

Crofton Interiors Ltd - Earthing & Grounding Guide

What is Earthing or Grounding?

In short, earthing or grounding is putting the body in direct and uninterrupted contact with the earth. This means that skin needs to touch soil, sand, water, or a conductive surface that is in contact with the earth.

From a scientific perspective, the idea is that the earth has a mild negative charge to it.

Over time, especially in modern life, our bodies build up a positive charge. Direct contact with the earth can even out this positive charge and return the body to a neutral state.

Many people don't have this contact with the earth anymore, and some experts wonder if this is a contributor to the (many) rising health problems we face today. As a population, we wear rubber shoes and live indoors. In theory, many of us could go years without directly touching the earth at all, even if we're outside.

The Benefits

- ❖ Reducing inflammation
- ❖ Reducing chronic pain
- ❖ Improving Sleep
- ❖ Increasing Energy
- ❖ Lowering stress and promoting calmness by reducing stress hormones
- ❖ Normalising biological rhythms including circadian rhythm
- ❖ Normalising blood pressure and blood flow
- ❖ Relieving muscle tension and headache
- ❖ Improving menstrual and female hormone symptoms
- ❖ Speeds healing- used in some places to prevent bed sores
- ❖ Reducing jet lag
- ❖ Protecting the body from effects of EMFs
- ❖ Shortening recovery time from injury or athletic activity
- ❖ Reducing snoring
- ❖ Helping support adrenal health

How to Try Grounding/Earthing

Walking outside barefoot is the easiest and cheapest way to ground yourself or practice earthing. If you are close to the sea or a swimmable natural body of water, this is another great way.

To work, the skin must be in direct contact with rock, dirt or water. The beach/sea is possibly the best place as not only are sand and saltwater extremely conductive, but saltwater is also very high in magnesium. Perhaps this is why many people seem to sleep better on holiday at the beach!

Earthing Indoors

Those who can't or don't want to spend time outdoors can accomplish some of the same results indoors. There are various products to make indoor grounding easy:

- An earthing mat can be used under your arms or feet while on a computer to reduce the number of EMFs you are exposed to. It is also easy to bring when traveling. Why not try to use an earthing mat while on your computer!
- A half size earthing sheet can be used on any bed size.

In most cases it is free to go outside and spend some time barefoot. Spending time barefoot has many benefits, so there isn't really a downside. It is also relatively simple to try earthing and track results to see if it helps:

1. Spend a lot of time in contact with the earth or using something like a grounding sheet
2. Use a sleep app to track sleep patterns and see if sleep improves with earthing
3. Also keep track of things like joint pain, headaches, etc and see if those improve over time with earthing

'Many on the Tour de France, supposedly including Lance Armstrong used an earthing recovery bag to speed recovery and increase sleep quality while on this endurance race. Various Olympic swimmers, runners, and triathletes have reported using Earthing and various professional athletes have used Earthing methods as well.'

