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## Earthing FAQs (grounding to the earth)



Many people have questions when they start grounding themselves regularly by being barefoot outside or using Earthing systems indoors.

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In a high-tech age, why is the concept of Earthing so important?

What is most profound about Earthing is that it is so natural and simple, and that it affects every aspect of human physiology. When you ground yourself, the entire body readjusts to a new level of functioning, the level, in fact, it seems to have been designed for throughout evolution. Many people who have lived Earthed for some years say that they do not want to go back to living ungrounded. They feel the difference. Living Earthed broadly elevates your quality of life to a level that seems not otherwise possible. James Oschman, Ph.D., an internationally-renowned expert on energy medicine and a member of our board of advisors, describes the phenomenon thusly: "Recently I attended a meeting on the East coast. One of my colleagues came in from the West coast. She had a bad case of jet lag. I told her to take her shoes and socks off and step outside on the grass for 15 minutes. When she came back in, she was completely transformed. Her jet lag was gone. That is how fast Earthing works. Anyone can try this. If you don't feel well, for whatever reason, just make barefoot contact with the Earth for a few minutes and see what happens. Of course, if you have a medical problem, you should see a doctor. There is nothing that comes close to Earthing for quick relief. You can literally feel pain draining from your body the instant you touch the Earth."

Why does the Earth's electric field transfer so easily to the body?

The body is mostly water and minerals. It is a good conductor of electricity (electrons). The free electrons on the surface of the Earth are easily transferred to the human body as long as there is direct contact. Unfortunately, synthetically-soled shoes act as insulators so that even when we are outside we do not connect with the Earth's electric field. When we are in homes and office buildings, we are also insulated and unable to receive the Earth's balancing energies.

What is the difference between the Earth's electric field and the electric field used to conduct electricity in my home?

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current (AC). Unless at very low frequency (less than 10 cycles per second) and/or low power, alternating current is foreign to our biology. AC, and other forms of man-made environmental electromagnetic fields (EMFs) are being researched as possible factors in a variety of stress-related responses. Many people are sensitive to EMFs. Studies show an “association,” but not cause and effect, between living near power lines (or exposure to EMFs on the job) and higher rates of health problems.

How much “current” is actually being transferred from the Earth's surface via the wire to a grounding product?

There is no constant measurable current flow beyond the equalization charge that is instantly transferred to the body when a person lies on a conductive sheet or makes contact with another type of Earthing product. We are talking about numbers of electrons in the trillions and quadrillions. Once the body is grounded, the rate of influx changes, and the body will only absorb that amount of electrons needed to maintain the same electrical potential as the Earth and to restore what is lost in the body's metabolic processes. It may take many quadrillions to get the body stable. As long as a person continues to be grounded, the body can use the Earth as a natural reservoir, or “power source,” of electrons to maintain a “topped up” homeostatic level that compensates for any attrition of internal electrons. With connection to the Earth, it would thus seem hard for the body to develop any electron deficiency, and, theoretically, any chronic inflammation. The actual amount of charge (electrons transferred) would vary significantly based upon location of the body above the Earth (voltage) and any potential electrostatic charge that has built up on the body. The continuing amount of electrons absorbed by the body to reduce metabolic and immune response free radicals would also vary significantly between people depending upon their life style and activity. This is all extremely difficult, if not impossible, to measure.

What is the difference between the Earthing technology and the use of magnets?

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Although the use of magnets produce some therapeutic effects when properly applied, magnets cannot provide free electrons, nor can they connect the body with the naturally balancing electric frequencies of the Earth. Earthing technology used inside your home or office connects you with the Earth's electrons in the same way as if you were standing barefoot on ground outside.

Can I wear any type of footwear and still be earthed?

