickly and easily. Created with comfort, longevity, and sustainability in mind, our mat stands above all others.

Every earthing product from Grounded Kiwi comes with our safe earthing plug and cord, making it easy and safe to connect. Simply snap the dome connection onto the mat's dome connection point (or other product) and plug it into your normal power socket. The plug is specially designed to only connect to the earth supply, ensuring your safety while you are earthing.

What Are the Benefits of Using the Earthing Mat?

When you are getting eight-plus hours' sleep every night with the earthing mat, you are giving the connection process the very best chance to help you achieve higher levels of health, sleep, and energy. Eight hours is one third of your day, so this is a great amount of time to be receiving the free healing energy, and equates to spending over 118 days per year in contact with the Earth. When you add more opportunities to connect throughout the day by going barefoot or utilizing one of the many other Grounded Kiwi indoor products, I am very confident you will notice the positive changes in no time.

Does the Mat Come With a Guarantee It Will Work?

We stand by the quality and effectiveness of our Grounded Kiwi earthing mat and provide the longest guarantee of any of our competitors worldwide. Our guarantee to you is that the Grounded Kiwi earthing mat will stay conductive for two years. That's twice as long as our competition - if they offer one at all. We cannot guarantee that each individual will notice the benefits of earthing, but our hope is that by educating yourself on the truly amazing benefits of what happens to our bodies when we are grounded, earthing will become and stay a part of your daily health plan for life.

Cleaning Your Earthing Mat

Cleaning is essential with any earthing product to ensure that in return it will be able to look after you. To ensure your mat stays conductive for as long as possible, just wipe it down with a damp cloth or mild soapy water. Please do not use abrasive materials or harsh chemicals because they could damage the mat's conductive surface. We recommend using a few drops of wild orange or lavender essential oil for a natural and great-smelling clean.

Here is a list of some of our other best-selling and benefit-providing indoor earthing items that you might like to have a look at:

- **Earthing Pillow Cover:** Pillow covers can enhance your rest and allow your entire body to benefit from fully connecting to the Earth's energies overnight. It's especially good for people who suffer from headaches, migraines, stress, or muscle tightness in the head/neck area.
- **Earthing Blanket:** If you want to increase your connection while you sleep and protect yourself from EMFs, a blanket can be a great choice. It allows you to wrap yourself in Mother Nature's energy.
- **Earthing Recovery Bag:** For a full-body recovery. These are great tools for those who want to maximise their connection experience or are recovering from intense exercise or chronic illness.
- **Earthing Quilted Pad:** Pads can be added to virtually

any piece of furniture during your waking hours, or can be used on the bed to aid your sleep, allowing you to remain connected to the Earth's energy no matter where you rest. These pads require direct skin contact.

- **Earthing Desk Mat:** This mat is great for use at home or the office. Conductive desk mats ensure excess electrical charge can be safely discharged to the earth and help your body maintain its natural electrical balance while you work or study. This can help reduce fatigue and discomfort and increase focus and productivity.
- **Earthing Floor Mat:** Versatile for use under your desk, as a rest for your feet while sitting, while doing yoga, or even in the kitchen, floor mats are a great way to add extra contact time into your daily activities.
- **Earthing Shoe Straps:** You can take your connection time with you while you're on the go. These simple shoe straps attach to your current pair of runners or walking shoes and provide a direct connection from the Earth's surface to the heel of your foot. When walking on a conductive surface such as dirt, sand, or grass, you will be connected.
- **Earthing Yoga Mat:** A conductive yoga mat can provide extra support and a true connection for yogis. This connection can help you feel more grounded and balanced during your practice.
- **Earthing Seat Pad:** This is the perfect solution for

reducing static energy and unwanted energy build-up while travelling by car. Many people experience better focus and arrive less tired and in less pain after long trips on the road.

- **Earthing Body Wrap:** This versatile wrap is full of Earth healing energy. When applied to a site of injury or concern, it brings the benefits directly to the area. My own mother found this very beneficial when recovering from a severe trauma injury to her knee. Post-op, she would use this wrap to help increase blood flow to her knee when sitting idle for long periods.

Earthing for Kids

This healing connection is for all ages! For kids and infants whose immune systems and physical health are still evolving, the anti-inflammatory effects made possible by earthing may be especially helpful. Inflammation is a root cause of many long-term chronic illnesses, and its decrease can help mitigate dangers. For instance, children often suffer from conditions like eczema and asthma, which are linked to inflammation, and earthing can provide a natural way of relieving these symptoms, which may reduce the need for medical interventions (Ober et al., 2014).

According to Chevalier et al.'s research (2012), another possible advantage of earthing among babies and young children is better quality sleep. Parents usually struggle with their kids' sleeping habits, which affects the overall well-being of

the whole family. The study indicated that when people were earthed while asleep, they experienced significant improvements in sleep patterns, showing that improved sleep can also be achieved for our little ones. Improved rest leads to enhanced mood, increased cognitive abilities, and strengthened immunity, all necessary for the healthy mental and physical development of our young.

At Grounded Kiwi, we have a range of products suitable to help enhance your child's well-being through earthing. Whether babies, toddlers, or teens, here are some top recommendations for your young family members:

- **Earthing Fitted Cot Sheet:** Designed to provide connection time for your baby or toddler while sleeping in a cot. Earthing can help to promote healthy development and restful sleep.
- **Earthing Pillow Cover:** Best for kids going through toilet training, this pillow cover will provide the healing connection without the need for frequent cleaning, giving parents a convenient solution to their child's health needs.
- **Earthing Pillow Cover and Single Underlay:** To upgrade your child's earthing experience, we recommend our pillow cover and single underlay to ensure they are fully grounded and enjoy the most restful sleep possible. We have these on our kids' beds and have found they get better sleep and are calmer throughout the day. This is best for toilet-trained kids.
- **Earthing Desk Pads:** If your child or teen spends time

in front of the computer, we recommend a desk pad. This will help them protect their health while also getting their homework done or during screen time, giving you the confidence that your child's health is being taken care of.

