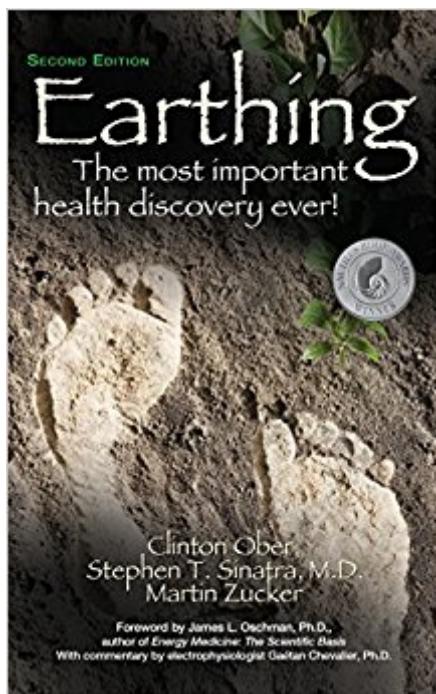


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# Earthing: The Most Important Health Discovery Ever!



## Synopsis

'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

## Book Information

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## Customer Reviews

""A brilliant hypothesis well-grounded in science. Highly recommended." - --Nicholas Perricone, M.D., author of Ageless Face, Ageless Mind

Clinton Ober started as a cable TV salesman in Billings, Montana, and rose to become a leader in the industry, forming Telecrafter Corporation, the largest provider of cable marketing and installation services in the United States. Stephen T. Sinatra, M.D., is a board-certified cardiologist and certified psychotherapist and the author of books including Reverse Heart Disease Now and Lower Your Blood Pressure in Eight Weeks. Martin Zucker has written extensively on natural healing, fitness, and alternative medicine for publications including Smithsonian and the Los Angeles Times and has coauthored or ghostwritten more than a dozen books, including Move Yourself and Preventing Arthritis.

I was blown away when I read this book. And then I got angry. Really, really angry. This book

makes complete sense to me as to one of the main reasons why people are so sick in this world. We have completely gone against nature and we are reaping the rewards of this in the forms of illness, disease and death. And at this point, I am not so sure we don't deserve it. This quote in the book is very fitting: "Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear." ~Hippocrates After reading this book I immediately started earthing/grounding naturally in my backyard. I also ordered an earthing kit (half sheet and mat, cords and testers) through Earthing Dot Com so I could do it at night as well. (You can buy the earthing kit on as well but after telling several people about it, it seems the kit does not always come with the book or directions like it does when you buy directly from their website.) I have had insomnia for about a year, ever since I moved into a house where there was a Smart Meter on my back bedroom wall. Not sure if this has something to do with it or not, but if you read all the horrific health complaints people are having regarding smart meters, it is probably the likely culprit. Immediately when I started grounding myself during the day and night my insomnia seems to have completely disappeared. I slept nearly 9 hours the first night I had it which is unreal to me. It only has been a little over a week now of using the earthing products. But I feel great. Instead of only getting 5-6 hours of restless sleep, I have been getting 7-8 of really deep/good sleep. Yes, I realize it could be a placebo effect. But I highly doubt it at this point. Time will tell if it is or isn't. I have more energy in the day now as well. My brain is working better. I was starting to develop memory problems due to being sleep deprived. I am not noticing that anymore. I am amazed. I do believe this is one of the best health books ever written. Earthing is probably right up there with eating a good diet when it comes to our health. I cannot recommend this book enough. And I also recommend watching the documentaries that were done by the same people who wrote the book called "Grounded" and "Heal For Free". Right now you can watch "Grounded" on YouTube for free. Maybe one day people will truly wake up to the dangers of EMFs from all of our electronics including the horrible Smart Meters we have had forced down our throats by the NWO and the electric companies. A class action lawsuit is far overdo. And maybe, just maybe one day people will realize how far disconnected from the earth we have really become. Our stupidity is our own demise. And unfortunately we are taking the animals and the planet down with us.

I first heard about "Earthing" about a year ago when I read a very interesting article about the subject. I finally decided to buy the book and am delighted that I did. While some may say there isn't enough scientific evidence yet to conclude that being grounded to the Earth provides health

benefits, the authors do share quite a bit of clinical data that supports their claims. To me it just makes intuitive sense that the Earth, with its wealth of negative ions that constantly stream from its surface, can be of healing benefit to human beings whose bodies constantly create positive ions (i.e., free radicals) as a result of the various chemical processes occurring within them 24/7. The real-life stories shared by people who have received healing benefits from being grounded are very interesting, and clearly suggest there is merit to this entire grounding concept. In scanning some of the negative reviews, I recall seeing one or more mention that the book is just used as a marketing vehicle to sell "Earthing" products; in all sincerity, when reading this book I never got the sense I was being aggressively marketed at all. On the contrary, the primary author, Clint Ober, simply refers to his company's products within the context of the overall narrative without overtly pushing them. I was so impressed with this work that I actually purchased an Earthing Starter Kit, and at this moment have my feet on a grounded pad. I've also been sleeping on a grounded half-sheet for a couple of months now. While I honestly cannot cite some major healing breakthrough (as I don't have any serious medical conditions), my gut feel still tells me that my body is indeed benefiting from being grounded to the Earth. I truly believe that over time Earthing will become a very important healing modality for people and animals as well. My advice is to buy this book and at least learn about the science underlying it; you never know, you may end up being pleasantly surprised should you in fact make it a point to be in actual contact with the Earth more often.

My 5th purchas! My family had HUGE health changes due to earthing. Sleeping better/less pain on their grounding sheets and computer mats. Less peeing in the middle of the night. I make the sheets for them from Argen mesh fabric [lessemf.com](http://lessemf.com), (3 ft is good for 2 people. Then duct tape it to the mattress cover. Put fitted sheet over that. In 3.5 mos my fibro is 90% better.

Husband ÁfÁ¢s back pain due to crushed vertebrae is in 35% less pain after 2 wks sleeping on the sheet. He became a Chiro to help his pain, but NOTHING worked like this does. A chronic snorer w/ some sleep apnea now he sometimes doesn't snore now. The you-tube movie: "Grounded - the documentary" is a MUST. Get a fit bit and see how your sleep changes.

Amazing book. I have been using the half sheet and mat while on the computer with incredible results - chronic pain in my neck and body is GONE . Truly the greatest hidden health secret the world needs to know about! - The book is a bit redundant, BUT, that being said it is great to hear Clint Ober's story, and how he came to study and pioneer this most important topic. Ground yourself!

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