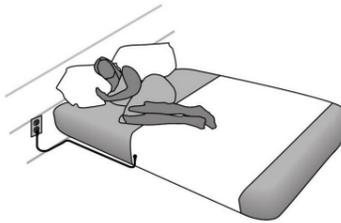


## Earth as you work, rest & play



Contact with the Earth during the third of our lives we spend sleeping yields great benefits. Earthing during sleep is the

ideal way to reduce oxidative stress. Our **Sheet Sleep Systems** easily ground you to the earth during sleep. The sheet connects to the earth with a grounding cord. One end of the grounding cord snaps onto the sheet and the other end connects into an electrical outlet or to the earthing grounding rod system.

The **Universal Mat** offers broad flexibility. Use it anywhere in the house or office. The mat serves as a floor mat to place your bare feet on as you work at the computer, or as a desk mat to ground your hands while typing or using the mouse.



The **Earthing Band Kit** comes with three (torso, knee/thigh and wrist/foot) adjustable elastic body bands.

The bands can be attached near an injury or wound or area of acute pain to accelerate the healing process and reduce local inflammation and discomfort. Athletes have found them to be especially effective against common injuries.

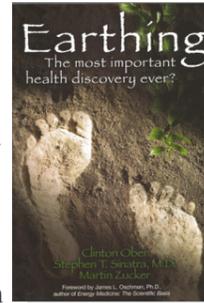
## How to find out more

**Earthing** introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This eye-opening book describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and even eliminated and recovery from surgery, injury, and athletic overexertion is accelerated.

This never-before-told story filled with fascinating research and real-life testimonials - chronicles a discovery with the potential to create a global health revolution.

'**Earthing** ranks right up there with the discovery of penicillin... probably the most important health read of the Twenty-First Century' - *Ann Louise Gittleman, Ph.D., author of Fat Flush Plan*

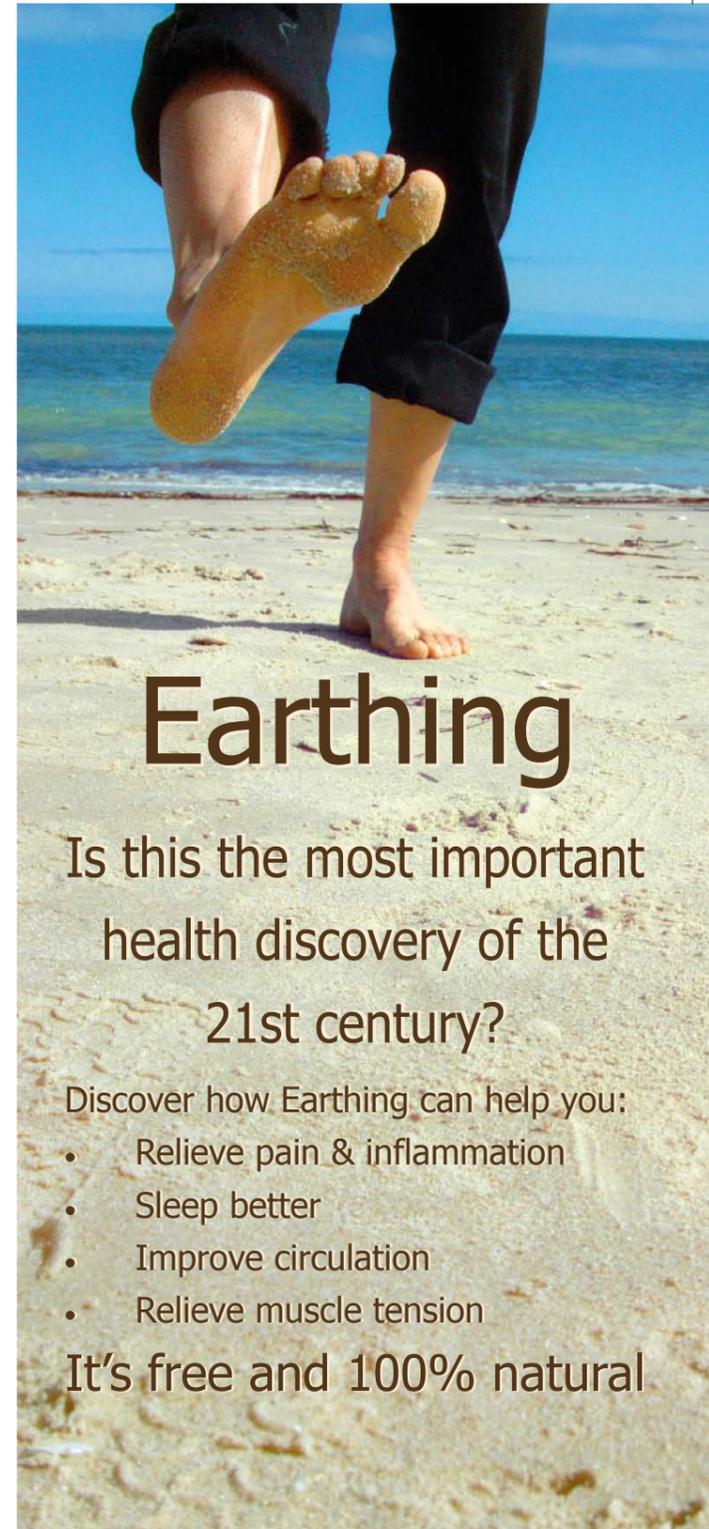
'A brilliant hypothesis well-grounded in science' - *Nicholas Perricone, M.D.*



