BENEFITS OF GROUNDING

Improves Blood Viscosity
270% Improvement
Grounding to the soil lowers blood viscosity by raising zeta potential.

Improve Blood Pressure
Subject's systolic levels had average decrease of 14.3%.

Improve Recovery
Lowers blood urea and protein breakdown.

Builds Structural Water
Grounding powers the human water battery created by proteins and exclusion zones.

Penetrates Inflammatory Pouch
Electrons semiconduct through inflammatory barricades.

Reduces Inflammation
Diminished WBC Counts and also shown through medical thermography.

THE GROUNDED ATHLETE™
**Benefits of Grounding**

- **Improves HRV**
  - Grounded subjects had improvements in HRV that go beyond basic relaxation.

- **Balances ANS**
  - The electrical environment affects autonomic balance. Improves vagal tone and thus improves resilience to stress.

- **Improves Vagal Tone**
  - The electrical environment affects autonomic balance. Improves vagal tone and thus improves resilience to stress.

- **Improves Blood Sugar**
  - Grounding has beneficial effect on the regulation of blood glucose in NIDDM, which is expressed by decrease of fasting glucose concentrations.

- **Improves Muscle Tone**
  - Grounding increases or decreases muscle tone depending on state of subject.

- **Improves Bone Health**
  - Reuptake of serum ionized calcium.

- **Umbrella Effect**
  - Protects against ambient electric fields.

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THE GROUNDED ATHLETE™
WHERE AM I GROUNDED?

GROUNDED
CONDUCTIVE SURFACES IN CONTACT WITH THE EARTH:
- SOIL
- GRASS
- CONCRETE
- RIVERS/LAKES
- OCEANS
- WET SAND

INSULATED
INSULATING SURFACES:
- WOOD
- FLOORING
- PLASTICS
- RUBBER
- GLASS
- ASPHALT
- DRY SAND AND DESERTS

HOW LONG SHOULD I GROUND?
MOST STUDIES RANGE FROM 40 MINUTES TO TWO HOURS, TO THROUGHOUT AN ENTIRE NIGHT OF SLEEP. ANY LENGTH OF TIME IS BENEFICIAL.