No. Standard plastic/rubber or composite soles do not conduct the Earth's electric energy. Most shoes today are made from those materials. You need leather or hide soles, which used to be the primary footwear materials in the past. Leather itself isn't conductive, but the foot perspires and the moisture permits conduction of the energy from the Earth through the leather and up into the body. In addition, moisture from walking on damp ground or sidewalks could permeate up into the leather soled shoe. Thickness of the sole can also be a factor, and specifically that a very thick leather sole may not allow the moisture through. Moccasins are the best type of natural conductive footwear. Leather isn't quite as good as bare feet on the ground but certainly much, much better than standard soles that are insulating. Hopefully soon shoe companies will begin making grounded shoes.

Can I ground myself outside by wearing electrostatic discharge (ESD) footwear?

ESD shoes are primarily designed for discharging static electricity but to a degree they ground the body beneficially. They are better than regular shoes but not as good as going barefoot. The difference between grounding and static discharge is that grounding instantly equalizes your body at Earth's potential. Static discharge, generally called a soft ground or a dissipative ground, has an inline 1 meg ohm resistor in the ground cord which is design to slowly bleed off static electrical charges (contact and separation charges). These charges are created on the body by clothing and shoes whenever you move your clothing with arm movement or walk or sit on any synthetic material. The ESD industry uses dissipative grounding to prevent a rapid

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I live in Chicago and my cement basement floor is cold, so I am reluctant to ground myself bare foot on that surface. Could I get grounded there by using an un-insulated metal container, filled with warm water and still get the same results?

It depends on whether the tile floor sits on a concrete slab or on the ground. If directly on a slab or ground, the energy could come through. If the tile sits on plywood or some other kind of wood, plastic, or vinyl understructure, you are not likely to get any conductivity. It also depends on what kind of tile. Ceramic tile with a glazed finish on the surface will, like glass, probably prevent conductivity.

I live in a warm climate where we are reluctant to go out barefoot due to parasites in the soil like hookworm and roundworm. The soil never gets cold enough for the parasites to die off.

If being barefoot outside is risky, Earthing sheets and mats allow you to be grounded inside. The best opportunity to gain the many benefits of Earthing is to sleep grounded.

Can Earthing protect me from cell phone frequencies?

The protective potential of Earthing has not been tested yet on cell phone exposure. There is no research indicating that Earthing will or will not protect a person from exposure to cell phones signals, microwave radiation, or radio frequencies. What we know is that Earthing reduces significantly the induced body voltages generated by simple exposure to common household 60 Hz EMFs continuously emitted by all plugged-in electrical cords (even if the appliance is off), internal wiring, and all ungrounded electrical devices in the home or office. Based in the cases we have seen of people extremely sensitive to such EMFs it is prudent to be grounded as much as possible in the home or office.

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to get the full benefit of Earthing. The skin of your body needs to come in contact with the “skin of the Earth.” It can be a bare foot, or arm, for instance, sticking out of the sleeping bag in contact with the Earth.

I do not live in North America. Can I plug my Earthing product into a wall outlet?

We receive many questions about using Earthing products around the world. To assist you, we have compiled some basic facts you will need to determine the best connecting options for you. Earthing products are designed to be used with an Earthing ground rod placed in the soil outside next to a window or door, or via a grounded wall outlet inside the home or office. Individual conditions in your home, office, and country may dictate which of these options you use to connect to the Earth. The first thing you need to know is that Earthing products do not operate on electricity, so it does not matter what the electrical current is in your country (whether 110 volts or 240 volts, etc). Earthing products simply allow the natural, gentle energy from the Earth outside to be carried inside. When you make physical — bare skin — contact with the Earthing product it is the same as if you were standing or walking barefoot outside. This is what creates the benefits of Earthing. Our preference is that the products throughout the world be connected to Earthing ground rods, however many people like the idea of simply plugging them into an electrical outlet ground port in their home or office. For people who live in tall apartment buildings (high rises), a ground rod may not be feasible, and for people who do not have a grounded electrical system in their home or office, the only option is the ground rod. The following explanation covers two options for connecting Earthing products. The electrical terms “ground” and “Earth” have the same meaning. In Spanish, the term is “tierra.” Option # 1: Plug-In There are many different outlet configurations around the world. Some are grounded (Earthed). Others are not. For this reason, if you want to plug into a wall outlet you will have to determine first whether your electrical system and outlets are indeed properly grounded. An electrician can determine that for you or you can purchase a simple outlet ground checker at an electrical supply or hardware store locally. Outlets with only two holes and no Earth/ground strip or Earth/ground pin or hole means there is no Earth/ground present. You must use a ground rod. This is quite common in older homes. Keep in mind however that an outlet with three holes or two holes and an