Bonus Sections:

Case Studies and Testimonials

At Grounded Kiwi, we cannot truly express how grateful we are to be helping people from all stages of life achieve higher levels of health and well-being. We are all unique, and we all have very different impacts on our lives and health, so while we will share some of the life-changing benefits from our Grounded Kiwi community below, please understand that while we believe earthing is suitable for everyone, just because someone else had a positive result does not mean that we can guarantee that you will have an identical outcome. We strongly recommend that you review our medical disclaimer at the front of this eBook.

I would like to share a few personal stories that have returned to me. These three stories show how mind-blowingly good this connection to the Earth can be. I have only changed the names for privacy reasons. These stories, along with countless more, give me goosebumps when I think about them. It is a daily reminder of how powerful this connection can be and this empowers me to keep spreading the word. I hope that you too will become part of the success story. Whatever concern or improvement you seek, I want this connection to be as impactful for you as it has been for the following people. I can't wait to hear all your beautiful experiences.

Epilepsy is Gone!

Julie wrote to me and was overjoyed to describe the remarkable and life-improving changes that earthing had for

her son, Edward. He was 13 at the time and had suffered from epilepsy from a young age. For Edward, this meant frequent seizures right throughout his life, sometimes a few times per week. The longest period of time he was seizure-free was two weeks. When Julie wrote to me, she noted that she had purchased our earthing mat two months previously and that from the first night of sleeping connected to the Earth, there were no seizures - not even one! That's incredible! She told me that the only thing they had changed was adding the mat to his bed, and wanted me to know that nothing else had been added or adjusted. At the time of writing, it has been two months since Edward had a seizure.

Seizures have been described as like having an electrical storm inside the head. While research into how earthing could help with seizures is limited, it could be its ability to reduce stress and promote a more balanced state of neurological function.

Dead Meat Feet!

I recently received a letter by post from another happy Grounded Kiwi customer. Jim had suffered from circulation problems for over 13 years. The problem started after what was described as a 'large dose' of antibiotics, which he believes contributed to his deterioration in health. In particular, he had lost almost all feeling in his feet, especially in the mornings. Jim started earthing at night with our mat and from the first night, he noticed the improvements. "The first night on the grounding mat, it changed my feet." He could feel the ground again on the first morning after sleeping connected and after a few more nights, his circulation returned and he could now move his toes. "They don't feel like dead meat any more," wrote Jim.

Jim is just one of many in our community who have struggled with chronic long-term issues for which they haven't been able to find solutions until now. This shows that there is always a place for natural health solutions in our modern world.

You Saved My Life – Thank You

Lisa was one of our very first customers. I believe that the universe sends you what you need when you need it, and Lisa and I were each what the other needed.

Grounded Kiwi had only just been created and, as with any new endeavour, I was anxious to hear feedback that earthing was helping our community as much as it had my wife and I. Lisa purchased a mat to help with chronic insomnia. After two weeks of earthing, we heard back from Lisa: "You saved my life, thank you so much." She told us that for as long as she could remember, she had always struggled with sleep, but as an adult, the situation had been dire to the point where she had just about had enough. Two hours a night max, compounding over many years, meant the impact on her life was extreme. Sleeping connected, she found her peace. For the first few nights, she managed six hours of healing sleep. Life changing! Then, after her body adjusted, she told us that it wasn't unusual for her to sleep right through her morning alarm.

Feedback such as this is proof of the amazing positive impact of earthing on our community's lives where modern medicine has had no answer. I chose these three stories for a couple of reasons: one because earthing made such a significant impact on their quality of life, and another because, in

each situation, they were long-term sufferers of chronic conditions. No placebo will have the same effect on one who has spent more than a decade in the same relentless situation.

Organized into specific areas of common health concerns are more testimonials I wanted to share with you. The power of earthing is real. I cannot recommend enough that you add this to your daily life, and you owe it to yourself to give it a try.

Improved Sleep:

Amazing Product - Changed My Life!

"I didn't have high expectations for this earthing mat as I am a terrible sleeper and have tried every single thing. I was absolutely blown away by how much it has improved my sleep. It used to take me an hour or two, and now I fall asleep within minutes. My husband no longer wakes up with aches and pains. Wish I had bought one years ago. Highly recommended." ~ Danika S

Wow, What a Life Changer

"Hi. I have purchased both the bed mat and floor mat after having the worst couple of months of my life. My head was all over the show, my sleep was terrible, I woke three or four times a night, and it was hard to even go to work or drive my son to school. All straightforward tasks, but my mind was overloaded and cloudy, and I just couldn't function or think properly. The doctor wanted to put me on medication, but I

didn't want a pill to mask my symptoms. After the purchase, I felt like I was myself again. My mind is clear. My sleeping is better, and I'm back at work. It's definitely what I needed. I 100% recommend it if you're going through the same symptoms. Thanks, Grounded Kiwi." ~ Alanah B

Sleep Apnoea

"I'm definitely getting a more restful sleep. I have sleep apnoea, but I am feeling the benefits of being able to rest better. Thank you." ~ Anita W

Total Game Changer

"I bought a grounding mat several weeks ago; this is a total game-changer. I now sleep without sleeping tablets and wake up refreshed and pain-free. Wish I had bought one years ago." ~ F.H

Better Night Sleep

"Used for four weeks now and no pain and sleeping much better. At 84 years this is wonderful." ~ Joyce L

It Works for Insomnia

"I'm a very long-serving insomniac; yep, I'm one of those light sleepers. An idea or an issue pops into my head, and it doesn't want to leave. I also have been dealing with arthritic knees for 10 years now. Due to this, other parts of my body are now feeling the pain, such as my back, shoulders, etc. I've tried all types of creams, pills - you name it I've tried it! The earthing mat popped up on my page months ago; I read up on ground-

ing and read reviews. Well, I've spent thousands, and no relief, so excuse my scepticism of not wanting to pay out more. The earthing mat arrived, I stripped my bed set it all up and day one, NO DEAL, day two took 1/2 a sleeping tab and had a good six hrs. Was it the tablet or the mat? Day three, cold turkey on the drugs and had the best sleep in bloody years. So she's a keeper! I'll keep grounding." ~ Angie R

