

The Barefoot Revolution

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Progress is a combination of evolution and revolution. Most of modern medicine's advances have been through the baby steps of evolution. We are now at the threshold of the Barefoot Revolution. It has been scientifically proven that the consequences of having lost barefoot contact with the earth and its natural bioelectrical fields has been catastrophic to health. A new technology called "Earthing" re-connects us to the earth, reduces inflammation, normalizes adrenal function, and optimizes "all" biochemistry.

In thirty years of medical practice I have never found a product or technology that comes close to the healing power of re-connecting to the earth's bioelectrical field – through Earthing. I'm seeing elderly people with years of arthritic pain that decreased by 80% after sleeping earthed for three nights. 95% of my patients report the best sleep in decades. MS and autism improve significantly.

We all know that it feels good to walk barefoot on the ground or on the beach. The reason we feel good is because we are bio-electrical beings that are only in balance when we are in direct contact with the earth's bioelectrical field and natural rhythms.

We became totally disconnected from the earth between 1957 and 1960, when the soles of our shoes became plastic based. Plastic soles cut us off completely from the earth. Ten years later, doctors' offices began to swell with people with inflammatory diseases like arthritis, lupus, and MS. I'll explain why shortly.

There are two main aspects of our barefoot contact with the earth. All of our circadian rhythms are synched up with the earth's natural rhythms. Our circadian rhythms, including adrenal function, have been running without the master "control" (the earth) for decades. Prolonged barefoot contact with the earth normalizes adrenal function.

The second aspect of the earth's bioelectrical field is a layer of free electrons that covers the earth. When we are in barefoot contact with the earth, billions of free electrons enter our bodies every second. After 30 minutes of barefoot contact our bodies are filled to maximum capacity with free electrons, like a battery. That is our natural state. Through prolonged barefoot contact with the earth remarkable healing occurs.

Barefoot Connection™ products were invented to bring the earth's bioelectrical fields indoors. We could heal our lives if we slept naked on the earth every night, but that is rather impractical! Barefoot Connection products are conductive sheets that, through our home or work's grounding system re-connect us with the earth. When we sleep earthed, we are sleeping on a bioelectrical field identical to that of the earth.

Free Radicals and Inflammation

In order to begin to understand this revolutionary discovery, we need to understand inflammation and free radicals. Free radicals are positively charged particles that become neutralized by stripping electrons from healthy tissue.

Inflammation is easy to illustrate by examining what happens when we get a cut. When our skin is cut, the inflammatory response moves in. Circulation to the area increases, and white blood cells spray the area with free radicals called “reactive oxygen species,” that cook everything in their path. It’s a shotgun approach that kills bacteria and other pathogens. While the cut is healing, it will be inflamed, meaning it will be red, hot, swollen, and painful.

Eighty chronic diseases are caused by inflammation. Every “itis,” like dermatitis, arthritis, and hepatitis – is an inflammatory process. So are lupus and MS. In the case of arthritis, the inflammatory process sprays healthy joint tissue with free radicals, stripping electrons from healthy tissue until we have loss of bone and cartilage. If the problem is chronic, the inflammatory process never turns off, and so free radicals are sprayed inside us – forever.

Free radicals are also created through normal biochemistry. One percent of the oxygen we breathe turns into free radicals, totaling about one pound of free radicals per year. In addition, each cell produces millions of free radicals per day during normal metabolism.

We carry a gigantic load of free radicals, positively charged particles that endlessly strip electrons from healthy tissue. It’s a fire that cannot be put out solely by supplementing with antioxidants. The solution to inflammation and free radicals is simple, but revolutionary. When we are in prolonged contact with the earth, in about two months the earth’s free electrons neutralize nearly all free radicals, putting out the fire of inflammation, along with the pain, insomnia and depression that are part of the vicious cycle of inflammatory disease. Whether we have obvious

inflammatory disease or not, we are all living with a huge positive charge that can now be healed through Earthing. It is time to wake up to the reality of the Barefoot Revolution.

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