### Your local authorised Earthing product retailer

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0412333043  
[www.goodgenes.com.au](http://www.goodgenes.com.au)  
[scan4antiox@yahoo.com.au](mailto:scan4antiox@yahoo.com.au)

EarthingOz



# Earthing

Is this the most important health discovery of the 21st century?

Discover how Earthing can help you:

- Relieve pain & inflammation
- Sleep better
- Improve circulation
- Relieve muscle tension

It's free and 100% natural

## What is Earthing?

Earthing involves connecting your body to the Earth's eternal and gentle surface energy. It means walking barefoot outside and/or sitting, working or sleeping inside while connected to a conductive device that delivers the natural healing electrons of the Earth into your body.

## How can Earthing help?

Research indicates the following benefits from Earthing; we expect many more to emerge with ongoing studies. Earthing:

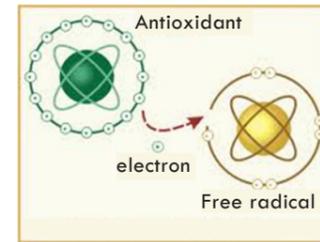
- Dramatically reduces inflammation.
- Reduces or eliminates chronic pain.
- Improves sleep.
- Increases energy.
- Improves blood pressure and flow.
- Relieves muscle tension and headaches.
- Dramatically speeds healing and prevents sores.
- Reduces or eliminates jet lag.
- Speeds recovery from athletic activity.
- Protects the body against harmful electromagnetic fields (EMFs).

## Earthing reduces inflammation

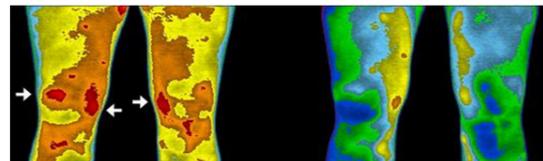
Inflammation normally results from the body's attempt at healing itself through the release of white blood cells to an injury site. These cells release a shower of powerful free radicals that aid in the destruction of invading microorganisms and damaged tissue. Normally, free radicals kill the bugs and break-down damaged tissues for removal.

However, with chronic inflammation the immune system runs amok attacking healthy parts.

Free radicals are positively-charged molecules that require a negatively-charged electron to become neutralized. The earth has a limitless supply of negative charge electrons. It is well established that negative charges are attracted to positive charges, so if you connect your body to the earth, your body will pull electrons from the earth to equalise the two potentials and in doing so neutralise the cause of inflammation.



Thermal imaging cameras record changes in the skin to create a colour-coded map. Because tissue damage causes increased heat, abnormally hot areas indicate inflammation. A study using thermal imaging to observe the effects of grounding was performed on patients with a variety of complaints including inflammatory joint conditions, muscular strains and carpal tunnel syndrome. Some patients experienced improvement in just one session and within 4 weeks up to 80% improvement in symptoms occurred. The infrared photos shown below were taken only 30 minutes apart— before (left) and after grounding (right). They illustrate a rapid resolution of inflammation and help explain the impact of Earthing on chronic pain, stiffness, and a variety of symptoms.



## Earthing improves circulation

The images below show the dramatic improvement in circulation of a patient after only 4 nights sleeping grounded. In the image on the left (before grounding) the arrows denote the areas of poor circulation. The temperature of the patient's toes is so low that the temperature cannot be seen (thermal amputation). After grounding (image on the right) normal blood flow is achieved.



## Earthing normalises cortisol

Cortisol is known as the “stress hormone”. When a life of constant stress causes your cortisol level to rise and remain high creating an overdrive in the body. A consistently high cortisol level is linked to sleep disorders, hypertension, cardiovascular disease, reduced immune response, mood disturbances and blood sugar irregularity. In unstressed individuals, the normal twenty-four-hour cortisol secretion follows a predictable pattern—lowest around 12:00 midnight and highest at 8:00 a.m. The pre-grounding chart at the top shows the wide variation of patterns among the study participants. The graphs on the bottom represents the altered pattern of the participants after earthing, showing a significant stabilisation of cortisol levels.