Love My Earthing Mat

"Since the first night we put it on the bed, I now get into bed and feel a sense of calm. No racing thoughts like I used to have, just peace. I am sleeping much better as well, and so is my husband." ~ M.G

Shift Worker

"I am a shift worker and some nights I would toss and turn a lot before falling asleep. Since I have the single mattress and pillow combo, I find I drop off to sleep within a very short time and go right through until the alarm goes off. I'm thoroughly enjoying this experience! ~ J.P

Love It

"Since receiving the mat from Grounded Kiwi, I have had seven good sleeps over the last seven nights.. The best way I can describe it is being hugged by nature." ~ C.D

Amazing!

"We have had it for two weeks now. My husband has noticed the biggest difference, and he said he could immediately feel

it drawing him into the bed. I am getting a much better night's sleep now too!" ~ L.M

Grounding Has a Profound Effect!

"I got a single earthing mat and a pillow. What magic. That night I had the best sleep in six months and it has gotten better each night since. Love the pillow. I normally sleep on my side, but can now sleep on my back as well - the sense of relaxing into the bed is wonderful. Thank you, Grounded Kiwi. This changed my life." ~ Donna W

Life Changing

"After 45 years of horrific sleep, finally I sleep all night! I feel like a new person!" ~ Amazed

So Much Sleep

"I had no idea earthing would make such a huge difference to my sleep. I feel like I'm catching up on years of deep sleep. My circulation has improved, and my complexion looks much healthier. I'm definitely a fan!" ~ Farrah M

Awesomeness

"Sleep better. Think better. Changed my life." ~ Teresa N

Best Thing Ever

"I have had insomnia for 21 years! Hard to fall asleep, never stay asleep, up all hours and a walking zombie the next day. I can probably count on one hand the amount of times I have

actually felt awake in the past 21 years. The first night, I used the earthing recovery bag, and I SLEPT! I only woke once to use the toilet, and I actually went straight back to sleep! And it has been like this for the past two weeks since I bought this product! Sometimes, I even sleep the whole night. And I am actually AWAKE each day. I will never sleep without my earthing recovery bag! Thank you, Grounded Kiwi!" ~ Donella

Reduced Pain:

Changed My Life

"My feet are usually numb, and my ankles hurt after I have walked for 30 minutes. I wake up every morning and hobble until the circulation improves. After five nights, my foot pain has nearly disappeared. My ankles are not painful, and my sleep is so deep. I have not experienced this for many years. Thank you, Grounded Kiwi, you have changed my life with these products. Feeling grateful!" ~ S.M

Awesome. I Am Very Happy

"Sleeping longer than I ever have for years and my aching hips have almost gone. I haven't relied on medication since sleeping on my earthing mat." ~Sharron S

Pain is Gone

"My earthing pillowcases arrived within 24 hrs, my intense shoulder pain has reduced, and I am off the meds, I can lift a heavy kettlebell (4yrs since last time), my partner who toilets

5-6 times overnight is down to 1, after only 3 nights. My old dog has stopped sleeping at the bottom of the bed and now pushes me off to get on my pillow. My mental clarity has improved, I no longer wake up feeling as if I have been trapped under a bag of concrete on my torso. I only got 2 pillowcases as a trial! The earthing mat is my next order (and a pet mat). Thank you for reducing my inflammation and pain when years of doctors and medications have failed me.” ~ J.Q

It’s Great!

“I have severe endometriosis with chronic pain and full body inflammation. I always dread night time as my quality of sleep is awful. The earthing mat has helped so much with my restless legs and circulation. I have noticed a dramatic improvement in my sleep in just one month! I highly recommend a grounding mat at the very least. Thanks , Grounded Kiwi!” ~ Shena

You Won’t Look Back

“I’m so pleased I bought the earthing mat from Blake. I also returned to buy the pillow cover. After chronic back pain from an injury three years ago, I was not sleeping well and was in pain a lot. I now have a deep sleep and get up feeling refreshed and happy to start the day. My whole life, I’ve never been a morning person. I highly recommend the products. You won’t look back!” ~ H.D

Fabulous

“I’ve been on some very hard painkillers and not much happened, but sleeping with the earthing blanket has felt miraculous. Thank you.” ~ Gayle S

Love ♥ the Grounding Mat

"I purchased a large grounding sheet about two months ago. I believe it was one of the best products I have ever purchased! Sleep has definitely improved, and there has been a large reduction in pain in my ankles, which was present every morning, creating stiffness in the ankles and feet and making it difficult to walk upon getting out of bed in the mornings. That pain has disappeared! It's actually quite remarkable. I am convinced there are other positives as well. Everyone should have a grounding sheet, it's such a simple and wholesome way of nurturing our bodies and minds." ~ C.B

Pain-free Sleep

"Prior to using the earthing mat I had aching hips/lower back every night. Since using the mat, I have not had pain a single night. Which I am SO happy about." ~ Skye V

Less Pain and a Good Night's Rest

"I had pain in the joints of my feet and was sick and tired of taking medication like it was going out of fashion. At times the pain would last for weeks. This would make me tired and grumpy, and I would not be a nice person to be around. After my second night of using the earthing mat I knew I made the right choice. It's been two weeks, and my mood has improved, I have less pain in my feet, and my general health feels better. I recently purchased another Grounded Kiwi product for my mum. I can't wait for her to reap the benefits. Oh, and no more slow starts to the day. I wake up with no aches and pains. Best investment I have made since getting married. Actually my wife loves it as well. She notices she has deeper sleeps and

more energy when she wakes up. Thank you, Grounded Kiwi, for bringing these products to NZ. You're the best!" ~ T.M

Extra-Large Grounding Blanket

"I'm in awe at the incredible things that already happened while using the extra-large grounding blanket; I'm no longer getting up in the middle of night to pee normally 5-6 times a night. I have deeper sleep, and my arthritis knees are no longer sore." ~ Jerry M

Earthing Mat

"We are so happy with the immediate benefits we experienced from the very first time we had the mat on our bed. I suffered a lot with leg cramps at night, but I have had none since the first night. Our minor aches and pains have also dramatically reduced." ~ A.A

Way Less Pain and Way Better Sleep!

