

## February 2025



### Struggling with winter blues?

It's normal to feel sad when there are fewer daylight hours, which can take a toll on the body. This means it is more important than ever to get grounded. "Grounding improves measurements of mood within one hour", electrophysiologist Gaétan Chevalier, Ph.D., explains.

The natural frequencies that pulse through our planet have a soothing, positive effect on your nervous system, and can improve your mood quickly! Grounding inside, especially in the winter, is one of the most powerful techniques you have to holistically improve your overall health.



One of the most powerful benefits of grounding is how it helps reduce blood pressure. As many of you know, high blood pressure is caused by something called "hyperviscosity," which means your blood is thick and sticky and moves slowly through your circulatory system. In other words, your blood is thick like ketchup, and that feeds the inflammation process that damages arteries, boosts blood pressure, and increases the risk of blood clots.



From the late Dr. Stephen Sinatra, "Instead of being like ketchup, you want your blood to flow like red wine, smoothly and easily. That's where grounding comes in. By altering the electrical "charge" of your blood, Earthing helps to improve its flow and viscosity, reducing blood pressure. It also lowers blood pressure naturally by discharging stress, which is another factor that can drive up blood pressure."

**Until next month...Be well!  
-Down to Earth Grounding**

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