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electrical wall outlets. To determine what type of outlet is used in your country, go to the following web site: <http://electricaloutlet.org/> The cords that come with Earthing products are designed to fit directly into the ground ports (third hole) of grounded Type B wall outlet or into the female receptor end of Earthing ground rod cords used anyplace in the world. The Earthing cords will not usually fit into international ground ports or contacts. If your outlets are grounded, you will need to obtain a grounded outlet adapter for use with North American appliances in your country. Earthing products come with a 12 foot (about 3 ½ meters) long cord. One end snaps onto the product and the other (male) end inserts into the ground (Earth) port of the appropriate adapter that is then plugged into a properly grounded electrical outlet. Adapters are available through local electric supply stores or through the Internet. In many European countries, the Schuko adapter below is commonly used: VP 11B - Grounded Europe Adapter - USA to Europe Heavy Duty Adaptor Plug German Schuko from VCT electronics distributed by Amazon Do not buy a universal adapter. Some universal adapters look like they have the Earth/ground connection but when tested they do not work. Others have loose intermittent connections that will minimize the benefits you expect from Earthing. If you do not have a grounded outlet, you will have to use a ground rod (Option # 2) or have an electrician connect your electrical outlet(s) to the Earth. Option # 2 Earthing sleep systems (sheets and recovery bag) come with a 12-inch long ground rod included. The Earthing mats do not include the ground rod. If you want to use a ground rod for use with a mat, it must be purchased separately. The ground rod costs \$26.95 U.S. The ground rods are inserted into the ground (dirt, garden bed) outside/below a window or door adjacent to where the Earthing product will be used inside. It is very simple to do. If there is only concrete and no adjacent Earth in which to put the ground rod then this is not an option for you. The Earthing ground rod has a 40 foot (13 meter) cord attached to it. You can run the cord under a window or door, just being careful not to sever the cord. The cord from the Earthing sheet or mat is connected to the ground rod cord, male end into the female end. Again, very simple. This is how you set up the ground rod. The cords that come with each product can be connected to a grounded outlet (or outlet adapter, as described in Option # 1) or a ground rod. If additional length is needed, Earthing extension cords can also be purchased. Available also are splitter cords, into which you can insert the cords from any two Earthing products. The splitter connects either to a wall outlet (or outlet adapter) or to the ground rod cord. All Earthing product connection cords contain a current limiting 100k resistor. These products can

## Getting Started

all be seen at [www.earthing.com](http://www.earthing.com)

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Initially, some people may feel some temporary discomfort or even flu-like signs, pain or achiness. In practically all cases, this experience is fleeting. We believe it is the result of a normalization of the body's "electrical system." As the process gets underway, the body's ability to release accumulated toxicity may improve and you could feel that as transient discomfort. Typically, after some initial adjustment, you start feeling better and more energized. The feeling might last a few days at the most but it will go away. If you are uncomfortable, stop grounding yourself for several days and then begin again, starting with shorter exposure and gradually increasing the exposure. In the majority of cases, no discomfort is felt at the beginning.

I have noticed tingling in my feet for the first few nights I've been sleeping grounded. Should I be concerned?

Many people feel tingling in the beginning. It's a sign that the circulation is improving.

Can I over-Earth myself? I sleep on a full body Earthing sheet and also at times use the Earthing mat on the floor at my computer. I noticed that my toes and fingers have become very sensitive. Last night I did not earth myself and my toes are fine.

