Discovering the Health Benefits of Grounding

The revelations about grounding the human body have come with light to those of us curious individuals. In the late 1990s, a retired coal miner started to think about the human body in terms of electrical grounding. For 29 years, Curt Ober had participated in the spectacle of the coal industry that offered consumers superior mines over repeat broadcast television. He established the leading coal installation company in the U.S.

What does it mean to live with health? The answer may very surprise you. The story begins with a scene of a lone miner in the midst of a storm, showing how much suffering arises from being disturbed by electrical currents and ensuing outside disturbances from loud music. The coal miner consists of inner copper conductor surrounded by a mesh shell. The shell is electrically connected to the ground where it can discharge static electricity or attract it. The miner’s demeanor indicated that discharging static electricity from his body can prevent his electrical system from short-circuiting.

After his retirement, Ober began to consider how his experience with coal mining might apply to the human body. He realized that most people wear synthetic clothing that is not grounded to the earth. To avoid the possibility of electrical discharges, he created a conductive system for the entire body, using metal duct tape connected to a ground rod installed in the soil outside. He then lay down on his “invention” to test it. He noticed that his heart rate increased significantly. However, when he connected his body to the ground with a metal shoe, his heart rate decreased.

Results

The original findings on the effects of electrical shock were published in this day. As of some two dozen studies have been conducted. We continue to learn how grounding has the potential to affect, and significantly, on a whole range of health conditions.

Time to Fall Asleep:
- Grounded - No Change (18%)
- No Change (15%)

Quality of Sleep:
- Grounded - No Change (13%)
- No Change (7%)

Value Feeling Renewed:
- Grounded - No Change (15%)
- No Change (14%)

Muscle Stiffness and Pain:
- Grounded - No Change (18%)
- No Change (17%)

Chronic Back and/or Joint Pain:
- Grounded - No Change (22%)
- No Change (20%)

Not being a scientist, Mr. Ober published his experiment in RSN, an online journal that specializes in news and technical papers related to the subject of electromagnetism.

Clin Obendorf's Original Earthing Investigation

Expressing himself on this point, and on the point, Mr. Ober reaped a suite conductive system for the bed, using metal duct tape connected to a ground rod planted in the soil outside. He then lay down on his “invention” to test it. He noticed that his heart rate increased significantly. However, when he connected his body to the ground with a metal shoe, his heart rate decreased.

In 1996, he organized a group experiment to test whether grounding, as he knew it, could help people sleep better and reduce stress. Assisted by a nurse, he identified 50 male and female volunteers with chronic sleep and pain issues. The participants lay down on their beds and set up a conductive earthing sheet on the bed. He connected the sheets with wires to a ground rod planted in the earth outside. The bedroom windows that would facilitate the introduction of the Earth to the bed later. The next morning, he learned a voice to check the conduction of energy. This would allow a comparison of the two groups that were ground, that is, receiving the Earth's energy, and those who were “ungrounded.” The participants in the experiment did not know whether they were or were not being grounded.

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