

Going Barefoot



may be the most
Important

health discovery ever!

By Dale Teplitz, M.A.



It's IMPORTANT and it's FREE.... If you suffer from inflammation and chronic pain go outdoors and place your bare feet directly on the earth for just one hour...first notice the energy that begins to flow from the earth to your body through your feet... then after just one hour notice the significant reduction of inflammation and chronic pain in your body. You may be surprised!

As unbelievable as it sounds, the answer to much of today's chronic pain and inflammation may be as simple as standing barefoot on the earth. Case studies and thousands of individuals have documented the reduction and/or resolution of chronic pain in a relatively short period of time. It is one of the first things people notice when they connect to the earth.

Earthing™ is a recent discovery that outlines the need for barefoot contact with the earth in order to maintain optimal health. Modern science has determined the benefits of standing barefoot on the earth: Connecting to the earth provides rapid reduction in inflammation and pain, improved sleep and relief from numerous degenerative conditions.

Documented benefits include:

- Relief from pain and chronic inflammation
- Relief from stress and muscle tension
- Better sleep and recovery
- Improved circulation
- Improved athletic performance
- Improved emotional and mental balance
- Restoration of normal biological rhythms

How do I know?

After a violent injury 14 years ago, I spent over 5 years with debilitating pain. I tried everything to get well (both mainstream

and alternative medicine), but was unable to continue working in my 20-year career in health care. A friend gave me an early prototype of an earth conductive bed pad. Within a short time my pain was gone.

For the past 9 years, I have been one of the researchers studying the effects of the natural electric field of the earth on human and animal physiology, known as Earthing™. Laboratory research conducted during this time shows normalization in cortisol production, muscle tension, brainwaves, REM sleep, thermal images of decreased inflammation and much more. How does barefoot contact with the earth provide all these benefits?

Standing barefoot on the earth connects us with an unlimited supply of free electrons. These electrons act as antioxidants, neutralizing free radicals, which are the cause of pain and chronic inflammation. Research has shown that the earth provides vital protection against chronic pain and inflammation. Standing barefoot on the earth also connects the body with the rhythmic cycles of the earth's energy field. These are essential for synchronizing biological clocks, hormonal cycles and physiological rhythms. Just standing on the earth helps us maintain physiological and psychological balance.

Connect to the earth to decrease inflammation and pain

Within the last few years, scientists have come to understand that all modern disease has one common denominator – chronic inflammation.

Suddenly, inflammation has become one of the hottest areas of medical research. Hardly a week goes by without the publication of yet another study uncovering a new way that chronic inflammation does harm to the body. It destabilizes cholesterol

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deposits in the coronary arteries, leading to heart attacks and potentially even strokes. It chews up nerve cells in the brains of Alzheimer's victims. It may even foster the proliferation of abnormal cells and facilitate their transformation into cancer. In other words, chronic inflammation may be the engine that drives many of the most feared illnesses of middle and old age.

What scientists had not understood was the role the earth played in neutralizing excess free radicals and in reducing chronic inflammation.

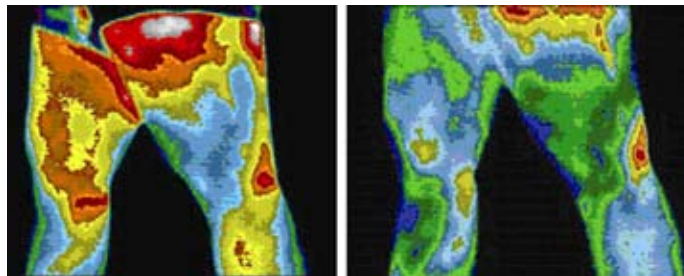
Never in the history of mankind has the human race been plagued with the number and variety of inflammatory conditions we see today. Increasing numbers of people in their 30s and 40s are being diagnosed with health conditions that were uncommon before 1960: high blood pressure, heart disease, diabetes, multiple sclerosis, digestive disorders, liver, gall bladder and kidney dysfunction, diseases of the colon, arthritis, chronic fatigue, osteoporosis, hormone imbalance. Study after study now confirms the relationship between all of our modern degenerative conditions and chronic inflammation.

But why the sudden rise in such conditions? During the 1960s, with the introduction of plastics, we began a gradual disconnection from the most important anti-inflammatory agent ever known – the earth. Synthetic soled shoes, carpets and modern building materials now insulate our bodies from direct contact with the earth.

For over 20 years, medical thermal imaging has been used by doctors and health professionals to evaluate the presence and severity of inflammation. Thermographic (heat sensitive) images note tiny variations in the temperature of the skin, which correspond with tissue damage and inflammation. Below is one of many Earthing™ case studies documenting decreases in inflammation with medical thermal imaging:

The patient in this study (a 33-year-old female) had experienced chronic right knee pain with swelling and instability for over 18 years. She was unable to stand for long periods of time and needed to sleep with a pillow between her knees to decrease the pain. The patient had undergone medical treatment and physical therapy on and off for many years with minimal results.