"With arthritis in both hips, I was in pain all day, every day; I couldn't sit still and couldn't stand still for too long without excruciating pain. Tossing and turning in my sleep all night with pain. The first night using my single sheet grounding mat, I had the best sleep ever in months. The pain in both hips has reduced so much that I'm more mobile than ever. I'm addicted to grounding. I am very impressed by the service of Grounding Kiwi, being able to talk and text by phone and email getting all my questions answered. Highly recommended." ~ Jerome C

Reduced Pain

“I ordered an earthing mat last Monday and got it on Wednesday. Quick delivery and only been on it four nights, and I had noticed much better sleep and staying asleep longer. I always woke up with a sore knee, but not the last few days. I don’t understand the science, but I take all the help I need with sleep and reduced pain.” ~ J.L

Earthing Recovery Bag

“Two weeks in, and I’m sleeping so well. If I can get my knee pain under control before I go to bed, my sleep is amazing. Have not slept this well for many years. On waking, I’m feeling really peaceful and calm.” ~ Donna W

Earthing Socks

“I get sore feet from basically doing anything. At night, I put these on and wake up with zero pain. Without the socks, my next day would be spent walking with a bit of a limp. Your products make lives better. Honestly, thank you so much. I have a lot more energy and am in a much better mood, with hardly any inflammation on my feet. I recommend it to everyone.” ~ Indy B

Increased Energy:

Restful Sleep

“I have been sleeping on my earthing mat for over two weeks

and I think the effects are amazing! I have the best restful sleep I have had in years; I wake up feeling grounded, energetic and ready to take on a new day. I wouldn't be without it now. I just love it!" ~ L.E

Fantastic Earthing Pillow Cover

"I have used my pillow cover for a few nights now and feel really refreshed in the morning when I get out of bed. It used to take ages to wake up (at least until I had my coffee), but now I feel ready to go before I drink my coffee. Highly recommended!" ~ A.B

Better Sleep, Waking Refreshed!

"Really feeling the benefits of these products. I now wake up feeling refreshed and energised." ~ Drew K

Great Sleep, Energised During the Day and Much More

"I have slept on my grounding blanket for only two nights. My husband and I have felt immediate results. Better and deeper sleep. For hubby less trips to the toilet during the night. No scratching as he always felt itchy during sleep. For myself, no sore neck in the morning and the feeling of wanting to go to sleep immediately. I just can't fathom how good sleep I have had. Not to mention no joint pain for both hubby and me. It was such a great investment of time and money to research first via the reviews of grounding and then making the decision to buy. Kia ora." ~ M.A

Wow!

“Two nights on this awesome earthing mat and it’s amazing how invigorating it is. Sleep, energy, clarity - wow! Totally recommend.” ~ D.B

Best Purchase of Our Lives

“We now sleep through the night and wake feeling rested instead of being exhausted. Aches and pains do not interfere with a fun day, and each day is worth getting out of bed because you feel regenerated. Love this product and concept. Thank you, Grounded Kiwi and Mother Nature - you both rock.” ~ Ruth A

Sleeping Like Babies!

“What a difference this has made to our sleep patterns; we’re actually waking up and feeling refreshed. So wonderful!” ~ Cameron M

Best Sleep I Have Had

“I haven’t slept well for years, but now I wake feeling refreshed and recharged every day. I also had trouble getting to sleep but can now say since buying this that is a thing of the past. Amazing product.” ~ L.T

Menopause:

Post Menopause Inflammation Relief!

"I bought the bed earthing mat and pillow case. It took two weeks for my body to adjust at 59 and work through the daily fatigue! Stay with it, do not give up! I was suffering so much inflammation and body aches everywhere every day, thanks partly to menopause. Into my 3rd week, and the magic happened! Relief at last. Walking around and able to exercise again. The pain of aches felt significantly decreased. So happy about that! Such a deep, wonderful sleep too most nights. Remember to drink water and stay more hydrated than usual in the first two weeks. Best money spent. Saved my sanity! Thank you." ~ K.P

Menopause Relief

"This has stopped my mum's menopause sweats at night, and now the day sweats too after 15 years of suffering. And she sleeps so much better. Amazing product." ~ E.D

I'm a Believer!

"Before purchasing my earthing mat, I admit I was a little sceptical about whether it would do anything for me. The science made sense but ultimately you just have to try it for yourself. As a post-menopausal woman I suffered with almost daily tension headaches which generally started during sleep, and the tension followed me through the day too. All I can say is that since sleeping on the mat I haven't had one headache since - not one! I look forward to seeing more results with longer use." ~ Jacquie

Overall Wellness:

Instant and Amazing Results

"I can't believe the difference I've noticed after the first day of using the earthing mat and pillowcases. My skin is glowing, my metabolism is functioning amazingly, my energy levels are high and my mood is consistently good. It's been five days, and I feel and look amazing - feeling the benefits internally and noticing them externally. Ngā mihi nui for such life-changing products!" ~ Amiria

Earthing Socks

"I started grounding hoping my results would be as good as other reviews, and the results have been more than I expected. My feet are usually numb and my ankles hurt after walking for 30 mins. I wake up every morning and hobble until the circulation improves. After five nights my feet pain has nearly disappeared. My ankles are not painful and my sleep is so deep. I have not experienced this for many years." ~ Sharon M

