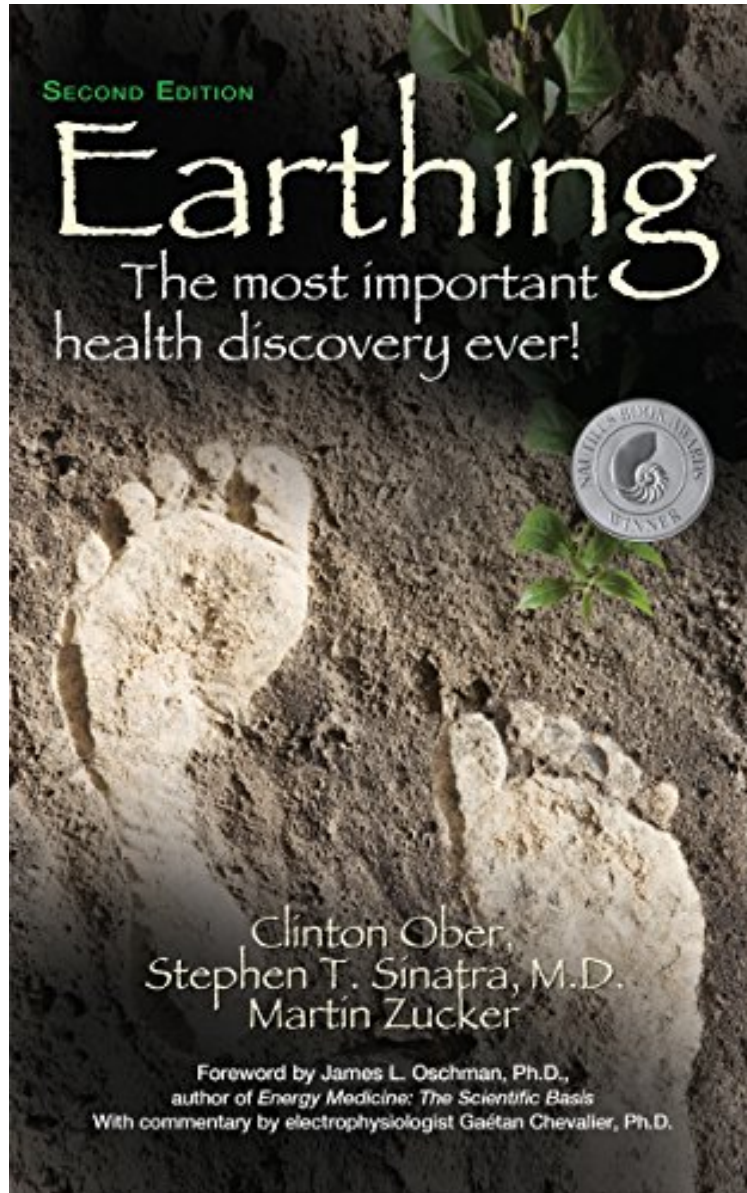


(Free download) Earthing: The Most Important Health Discovery Ever!

Earthing: The Most Important Health Discovery Ever!

Clinton Ober, Dr Stephen T Sinatra M.D., Martin Zucker
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Clinton Ober, Dr Stephen T Sinatra M.D., Martin Zucker : Earthing: The Most Important Health Discovery Ever! before purchasing it in order to gage whether or not it would be worth my time, and all praised Earthing: The Most Important Health Discovery Ever!:

72 of 74 people found the following review helpful. This Book Made Me Furious By A. HardI was blown away when I

read this book. And then I got angry. Really, really angry. This book makes complete sense to me as to one of the main reasons why people are so sick in this world. We have completely gone against nature and we are reaping the rewards of this in the forms of illness, disease and death. And at this point, I am not so sure we don't deserve it. This quote in the book is very fitting: "Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear." ~Hippocrates

After reading this book I immediately started earthing/grounding naturally in my backyard. I also ordered an earthing kit (half sheet and mat, cords and testers) through Earthing Dot Com so I could do it at night as well. (You can buy the earthing kit on Amazon as well but after telling several people about it, it seems the kit does not always come with the book or directions like it does when you buy directly from their website.) I have had insomnia for about a year, ever since I moved into a house where there was a Smart Meter on my back bedroom wall. Not sure if this has something to do with it or not, but if you read all the horrific health complaints people are having regarding smart meters, it is probably the likely culprit. Immediately when I started grounding myself during the day and night my insomnia seems to have completely disappeared. I slept nearly 9 hours the first night I had it which is unreal to me. It only has been a little over a week now of using the earthing products. But I feel great. Instead of only getting 5-6 hours of restless sleep, I have been getting 7-8 of really deep/good sleep. Yes, I realize it could be a placebo effect. But I highly doubt it at this point. Time will tell if it is or isn't. I have more energy in the day now as well. My brain is working better. I was starting to develop memory problems due to being sleep deprived. I am not noticing that anymore. I am amazed. I do believe this is one of the best health books ever written. Earthing is probably right up there with eating a good diet when it comes to our health. I cannot recommend this book enough. And I also recommend watching the documentaries that were done by the same people who wrote the book called "Grounded" and "Heal For Free". Right now you can watch "Grounded" on Youtube for free. Maybe one day people will truly wake up to the dangers of EMFs from all of our electronics including the horrible Smart Meters we have had forced down our throats by the NWO and the electric companies. A class action lawsuit is far overdo. And maybe, just maybe one day people will realize how far disconnected from the earth we have really become. Our stupidity is our own demise. And unfortunately we are taking the animals and the planet down with us.

31 of 31 people found the following review helpful. Best book I ever bought! By HealthNutMy 5th purchas! My family had HUGE health changes due to earthing. Sleeping better/less pain on their grounding sheets and computer mats. Less peeing in the middle of the night. I make the sheets for them from Argen mesh fabric lessemf.com, (3 ft is good for 2 people. Then duct tape it to the mattress cover. Put fitted sheet over that. In 3.5 mos my fibro is 90% better. Husbands back pain due to crushed vertebrae is in 35% less pain after 2 wks sleeping on the sheet. He became a Chiro to help his pain, but NOTHING worked like this does. A chronic snorer w/ some sleep apnea now he sometimes doesn't snore now. The you-tube movie: "Grounded - the documentary" is a MUST. Get a fit bit and see how your sleep changes.

3 of 3 people found the following review helpful. This works! Everyone should be earthing. Great book. By Charles McAdams I am experiencing many of the benefits of earthing. It's helping my Achilles tendonitis and carpal tunnel. Also I'm dreaming vividly (since day 1), sleeping deeper, and getting many other benefits. Everyone who wears shoes or lives indoors needs to learn and apply this. I'm a mechanical engineer and it makes perfect sense. MP3 was just what I needed to put it on my phone to play via my car's Bluetooth and my ear buds when my son was in the car. A dad's influence only goes so far ;)

'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

""A brilliant hypothesis well-grounded in science. Highly recommended."" - --Nicholas Perricone, M.D., author of Ageless Face, Ageless Mind