The question to ask is this: can you be barefoot on the Earth too much? The whole Earthing experience indoors is a replica of being barefoot on the Earth outside. Keep in mind that humans evolved walking, sitting, and sleeping on the Earth. Different and strange sensations may occur in the beginning. We generally attribute them to a normalizing, detoxifying, and energizing process. Many systems are adjusting to the Earth's energy, making all the gears and cogs more efficient, so to speak, and enhancing more efficient removal of toxins. These processes take different forms, and can take longer or shorter, depending on the individual. If you are taking any medications, it is possible that the normalization process could be creating a situation where the level of dosage has become excessive. The body is functioning better, so you may need less of a particular medication. This is a definite possibility. If you

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including the basic process of cellular energy production, so there is always a demand for more. If you are grounding yourself on a routine basis, you are, in a sense, topping up your tank.

Are there people who sleep grounded and don't feel anything, or for whom grounding doesn't work?

Everybody benefits in some way, but we are all different. The benefits can come quickly and dramatically, such as less pain and better sleep, or subtly and gradually over time.

I am one of those electro-sensitive people you write about in the Earthing book. I have started sleeping grounded and the energy feels strange to me.

So-called electro-sensitive people report feeling strange energy in the beginning and some even say they feel ill. The energy they feel when grounded is simply Earth's natural energy. We regard these sensations generally as part of an adjustment process as the body normalizes to the Earth's energy. If the feeling is too uncomfortable, stop Earthing. Re-start in a few days by spending a half hour or forty minutes, or even less, barefoot outside or in contact with an Earthing sheet, mat, or band inside your home. Then very slowly increase your exposure. In this way, you may often be able to work your way gradually to sleeping grounded for six to eight hours at night. Just go very slow and at your own pace. Some electro-sensitive people have found that they receive positive benefits just from minimum exposure to Earthing

I don't want to spend any money for any Earthing product when I can make one myself. All I have to do is get a ground rod, some 20 gauge wire, and then wrap the wire around my ankle or foot at night.

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You can certainly do it. People have done it any times. However, it is not particularly comfortable. You could possibly cut off circulation if you wrap the wire too tight around your extremity. Secondly, a sharp end on a wire wrapped around the ankle could tear the sheet.

Why should I buy any Earthing product, like a sheet or a mat, when I can simply go barefoot?

You are absolutely correct. Barefoot is the natural way to go. And also sleep on the ground. This is the way humans evolved. In so-called “developed societies,” we wear insulating shoes and we sleep on elevated beds. However, most people won’t regularly go barefoot, if at all, or consider sleeping on the ground, and certainly not in the cold winter months. So Earthing products were created to address the issue of comfort, convenience, reality, and practicality. The products are basically extension cords. They bring the Earth’s energy outside into the office and home inside — the equivalent of being barefoot outside while you are inside. They were developed to accommodate the research process and to satisfy a continually growing demand of people wanting to sleep, work, or relax grounded for all the reasons we present in the book.

I started sleeping on an Earthing sheet and noticed that I feel warmer. What’s going on?

Contact with the Earth appears to create warmth in the extremities and body as a result of better circulation and relaxation. We have seen people quickly develop a rosier color in their skin. Many people have also reported feeling some initial tingling in the extremities.

I want to sleep with an Earthing product. What is the difference between a bed pad, a half sheet, and a fitted sheet? Is one more effective than the other?

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several different products available for beds and they are all effective for sleeping grounded: 1- bed pad is a term we previously used to describe our half-sheet that fits across a part of the bed 2- a fitted sheet Earthing sheet fits snugly to the contour of the mattress as does a regular fitted sheet 3- the universal mat can also be used in the bed, over a regular bottom sheet

I enjoy the feel of plush cotton sheets. Can I put the Earthing sheet underneath my regular sheet?

Sorry, but if you do you will not receive the benefits of Earthing. You want some part of your body to be in direct contact with the grounded sheet: the skin of your body touching the conductive sheet. That's how you absorb the energy from the Earth and how you get the benefits. If you have a grounded half-sheet, put it over your regular bottom sheet. If you have a full-fitted Earthing sheet, that serves as your bottom sheet.

Can I wear pajamas when I sleep on an Earthing sheet?