Relaxed and Chilled

"The package arrived overnight from the North Island, almost unheard of these days. After we got the double bed grounding sheet on the bed, we had a great night's sleep. My partner doesn't sleep well but has had solid sleep since starting. My sleep has been very good as well. I only get up once in the night now instead of a number of times. My skin feels better, and wounds heal more quickly. I hardly snore now, and my partner is a lot quieter too. My blood is thinner or has less viscosity as we found after a blood test. Blood pressure is down

as well. All in all, I feel more relaxed. The pillow covers are handy to take away with us when we are away from home.” ~ Joe W

So Pleased

“I have used the grounding sheet for my bed for a week now, and it’s incredible. Change your life and get one, that’s all I can say.” ~ Keith A

Amazing Product

“Deep relaxation was noticed straight away, and it helped me with more rejuvenating sleep, switching off after a stressful day, and pain management. My bedtimes are earlier because I just can’t wait!” ~ C.A

Parents Love It!

“Initially, I bought this package for myself but had it delivered to my parents’ house. I ended up gifting it to them, and they were amazed by some of the health benefits they have experienced since using it. Lowered blood pressure, reduction in medication, deeper sleep, weight loss and more. These things happened not long after using the earthing products. Thank you, Grounded Kiwi :) From a grateful daughter.” ~ Selina S

Everything Feels Better

“The first night I lay on the grounding mat and pillowcase, it was like my whole body breathed a huge sigh of relief! I could definitely feel the earthing contact. In two weeks, I have experienced a distinct improvement in overall well-being from the

start; my nervous system is calmer, the constant pain in my thumb joints is not there now, my sleep is deeper, and my energy levels are better. Amazing service too. Delivery was really fast, and the team was so friendly and professional. Highly recommended!” ~ Rose M

Earthing Mat for Inflammation

“I have been using the earthing mat for quite some time now; it definitely makes a difference to your body. It loosens your joints and muscles and reduces inflammation. You notice it when you wake up in the morning. I highly recommend it, I wouldn’t be without it. The quality is extremely good.” ~ Stephen

Large Earthing Mat and Two Earthing Pillow Covers

“I’ve purposely held back from reviewing these products in order to assess their benefit over an extended period, even though that was apparent within the first 12 hours. I remember the first night getting into our newly earthed bed was like slipping into a hot bath, immediately feeling calmed and relaxed. I soon began to notice a reduction in the swelling and inflammation in my body, in particular around my abdomen and extremities. Over the course of the last two weeks that swelling has completely gone; it feels like I’ve gotten the body of my youth back, looking and feeling 20 years younger, along with an increased energy, a feeling of wellness, lightness and increased focus. The background pain from a broken foot has gone too, along with the pain I was experiencing in both rotator cuffs as a result of sleeping on my sides. Still, a work in progress, the lingering neuralgia pain from a bout of shingles two years ago is now a lot less noticeable, as is arthritis

in both hands, to the point where I am confident it won't be long before both these problems will be history also. I can't thank Blake and his team at Grounded Kiwi enough for our new-found freedom from chronic pain! It seems like a miracle and surely evidence that we are indeed electric beings. So, a big heart-felt thumbs and paws up from two newly grounded Kiwis - Cheers!" ~ I.P

Injury and Recovery:

Very Impressed

"Three weeks ago, I tore my calf (Grade 2) and a small tear in my Achilles. They said it would take me 2-3 months to recover. I was in a lot of pain. I decided to purchase earthing patches and a single grounding mat for my bed. The difference these have made in my recovery is undeniably so noticeable; I'm so happy I got them. I placed three patches on my calf and Achilles areas, plus 24/7 on the grounding mat. I can feel the electricity sparking in my injured leg. After one week, my pain was more bearable... and I didn't need my moon boot. All the bruising came out, and I had no more need for any painkillers. My back pain subsided, and in my third week, I was able to put a little weight on my calf and do some light isometric stretches. It has excellent quality, and they really do aid in supporting the body to heal itself straight from Papatuanuku :)" ~ L.H

Happy

"We just bought one for my granddaughter; she had hip surgery last August and is still in pain, plus she has cerebral palsy... She's

had three nights on it so far, and each night has been an improvement with sleep! We haven't had a whole night's sleep since August.... I'm happy so far!" ~ Lilith J

Absolutely Amazing!

"Absolutely amazing! I've been sleeping on mine now for over a week, and already my shoulder and back don't ache! Seven years after my hip replacement, I can finally sleep on my side without it aching. I love it and absolutely recommend it to anyone with bad joints." ~ V.R

Back Injury

"I held off giving a review to see what happened; it's only been a few weeks and I woke up nearly bouncing out of bed. I suffered a major back injury 18 years ago and had struggled with pain until four years ago, but I wasn't totally mobile and not moving as much as I do after using the mat. I can't get over how free I feel and no dull aches when I get up. My anxiety levels have also dropped. Well worth the money if you can definitely get this." ~ S.T

Miscellaneous Wellness Benefits:

Good for Arthritis

"Love my earthing blanket. Sleeping well and no arthritic pain. Feeling more alive. Highly recommend." ~ A.C

Migraines No More

“I have been using my grounding sheet for a year now, and I am so pleased to say I no longer get migraines; I sleep better and more soundly and have now purchased further products for my family to help them, particularly as one suffers from migraines and immune issues. I’ll be watching for the results!”