After 6 days of clinical Earthing™, the patient noted a 50% reduction in pain. She could also stand for longer periods of time and she no longer needed a pillow between her legs to sleep. After 4 weeks of treatment, the patient felt little pain -- good enough to play soccer. After 12 weeks (for the first time in 15 years), she went water skiing. Six months from the time she began the Earthing™ treatment, she reported that she had finished a half-marathon.



Thermal images reveal significant inflammation (left) and a return to near normal (right) after only 6 days of Earthing™.

Connect to the earth for better sleep

One of the reasons the first application of the Earthing™ technology was a bed pad, is because nighttime is one of the few times when we are stationary. Subsequent sleep research has made it very clear that sleeping earthed is probably the best time to be connected with the earth.

Connecting to the earth improves many parameters of the total sleep equation. First of all, it initiates almost instantaneous relaxation of muscles, deeper breathing and an overall sense of relaxation. According to sleep research, the overall quality of sleep also improves: total sleep time increases, awake time is reduced, REM sleep is improved, and sleep efficiency improves by 20%. This is highly significant when you consider the importance of sleep.

Deep, restful sleep strengthens the immune system and enhances memory, problem solving, creativity, analytical skills and reaction time. Studies reveal that lack of sleep results in hormonal and metabolic changes similar to those associated with aging. In other words, without sufficient, restful sleep even the best nutrition and exercise programs cannot provide health and vitality.

Insomnia is one of the most often-reported sleep disturbances. It is thought to result from hyper-arousal of the body's stress response system. The fact that being connected with the earth's frequencies normalizes the stress response explains why so many people notice an improvement in their ability to sleep.

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During the first Earthing™ sleep study, 60 participants were monitored while sleeping on an 'earthed' conductive bed pad for 30 days. Eighty-five percent of those who slept 'earthed' fell asleep faster, 93% reported better quality of sleep and 100% said they felt more rested. Besides noticing that sleep was improved, 82% reported relief from a variety of symptoms. None of the participants in the control group reported these benefits.

During sleep, our bodies repair and regenerate. Most regeneration happens during what is known as the REM (rapid eye movement) stage of sleep. Sleep research using Earthing™ technology products revealed a shift in the stages of sleep, improving REM sleep by over 30%.

If we all slept in direct contact with the earth, there is a good chance that most of the sleep disturbances that plague our modern society would disappear. These problems simply do not exist in societies where people traditionally sleep on or near the earth.

Connect to the earth for Athletic Recovery.

Dr. Jeff Spencer, chiropractor for Lance Armstrong and the U.S. cycling team at the Tour de France, was one of the first to realize the potential of the Earthing™ technology - especially when it came to improving recovery. After reviewing the Ghaly and Teplitz research study showing that Earthing™ restores normal cortisol secretion profiles (Journal of Alternative and Complementary Medicine, October, 2004), Dr. Spencer thought it might help the cyclists who often have trouble sleeping after the first week of the 23-day race. Their bodies get overstimulated from the excessive physical demands and they can't relax enough to sleep.

Dr. Spencer states that the new paradigm in sports performance is recovery, and that Earthing™ is perhaps the most efficient and effective new means of promoting recovery. It requires no extra time from the athlete to implement and

it is now proven to promote improved sleep and better recovery.

Biochemical profiles of hormones, amino acids, minerals, etc, reveal that many athletes are not recovering as completely as they could. Better sleep is the most important factor in recovery, since it is the time when the body repairs itself. Sleep brings the body back to baseline, allowing the body to meet the demands of the new day at full capacity. Poor sleep results in illness, injury, diminished performance, depression and shortened career.

During the last three Tour de France victories, Dr. Spencer and the cycling team documented improvement in recovery and performance. Their observations confirmed that sleeping earthed improved the ability to relax and sleep during the strenuous race. They also noted that wound healing was accelerated, tendonitis was virtually eliminated, recovery from exertion and injury was improved, and that consistency of performance was enhanced.

In addition to using Earthing™ during the Tour de France, Dr. Spencer uses the technology to improve the recovery and performance of many top athletes including Olympic Medallists and top players in the NFL, NBA and other major league sports.

Could your disconnection from the earth be endangering your health?

In today's world, re-connecting with the earth could be one of the most important things you do! I encourage you to go barefoot outdoors whenever possible.

Unfortunately it is impractical for most of us to spend even a few hours outside each day - let alone sleep directly on the earth.

As a result of research and practical experience, a group of patented products that bring the earth to your bed or work area are available. Sheet sets, bed

pads, athletic recovery bags, and desk pads allow you to experience the benefits of connecting with the earth. ʘ

Dale Teplitz is a health research, consultant and practitioner.

For more Earthing information, research, and products visit:

www.barefoothealth.com
or call
800.620.9912