Yes, as long as some bare skin comes in direct contact with the sheet, such as your feet. If some part of your body does not directly contact the sheet, it will require some moisture for the direct current of the Earth to flow through the fabric into your body. For some people this occurs naturally during the night when moisture from the body creates the necessary conductivity. Best, however, is having bare skin contact. Some people have asked if there is any type of pajama fabric that will not work with the sheet. The answer is that the fabric of the pajamas is irrelevant. The only factor that's important is direct skin contact with the Earthing sheet.

I like to wear socks to bed. Do my bare feet have to touch the Earthing bed sheet?

It is best to have your bare feet in contact with the grounded sheet. The Earth's

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will often find that your feet warm up naturally from improved circulation when you sleep grounded.

Can I wear socks when using an Earthing mat on the floor?

Yes, but direct skin contact is best. Feet naturally sweat and will hydrate socks, making the socks somewhat conductive.

## **Connection & Conductivity**

How much “current” is actually being transferred from the Earth's surface via the wire to a grounding product?

There is no constant measurable current flow beyond the equalization charge that is instantly transferred to the body when a person lies on a conductive sheet or makes contact with another type of Earthing product. We are talking about numbers of electrons in the trillions and quadrillions. Once the body is grounded, the rate of influx changes, and the body will only absorb that amount of electrons needed to maintain the same electrical potential as the Earth and to restore what is lost in the body's metabolic processes. It may take many quadrillions to get the body stable. As long as a person continues to be grounded, the body can use the Earth as a natural reservoir, or “power source,” of electrons to maintain a “topped up” homeostatic level that compensates for any attrition of internal electrons. With connection to the Earth, it would thus seem hard for the body to develop any electron deficiency, and, theoretically, any chronic inflammation. The actual amount of charge (electrons transferred) would vary significantly based upon location of the body above the Earth (voltage) and any potential electrostatic charge that has built up on the body. The continuing amount of electrons absorbed by the body to reduce metabolic and immune response free radicals would also vary significantly between people depending upon their life style and activity. This is all extremely difficult, if not impossible, to measure.

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Could there be anything detrimental from the level of ground currents in an urban setting because of high use of electrical grids? Do we have to worry about the electrical fields around us and the impact of our environment on our physical body?

For a detailed answer to the question, read the Earthing Institute statement on Understanding Earthing (grounding) In brief, there is a big misconception regarding ground currents. Some people believe that the electricity that goes from the power plant to your house, lights your light bulb and appliances, and then goes out the other side of the wiring (neutral) into the Earth and returns back to the power company. That's not true. The alternating current electricity that powers your home and office actually doesn't go anywhere, and certainly not into the ground. Ground currents are generated primarily by geophysical events, like lightning and when the sun shines on the Earth. These events naturally electrify the Earth with a subtle ground current called DC, for direct current. Please keep in mind that the Earth is infinitely large. When you make direct physical contact with the Earth, such as by being barefoot outside or sleeping on a conductive sheet inside that is connected to the ground, you and your body become one—electrically speaking. You are conductive and you become an extension of the Earth. The Earth is ground. Ground provides electrical stability worldwide for our grid systems and everything electrical in our homes, businesses, and industry. We live in an infinite sea of electromagnetic frequencies ranging from airplane communications to garage door openers to cell phones and radio stations. They are all around us. When you are insulated from the Earth, that is, ungrounded, all these frequencies can perturb the electrons of your body and interfere with normal electron transfer activity going on in the body. When you are connected to the Earth, you are at one with the Earth and have an infinite supply of electrons. The man-made environmental frequencies can't perturb the Earth...or, by extension, you. So you reduce the perturbation of your own cells by connecting your body to the Earth. If you are not grounded, it is a good idea to reduce your exposure to these kinds of frequencies. Clear out unnecessary electrical devices and cords around you, especially in the bedroom. Some people go to the extreme and turn off the power in their homes. That's well and good, but not practical. The key is to identify and reduce the exposure. If you aren't grounded, at least de-electrify your bedroom.

