

Earth Connections

Contemporary knowledge of our human physical form, this planet and universe is still in its infancy. Modern society has evolved a lifestyle that is divorced from nature. We have successfully insulated ourselves from our Earthly connections through the use of rubber soled shoes and the like, creating a permanent barrier between us and the Earth's surface. Grounding has been an ancestral activity for thousands of years. Indeed, even today Indigenous populations understand the benefits of barefoot walking and direct ground contact. Our body, after all, is made up of over 70% water making it a great conductor. In fact we are a living bio-electric organism! In the 1980s Becker and Selden conducted a series of experiments that resulted in their ground breaking book *Body Electric*. Their studies investigated the natural regeneration abilities of amphibian species and the effects of electric currents in humans. Among their many experiments, their findings suggest that negative current stimulated human bone growth while positive current inhibited it. Interestingly, they also found that positive current tended to increase bacteria in infected sites. Have we nurtured an internal milieu of positive electrons? Indeed, current trends suggest that our disconnection from nature has created a materialistic society at the cost of our emotional and physical well-being. Modern day humans seem to be locked in a state of dis-ease mentally, emotionally and physically, continually searching for that magic wand to deliver healing effects. Understanding biological mechanisms and their environmental interactions, more deeply, will elucidate the intrinsic connection between mind-body and environment. The body is an interrelated matrix of electro-chemicals whose reactions allow movement of molecules in and out of the cell via its membrane. Imbalances can have detrimental effects on cell function. Indeed, these may be induced from environmental irritants causing damage to cells. The subsequent over stimulation of the immune system creates a cascade of effects resulting in the creation of free radicals. Free radicals are positively charged robbing other molecules of their free electrons to become stable - this is what is termed inflammation. However, this inflammatory switch was not designed to be permanently active thus creating damage to our tissues - most evident in our chronically inflamed society today. Modern humans' technological advancements have come at a cost; our pursuits have created a

new soup of man-made electromagnetic fields. These have been known to disrupt cell differentiation in embryonic development, reduce growth in rats, increase liver enzymes, fatty liver deposits and platelet production. Ober, Sinatra and Zucker suggest, the accumulation of static electricity and positive electrons in the body causes sleep disturbances due to decreased melatonin output and increased inflammation. This is corroborated by Gahly and Teplitz who exposed participants to Earth's negative electrons via a conductive mattress pad and found cortisol (stress hormone) levels normalized resulting in reduced stress, aches and pains and producing better sleep. Chevalier et al., also found that red blood cell aggregation, prevalent in heart disease sufferers, was reduced with the use of conductive foot patches; while Sokal et al., found reduced blood glucose levels in diabetics when using grounding techniques.

Thus it is clear our separation from the Earth's ecosystem has created a state of internal disharmony, evident on a bio-electrical level. This is compounded by the constant barrage of environmental assaults with little long-term studies on its systemic effects. Albert Einstein qualified this in his statement "Look deep into nature, and then you will understand everything better." Metaphorically our umbilical connection to Mother Earth has been prematurely severed. Have we insulated ourselves from our true nature?

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