



Earthing: The Most Important Health Discovery Ever?

By Clinton Ober, Stephen T. Sinatra, Martin Zucker

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The solution for chronic inflammation, regarded as the cause of most common modern diseases, has been identified! And it is not blueberries. It is something right beneath our feet-the Earth itself!

Throughout most of evolution humans walked barefoot and slept on the ground, largely oblivious that the surface of the Earth contains limitless healing energy. Science has discovered this energy as free-flowing electrons constantly replenished by solar radiation and lightning. Few people know it, but the ground provides a subtle electric signal that maintains health and governs the intricate mechanisms that make our bodies work-just like plugging a lamp into a power socket makes it light up. Modern lifestyle, including the widespread use of insulative rubber or plastic-soled shoes, has disconnected us from this energy and, of course, we no longer sleep on the ground as we did in times past.

Earthing introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. This eye-opening book describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and even eliminated and recovery from surgery, injury, and athletic overexertion is accelerated.

This never-before-told story-filled with fascinating research and real-life testimonials- chronicles a discovery with the potential to create a global health revolution.

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Editorial Review

Review

"In our high tech society, connecting with the Earth has never been more critical to our health and well-being. This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of disease, chronic inflammation, poor sleep and more be the result of this? A brilliant hypothesis well-grounded in Science. Highly recommended." --Nicholas Perricone, M.D., author of "Ageless Face, Ageless Mind" --Direct comments from Dr. Perricone

"Earthing ranks right up there with the discovery of penicillin. This book is probably the most important health read of the 21st century" --Ann Louise Gittleman, Ph.D., C.N.S., author of "The Fat Flush Diet" --Direct comments from Dr. Gittleman

"Earthing connects us to Nature and Nature is the ultimate source of health and healing. This book is a manual for one of Nature's great healing secrets." --John Gray, Ph.D., author of "Men Are From Mars, Women Are From Venus" --Direct comments from Dr. Gray

About the Author

Clinton Ober started as a cable TV salesman in Billings, Montana, and rose to become a leader in the industry. Following a near fatal disease in 1993, he embarked on a personal journey looking for a higher purpose in life. Since discovering Earthing he has been devoted to promoting the scientific exploration and practical applications for the concept.

Stephen T. Sinatra, M.D., F.A.C.C., is a board-certified cardiologist, a certified bioenergetic psychotherapist, and a certified nutrition and anti-aging specialist. He is the author of the best-selling book *The Sinatra Solution: Metabolic Cardiology*.

Martin Zucker has written extensively on natural healing, fitness, and alternative medicine for thirty years.

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