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(North America) If you have an older house, built before the 1960s, and all the outlets do not have a third hole (ground port) then you will either need to use a ground rod or call an electrician to do some updating on your electrical system. In any case, Earthing products come with an outlet checker that is very simple to use. You just stick it in your wall outlet and it lights up if you have a good solid ground. Then you are good to go with the products. You just plug them right into the third hole and forget about it. Outside of North America, you will also have to use a ground rod if your home's electrical system is not properly grounded. If it is grounded, you will have to obtain a grounded North American adapter for your outlets that will accommodate standard three-pin North American type electrical appliances.

Do Earthing products run on electricity?

No. They simply pick up the Earth's energy through the ground port of a properly grounded outlet or from a ground rod placed directly in the Earth. The energy passes through a cord to the conductive Earthing mat, sheet, or band specially designed for human grounding. When your body comes in contact with the Earthing product you absorb the Earth's energy. Earthing products are like "barefoot substitutes," enabling you to receive the outside energy of the Earth inside your home or office.

Can I become electrocuted by an Earthing product?

No. When you plug in the cord of an Earthing sheet or mat into an electrical outlet, the plug, cord, and product are designed to only conduct the ground energy, from the ground port in the outlet. It does not conduct the electrical power that operates your lights and appliances in the house.

My husband told me that if there is a short anywhere in our home electrical system, all the electricity would flow through the ground wire into the ground and that since we were using a grounded sheet connected to that wire we would be electrocuted.

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products have a built-in safety feature (a 100k ohm resistor) that prevents current from flowing through.

Do I have to be concerned about being hit by lightning during a thunderstorm if I am grounded in my home?

Lightning is a massive natural phenomenon that is unpredictable and challenging to totally protect against. It is poorly understood. Homes are rarely hit by lightning. When this happens, the lightning usually takes the path of least resistance to the ground, such as large conductive systems like the plumbing pipes, electrical wiring network, or telephone and cable TV lines, all of which are directly grounded to the Earth. The National Safety Council reports that the odds of dying from a lightning strike in one year are 1 in 6 million ([www.nsc.org/research/odds.aspx](http://www.nsc.org/research/odds.aspx)). To put this in perspective, the chance of being hit and killed by an automobile as a pedestrian in the same period is 1 in fifty thousand—a risk 120 times greater. What these statistics suggest is that being hit by lightning is rather unlikely. However, follow standard lightning safety guidelines as directed by National Weather Service ([www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov)) if you live in a lightning-prone area. Disconnect your Earthing device and don't use it during lightning and thunderstorms.

How do I know if I need a ground rod or a plug-in connection?

In North America, most modern homes have a functional electrical ground system that interfaces with the Earthing plug-in cord. You just insert the prong end of the cord into the ground port (third hole) of the wall outlet. If your home was built before the 1960s and has not been electrically re-wired, you may require a ground rod or professional installation of a dedicated grounding connection to the Earth. If you are unsure, have an electrician check your home for the presence of a functional ground system or use a commercially available outlet checker.

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sand at the beach. If you live in a very dry climate and are using a ground rod, try to place it in a spot where there is some moisture, perhaps from sprinklers. You can even water the ground rod every week or so, if you like to keep the soil moist.

Who can I have drill holes in the wall for me so I can use a ground rod?

A handyman or an electrician can easily drill a hole through the wall, and seal it properly, near where you want to use your Earthing product. You then insert the ground rod in the Earth as near as possible to the hole, making sure the ground rod wire is not located where someone can trip over it. Then run the wire through the hole in the wall. Snap the other end onto the Earthing product. If you don't want to go to the expense of having someone drill a hole for you, simply run the wire from the ground rod outside under an adjacent window or door yourself.

I live in an old apartment building without grounded electrical outlets and I cannot place a ground rod outside in the Earth. What can I do?

If you don't mind a wire running through your apartment, you could connect your Earthing product to the cold water pipe under your bathroom sink. The pipe is part of the building's water supply system, which originates underground, and is thus grounded. Meanwhile, try to spend some regular barefoot time out-of-doors if possible and consider using an Earthing mat in your office or place of work if practical.

