

Hale & Hearty

Trouble Sleeping? Try the Ground!

You may be missing out on the best rejuvenating sleep of your life, by continuing to lie on that seemingly cozy warm bed of yours.

Many of my patients and thousands of people all over the world have discovered that sleeping in contact with the ground is the best thing for sleeping well, for your back, and for your overall health.

Now that I have your attention, and I'm sure a raised eyebrow, the science and discovery I am about to share may be the most important information you receive this year.

A few years ago, one of my patients, a successful businessman named **Gary**, told me about this new discovery. When he first shared it with me, I remember thinking, "this is too weird." Just like you likely will, until you finish this article, check out the research and information on the website, and perhaps experience it for yourself.

Long story short: A few years ago, a retired cable television executive named **Clint Ober** got to thinking about things. He had observed how electrical grounding with Cable TV ensured crystal-clear television signals and programs. They look clear because the cable signals are shielded and protected from electrical interferences by an electrical grounding connection.

For example, at my house, the computer and TV cable leaves the telephone pole, attaches to my house, travels under the eaves, and then it enters the wall of my living room and attaches to our TV. A little detective work reveals that along the cable's path under the eaves, there is a little wire that runs up to the cable from a water faucet. It is a grounding wire, and it is essential because it connects to a shield that surrounds the cable. Without the grounding wire and shield, the unprotected TV signals could leak out



or be garbled by electrical interferences, causing "snow" to appear on my TV screen.

Back to Clint: One day he decided to measure how many volts of electricity there were in his own body when he was near his computer and other electrical appliances in his house. With one end of a voltmeter attached to his thumb and the other to a ground, he was astonished to

find that when he was in the **electromagnetic fields (EMF's)** emitted by electrical appliances and wiring in his house, he had as many as 4 to 5 volts being conducted in his own body!

Clint, like many people who study this stuff, recognized that it is not natural or good for the human body to endure induced voltage from electromagnetic fields. Imagine what went through his mind when he noticed that the worst EMF's were in his bedroom!

Later, like a curious cat, he hooked up a basic grounding system on his bed and ran a grounding wire out his window and stuck it into the ground outside. He discovered that when he was lying in contact with the grounding system, he (like the TV cable), was shielded and protected from the interfering EMF's, and his body voltage as measured by the voltmeter dropped to near zero.

What happened next is very interesting. Clint had been suffering from chronic back pain that kept him awake at night for many years. Amazingly, while lying there in that grounded state on his bed, he dozed off and didn't wake up until the next morning. This was something he had not done in years.

Of course, he then talked a few friends into sleeping grounded, and when they too reported feeling improvement from their various ailments, he knew he was onto something big.

In the years since, there has been a great deal of research performed and published on what

Clint calls, "**Earthing.**" Thousands of people, including professional athletes, Olympians, my family and dozens of my patients, now sleep with an **Earthing** system.


The natural state of human existence is direct contact with the earth. For thousands of years, most humans would be in contact with the earth for most of the day, and have the health benefits of being "**Earthed.**" For example, people went barefoot more or wore leather shoes. Leather, when moistened by sweaty, salty feet would make good conductors, essentially connecting the person to the ground.

When your body connects to the ground, it is "**earthed.**" When you are earthed, your body will conduct the natural flow of electrons from the ground. Most people don't have this experience anymore, since they rarely go barefoot and when they are on their feet, the soles of their shoes have plastic polymers which result in insulation and disconnection from the ground.

Some of the benefits of Earthing that have been experienced and that preliminary research suggests are: **Protection of the body from EMF's. Reduced inflammation. Faster athletic recovery. Reduced stress hormones on the body. Restoration of biological rhythms. Reduction of pain from Fibromyalgia and many type of arthritis. Relieved muscle tension. Deeper, more restful and rejuvenating sleep.**

Mr. Ober has collaborated with a number of medical researchers and has obtained patents for human grounding systems. His company has several great products. The most popular is a grounding pad that goes on your bed where you hopefully spend a good amount of time each night.

When I first heard about this, I ordered a grounding pad system for our bed and loved it. I got it a few years ago—it was \$1100—and yes, I would buy them again.

They are now significantly less expensive and the company offers a 60-day risk-free trial to try it out. I don't think they get many back. I put a link on my site to their website: Simply visit www.andersonchiro.com, click on "**Helpful Resources,**" then "**Helpful Links.**" Then click on the **Barefoot Connections** icon. It will take you to a product site that includes a thorough Science and Research section. Lastly, I have arranged a special 10% discount for you if you use the special code: 2026, when you order a product. Sleep well Earthling! 

Dr. Gregg C. Anderson specializes in comprehensive family chiropractic care at 3517 Marconi Avenue, Suite 102. in Sacramento. For more information, you can reach him at (916) 485-5433 or visit his website at www.andersonchiro.com.



Dr. Carl Herrera, D.M.D.

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