~ C.Q

Ultimate package

“Love love love this earthing mat. I suffer from intense fibromyalgia. I’ve had this for 25 years plus... I decided I really wanted to test this and thought... I won’t take my codeine pill before bed. If I had forgotten to take my pill, I would wake in the morning feeling like a truck hit me... but with the earthing mat, I awoke in the morning like “normal”, meaning that the grounding sheet did the same job on my body as codeine. Omg. So I have now had the mat for 10 days, I have not taken any codeine for 10 days, and I’m feeling fine. I totally recommend this product. I’m so happy that I can say no to pills and say yes to healthy options. AAAAA+++++.” ~ Rachelle P

What Are You Waiting For? Get It, Already

“Purchased it initially for myself to test together with the wristband, ended up giving the pillowcase to my son (age 7 ASD, ADHD), always used to spend a long time waking him up in the morning for school, but since he started using it, he sprung out of bed by himself when the alarm went off. Better quality sleep = better day at school = better behaviour at home after school. Getting quality sleep is so important to our overall health and well-being. The best part is this is one time invest-

ment and you reap the benefits forever.” ~ Oliver

Pain Free

“I have had persistent sciatica on and off for years; since having the earthing mat, my pain is virtually gone! My husband and I have noticed a huge improvement in our sleep as well. I would highly recommend that anyone try it. We are so pleased we did 😊” ~ Michael S

Love It

“We have had our large bed mat for a month now, and it really has been life-changing. Hubby is sleeping properly and has a new lease on life. I have lupus, and my sleeping and inflammation levels have improved SO MUCH. Getting a great night’s sleep changes everything. Thank you, Grounded Kiwi.” ~ Susie G

Earthing Has Really Saved My Life

“Dear Blake, earthing has really saved my life, or at least my work life. Being around microwave radiation affects everyone. Earthing 100% works whether we feel it or not. I used to spend 30 minutes a day sitting outside and feeling the electricity move (like a spider crawling on me) from my head to my toes. Pins and needles, headaches, brain fog, trouble sleeping and worse... Now, with an earthing strap, pillowcase and sheet, I no longer have to sit outside in the freezing cold. All the muscle tension, particularly in the shoulders and neck, legs and knees, goes away. Highly recommend earthing products, especially for MS sufferers.” ~ Peter

What the Sceptics Have Said:

I Was a Sceptic

“As a sparky I was definitely more than a little sceptical but had had my own thoughts on being barefoot in nature being good for you. Now I am absolutely convinced in grounding. Mostly the changes I have noticed are the blemishes on my skin are disappearing, even one I thought I should see a doctor about just disappeared. Sleep has definitely improved, and morning anxiety, which was pretty intense at times, no longer exists. I think the long term benefits would be astonishing.” ~ Phil B

Must Try!

“I was sceptical at first but thought I’d give it a try, not knowing much about grounding, etc. I’ve been sleeping on it for a week, and the dreams I have and remember are unreal. I’ve always had broken/restless sleep, but I’ve been waking up to my alarm in the same position I went to sleep in. I will be purchasing earthing mats for the kids.” ~ Ricki W

Wow

“Amazing. My body is healing itself since I started sleeping on this. I’ve had chronic pain since a child and it is improving very quickly. I was sceptical as hell but benefited from earthing outside. Thanks so much:)” ~ Bryden L

Amazed

“Wow. My mat arrived just yesterday. After one sleep, I already feel a difference. I’ve noticed my breathing has become more

steady, and I feel calmer overall. I have no headaches now and my back pain has lessened. It really does give a similar feeling to grounding outside. I was honestly sceptical at first, but wow, I'm so amazed. Well done, Grounded Kiwi." ~ R.T

Sceptical at First

"I was sceptical about this, but boy is it amazing. I used to struggle to sleep and wake up tired and sore but now I'm sleeping through the night and waking up with energy. It's been a life changer." ~ Rachel

Improved Sleep

"We have several Grounded Kiwi products, and I would highly recommend them! We started with the wrist/ankle band that my husband brought home. I was sceptical but curious as I struggled with sleep. I put it on, felt nothing when I went to bed, and then had the craziest, deepest night of sleep I've ever experienced in my memory! 6am the next morning, I ordered the earthing mat and pillowcase. I am obsessed now and even bring my mat with me when travelling!" ~ Maureen

Earthing Mat Large

"I have had this for two weeks, and it is marvellous. I was out of town for four nights and didn't have my earthing mat with me, and I could not wait to get back on it. My husband was sceptical about it but now loves it. I am going to order another one for our bach." ~ Marlene O

Grounded Kiwi as a Caring Business

Amazing

"I cannot speak highly enough of Blake and Hayley's amazing communication skills, and they helped me in my wish to buy some of their products. Always so promptly attentive, helpful, patient (with all my silly questions!), genuine interest in getting what was most beneficial for me... and best of all, never any pressure or pushing for me to buy anything - which I just have! Now I'm so grateful to know I can call them anytime I need any further help or info. I know they really do care. I look forward to getting the benefits of these incredible natural products and encourage any potential customers to look no further than these lovely people." ~ Jan W

I Am Much Better

"I can get out of bed without stiffness, aches or pain, I can put on my socks... I even feel like singing some days. I highly recommend earthing and Grounded Kiwi NZ is an awesome, caring company and supportive. Thanks, guys; I'm going to buy another one for my husband." ~ Gayle S

A Rare Find

"Thank you so much for the delivery of my order. It was beautifully presented, which was great as one is a gift, an informative pamphlet, and I loved the personal touch of the card. The items were of great quality. It is so nice to deal with a business that is run by real people and not some corporate money machine. It is a real sense that you genuinely care about people. Rare these days. Thank you." ~ B.S

Super Happy

"I bought a grounding mat from you as my first purchase. Super impressed with your product and personalised service. Thank you." ~ Glenda

Well Worth It

"Love Grounded Kiwi, great service, responsive, fantastic product and amazing results with the earthing mat, shungite necklace, and phone plate sticker. The results include better sleep, less pain, menopause symptoms are much less, inflammation is heavily reduced and a clearer mind set. I highly recommend Grounded Kiwi products." ~ H.J

A Super Company!