How do I use the outlet checker that came with my Earthing system?

In North America, insert the outlet checker into a wall socket that has a third hole (ground port). Two orange lights on the outlet checker indicate the presence of a proper ground. If there is no third hole, the outlet is not grounded. If you live outside of North America, insert the outlet checker into an appropriate grounded adapter

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Once the Earthing product is plugged into a grounded outlet should I always leave it plugged in?

Yes. To clean or wash the Earthing product, you simply unsnap the cord from the product. There is no need to remove the plug-in end of the cord from the outlet unless you want to use the product elsewhere.

Are all the outlets in my home grounded if one of them is grounded?

No. In North America, all kitchens and bathrooms must have grounded outlets but the bedrooms and other rooms in the house do not necessarily have a grounded outlet even if they have a three-prong outlet. You must test any individual outlet for a proper ground if you plan to use it for Earthing purposes.

Can I plug my Earthing product into a surge protector or extension cord?

Yes, as long as the surge protector or extension cord have an existing ground port (for the third prong) which will connect with the grounding system in the home or office.

Would it be considered Earthing to plug something into the ground port of a wall electrical outlet, for instance, a wire and wrap it around my ankle or wrist?

Don't do it! Unless you are an electrician or an electrical engineer, it is highly recommended not to "experiment" with plugging "something" into a wall electrical outlet. First and foremost, it is unsafe to plug a bare wire into an electrical ground in any case. An outlet should always be checked to see if it is properly grounded. All the authorized Earthing products are specifically designed for safe, biological grounding of people. They have a built-in resistor that limits the flow of current in order to

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have built-in protection similar to the systems utilized in industry throughout the world to prevent electricity and static from damaging sensitive electronic parts.

In your book you mention that results were not as good with products which incorporated a 1 megohm resistor in the line.

Your comment refers to grounding systems used in the electronics industry and other industries to reduce or eliminate the risk of electrostatic discharge (ESD) in order to protect sensitive electronic components. Our testing of those systems failed to totally reproduce the same effects as a direct Earthing ground system. All ESD ground cords contain 1 megohm resistor. A 1 megohm resistor allows 60hz EMF induced body voltage to drop by 90 percent. Earthing products have a built-in 100K ohm resistor in all ground cords for safety and allows 60hz EMF induced body voltage to drop by 99 percent. The objective of Earthing the body is to replicate standing barefoot on the Earth and equalizing the potential of the body with the potential of the Earth. This occurs both with either a 1 megohm or a 100K ohm resistor, the difference being a fraction of a second slower with the bigger resistor. Bringing and holding the body at Earth's potential restores the body's natural electrical state. This is the key factor regarding inflammation reduction. Reducing EMF induced body voltages is more beneficial to the autonomic nervous system and to sleep.

Is there a safety risk of being in contact with an Earthing system specifically while using electrical or electronic devices?

Earthing products are designed with built-in user safety. First, an electrical outlet tester is supplied with each product to verify that an outlet is properly wired and that the outlet has a working ground. The product ground cords are designed to provide a safe soft ground utilizing a built-in (molded in) in-line current limiting 100kohm resistor. In the event that a short develops in an electrical device that a person is in contact with while grounded the built-in resistor limits the current flow to a safe level. The accepted safe current limit of 5-8mA is defined as "sensation of shock not painful: individuals can let go at will." The human body threshold of sensation is 1mA.

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most likely barely perceptible.

I live in a 20-story concrete apartment. Would you think that connecting to the outside concrete wall, which I believe goes all the way down to the foundation without a break or any wood in between, would give a similar effect to standing on the concrete basement floor?

Connecting a grounding device to the outside concrete wall of your apartment would provide some degree of Earthing conductivity but it would be significantly less than standing on concrete situated directly on the Earth. The reason: concrete high in the air would be drier and less conductive. Concrete directly on the Earth maintains a much higher moisture content. The best way to access the Earth's energy in your apartment would be with the use of the electrical ground (third hole in power outlets), assuming the building has a proper electrical grounding system throughout.

My Earthing cord is tangled with a bunch of computer, TV, and other cords. Is this a problem?

There is no problem with the ground cord being near TV, telephone or computer cables.

Can I plug my mat and sheet into one splitter cord without splitting the potential of Earthing in half for each product?

The use of a splitter does not reduce the potential of Earthing at all for either product.

I have read the Earthing book but still don't understand how the grounding mats can

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In a nutshell, you have a relative grounding plane provided by the metal frame of the car. Any car. When you clip the cord of the auto mat to the metal frame (such as part of the metal understructure of the seat), you capture enough of a grounding effect to help eliminate some fatigue along with tension that drivers develop in the shoulders and neck from the buildup of static electricity on the body. The fatigue and tension is usually most noticeable when driving long distances, and is, for instance, a frequent complaint of long-haul truckers.

It is hard to find a place to clip the auto mat onto? Any suggestions?

Some people have found very little bare metal under the car seat. The metal seems to be all painted. If you can't find a bare spot, just take a file and file away some of the paint on any metallic surface where you can fasten the clip end of the Earthing mat cord.

Do you have to put a grounding strap on a vehicle in addition to using the grounding mat? I just read an article stating that "there is no point in grounding the body to the metal cage of the vehicle if the vehicle itself is not grounded to earth. The radiation will only be radiated back into the body. Therefore it is important that the vehicle itself is grounded too!"

The use of a grounded seat pad has nothing to do with radiation. Any electrical radiation would exist on the body whether it was touching the vehicle or not. The body itself is a conductor and no different than the auto in attracting radiation. Electrically, both are like antennas. The auto seat ground pad has to do with reducing static charges continuously being created on the body while driving. To determine just how much static charge is reduced when the body is connected to the frame of the vehicle via the ground pad, simply add the mass of the metal vehicle and the mass of the body together. Then divide by body weight. As an example, if the body is 200 lbs and the auto metal 4,000 lbs, you have a total of 4,200 lbs. The body equals 2.1% of the total conductive mass. Subtract that from the 100 percent total and you get a

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Can you connect an Earthing sheet to the electric outlet on a cruise ship?

You may want to check with the cruise company first. It is likely that a cruise ship would be well grounded and the use of in-cabin outlet grounds should work well.

I live on a house boat. Can I use the outlets to ground myself?

As long as the boat is connected to a shore power, an electrical outlet ground would be fine. When a boat is not connected to shore power and running on a generator, the outlets may not be grounded and you would have to ask the manufacturer. If your boat is in ocean (salt) water, you can connect your Earthing device to a ground rod and dangle it over the side into the water. Sea water makes a good ground.

I just began using an Earthing floor mat at my desk. I noticed that when I work with my laptop computer and have my bare feet grounded on the mat I feel a kind of static electricity friction as I move my hands over the computer. If there is any moisture on my hands they sting like a pinprick when they touch the laptop. These things don't happen when I take my feet off of the pad! The laptop is connected into the same wall outlet I use to ground the mat. The electric feeling as I work with the laptop is not comfortable.

Ungrounded laptops (without a three prong power cord) can generate significant electric fields. Some people will feel sensations while they are grounded and working on the computer. If the feeling is uncomfortable, we recommend several options: 1-Don't ground yourself while using the computer plugged in. 2-Ground yourself only when the computer is operating on battery mode. 3-Place the laptop directly on the Earthing mat to ground the computer.

## How to do Earthing ?

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A Conscious World is a **non-profit organization** whose mission is to share knowledge on the topic of Consciousness by publishing books that make a difference in the daily lives of people. The publishing house is actively involved in promoting veganism and promoting a new vision of autism and the unexplored potential that is an integral part of this condition... [read more](#)

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Earthing Vitality is the initiative of A Conscious World, a non-profit organization whose mission is to share Consciousness in order to contribute to a better world. The primary reason for this project is to share information about Earthing (grounding to the earth) and all the benefits associated with it. This information must be known to everyone since it is revolutionary and essential!

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## Earthing Vitality

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