"I absolutely love Grounded Kiwi; the easiest site to navigate that you could possibly get. All the products I have bought have arrived promptly - 1-2 days - and even with coloured packaging! When one needs to email them, the response is immediate, with friendliness and encouragement. Thank you, Grounded Kiwi, you are much appreciated!" ~ N.S

[View More Reviews on Our Website](#)

You can explore all these reviews and countless others, including video testimonials, from our satisfied customers at www.GroundedKiwi.nz

History & Cultural Traditions of Earthing Around the World

Although you have likely only just heard about the concept of using the Earth's energy for health reasons, earthing has been in existence and included in health practices for many centuries and is practised by many different cultures. The long history is significant because it demonstrates that many cultures practice the same techniques and a shared belief in the power of Mother Nature and its ability to protect and heal us.

One of the first instances or mentions of the power of the Earth was seen in ancient Chinese culture, as the Chinese first began to discuss and recognise the natural life force of the universe, also known as *Qi*. Today, the Chinese still believe that life energy is available worldwide and that there are many ways we can absorb it as we go about our day. They believe some of the most beneficial ways to absorb life's energies and to benefit from these free electrons are through practices like walking barefoot, yoga, Tai Chi, and Qigong, all of which are usually practised barefoot (Earthing Institute, 2021).

Fast forward to the 1800s, a German doctor named Adolf Just became the founder of naturopathy, named for the practice he created, which entailed healing ourselves through nature. He believed people can heal through nature by eating a vegetarian diet, avoiding alcohol or smoking, and walking barefoot on the ground whenever possible. He was convinced that the Earth had an unseen power and that people were meant to draw power from the world around them, much like the concept of life's energy or the universe's life force, as seen in China.

The French were similarly influenced by the power of nature, as seen with Mattheo Tavera, who described ‘electric nutrition’ for plants, humans, and animals (Earthing Institute, 2021). Tavera studied the impact of earthing in the 1920s and 1930s, focusing on how humanity would benefit from being around this life energy that was virtually in every part of the natural world. Native Americans in North America recognise the importance of the connection to the Earth’s surface, and they love being close for a few reasons. First, many spiritual practices related to the belief that the Earth has a divine purpose, but they also believed that the ‘soil was soothing, strengthening, cleansing, and healing’ (Earthing Institute, 2021).

In the late 1990s, a man of American origin named Clint Ober began to discuss the practice of earthing. Ober initiated a study after some health-related observations and personal experiences in his life. Ober had a successful career in the cable television industry, where grounding (or earthing) ensured that electronic equipment remained safe and stable. After suffering a severe health crisis and undergoing a long recovery, Ober retired early. It was during his recovery that he noticed that most people are rarely directly in contact with the Earth, unlike our ancestors used to be. This observation made him wonder whether the absence of this electrical charge could be affecting us without our knowledge, thus prompting or igniting his interest in its beneficial effect on human health. To Ober, it seemed that people were struggling with ill health much more than they used to.

He started by conducting informal experiments by placing conductive strips on the bed and connecting them by wire through a window to the earth. Even this rudimentary setup

provided staggering results! Direct contact appeared to create healthier bodies with lesser pain and help provide better sleep for people. These initial findings motivated him to collaborate with scientists and doctors to conduct more formal studies, leading to a growing body of research on the potential health benefits.

Findings From Clint's 2000 Study

In the year 2000, Clint conducted his first study with a group of 60 people. Half of them slept on a grounded mat while the other half had a placebo mat that looked like it was grounded but wasn't. All participants had chronic conditions at baseline. The findings from the grounded group compared to the placebo group are as follows:

- 85% of grounded participants fell asleep faster.
- 93% reported improved night sleep.
- 82% noticed significant decrease in muscle stiffness.
- 74% chronic back and joint pain disappeared or decreased.
- 100% felt more rested upon waking up.
- 78% said general health was better.

Additionally, several participants reported unexpected but significant relief from asthmatic and respiratory conditions, rheumatoid arthritis, hypertension, sleep apnoea, and PMS. These stunning results indicated that grounding might

offer substantial benefits for a wide range of chronic conditions and overall well-being (Ober 2010).

Earthing in Māori Culture

In Māori culture, going barefoot is not just a tradition but a cultural practice that allows them to feel more connected, as it enables them to remain connected to the life force and nature. (Fallon & Chin, 2022.) For centuries, our indigenous tribes went barefoot to maintain their connection to the land as befits their traditional beliefs about medicine and the belief that our Earth has a healing power over us all. It was the way of life that we have all forgotten about since the invention of rubber-soled shoes.

These traditional medicinal practices have been passed on orally from generation to generation, emphasising a strong sense of cultural belief and respect for «the interrelationship of mind, body, spirit, and place as the basic tenets of life» (Marques et al., 2022, p. 2). This is part of what makes earthing within Māori culture so interesting because it truly is a centuries-old practice. Māori's holistic healing system is derived from these customs and traditions passed on for many generations: *Rongoā*. *Rongoā* are the healers who understand and explain how the landscapes are essential to their health and well-being.

For Māori, indigenous health was not just dependent upon them but upon the ecosystems of our natural world of which we are a part. In essence, the belief is that if we take care of the natural world around us, treating our land with

honour, this will ultimately determine our degree of individual health and the health of our ecosystem in totality (Marques et al., 2022, p. 2). This belief that individual health is rooted in the health of the ecosystem is part of what comprises *mā Tauranga* Māori knowledge, which has been developed over thousands of years.

The Māori cultural view is rooted in hinengaro (mind), tinana (body), and wairua (spirit) The Rongoā (healers) focus on the interconnection between wairua (spirit), whakapapa(-genealogy), mātauranga (knowledge), tinana (body), iwi and hāpu (tribe and sub-tribe), whenua (land), whānau (family), and hinangaro (mind). This is what allows them to make the most of their healing, to balance the life energies between them and nature. They believe a person's health is a delicate balance between what is inside and outside their bodies. To them, much like with the Chinese, everything is driven by the life force, or mauri, which runs through all things, binding them together as one entity with nature. As such, in Māori culture, Māori are tasked with maintaining the health of the surroundings, and they act as caretakers of the land (Marques et al., 2022, p. 3).

FAQ

How often should I earth to experience benefits?

If you want to experience the benefits, it is best to do it regularly as part of a well-balanced health regime. We recommend earthing overnight or throughout the day. Many of our customers enjoy having our mat to sleep on, which is the best and often most accessible way for them to get this connection time daily. If you consistently sleep on our mat, you will begin to experience the benefits and contribute to your overall long-term health and longevity. If you plan to connect naturally outside, aim for at least 30-40 minutes each day.

Can children benefit from earthing?

Your child will get the same benefits from earthing as adults. With the several important developmental stages they experience through the early years, this regular connection can be a great source of support for their bodies and protect them from the dangers of EMFs.

Can pets benefit from earthing?

Yes, significantly! Be sure to purchase a mat that suits their bed or their usual nap spot. Pets, just like us, can benefit from the electrical rebalancing that regular connection offers. This is especially true if your loved pet cannot get outside often due to injury, age, or illness.

In 2007, a researcher named Laura Koniver conducted

an observational study to explore how earthing affects dogs with arthritis. The study included 16 dogs and showed encouraging results. Grounding seemed to offer significant symptom relief which led to greater mobility and less pain in these animals. Owners of the participating dogs reported a marked enhancement in their pets' general health, with many dogs becoming more energetic and playful. This research shows the possible benefits of earthing as a treatment for canine arthritis symptoms and improvement of life quality for our four-legged family members.

How long does it take to notice the impacts of earthing?

It can take a bit of time, and not everybody has the same experience when it comes to starting. We are all completely unique and have many differing factors that can have an impact on our health. For most people, benefits can be felt as early as the first night; for others, it's 1-3 weeks. Some studies have shown that it can take up to 40 days to experience and see your positive improvements.

Won't a magnetic underlay do the same thing?

No. Magnets alone cannot provide the free electrons or connect the body with the naturally balancing electrical energy of the Earth.

What should I feel when I start earthing, and is it possible to have DETOX symptoms?

When you begin to practice earthing, it is important to understand that everyone will have a different experience because everyone is at varying points in their health journey. While some people may feel immediate benefits such as less pain, more energy, and easier falling asleep, others may have no change for a few weeks. As your body electrically rebalances itself and gets used to this new energy, you might also feel tingling in your feet or hands. Some people do experience mild detox reactions initially, which are common. According to research on earthing therapy, these symptoms are typical because grounding enhances circulation and speeds cellular repair, so it makes sense for our bodies to start cleaning up after we ground ourselves regularly. We must drink plenty of fluids while caring for ourselves through this time.

I take medication. Is earthing okay for me to do?

If you take medication and are concerned about whether or not you should start earthing, it's always best practice to consult your doctor, who understands your unique health situation. Sometimes, the practice of earthing may help you reduce or completely eliminate your medication. For instance, earthing can help to thin the blood, improve thyroid function, and regulate blood sugar, so if you are taking medication for any of these primary bodily functions, it's essential to address this with a medical professional before you engage in earthing regularly, as it's possible your current dosage may be too

much. Always talk with your doctor if this sounds like you.

Do you have any tips for talking with my doctor about earthing?

We've realised that many doctors will support earthing once they understand, therefore it would be helpful if you could share this eBook with them. If you are just starting your earthing journey and are also currently on medications, such as blood thinners, blood sugar medication, and for thyroid conditions, it may be necessary to visit your doctor more frequently so that he or she can adjust their dosage according to how well your body is benefiting from this connection. Earthing has been shown to improve overall bodily function and, therefore, may lead to reduced drug dependency under your doctor's guidance.

Importance for earthing in apartment living?

Living in an apartment or a high rise makes engaging in earthing more important. The further you are from the ground, the more disconnected you become and the higher the environmental voltage. By reconnecting regularly, you can reduce this exposure and reduce the effect of otherwise living so high up.

Is earthing a 'cure-all'?

No, but while not a cure-all, it can offer many potential health benefits worth exploring. Its effectiveness depends on consistent practice, and stopping may result in the return of symptoms. Results can vary from body constitutions, genetic

factors, chemical imbalances, poor diet, and stress. Some underlying issues must be resolved medically, and earthing alone cannot rectify them.

Can I use an earthing mat with my electric blanket?

Yes. An electric blanket can be used with our earthing mat. In fact, it is beneficial because earthing protects the body from AC electrical fields that are coming off the electric blanket whenever it's plugged in. We recommend that you put your earthing mat over the top of the electric blanket and then have the regular cotton sheet that you sleep on as the top layer.

Are earthing products safe to use? What if there is a lightning strike or thunderstorm near my home?

Our Grounded Kiwi plug and cord contain 100,000 ohms safety resistors inside the plug and cord and fine wire (burn-through) inside the cord. Together, these systems guard against power surges or lightning strikes through the Earth—an extremely unlikely event.

Why not try earthing? It's a low-risk, simple practice that might improve your sleep, mood, and pain.

Kick off your shoes and see how your body responds!

For more information about commonly asked questions and concerns about earthing, feel free to [visit the Grounded Kiwi website](#).

To Finish Up

Our modern and fast-paced lifestyle has our health in the cross-hairs. On a daily basis, our lives are filled with chronic stress, poor eating choices, suspect water quality, and this is often topped off with a lack of physical activity. We can see that this sad situation is seemingly being accepted as a new normal, a society of sickness. Since you are reading this, you, like me, don't want to accept this as our way of life. Earthing won't stop the bad habits, but it offers a powerful and natural remedy to help us all tackle what life throws at us. You are missing out if you're not reconnecting for a little bit every day. Imagine the beautiful moments of connection you could have with our healing Earth and the benefits you could reap if you take action today.

We look forward to introducing more of our community to the power of earthing. [Visit](#) Grounded Kiwi today - affordable natural health products that can help you reconnect to our Earth. Live the life you deserve.

We look forward to serving you soon.

Happy earthing.

Blake, founder of Grounded Kiwi.

References and Further Resources

To learn more about earthing, feel free to [visit our website](#) to see the latest research.

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