

DOWN TO EARTH GROUNDING

Welcome - we are so happy you are here!

Thanks for joining our list! Here, you'll get educational highlights and tips for better health with Earthing (grounding) practices.

We are thrilled to have you!

Athletes are increasingly incorporating "grounding" practices, also known as "earthing," into their routines to potentially aid in faster recovery from training, reduce inflammation, improve sleep, and optimize overall performance by connecting directly with the earth through barefoot contact on natural surfaces like grass, sand, or soil; this is thought to transfer negative ions from the earth into the body, potentially reducing oxidative stress and promoting healing.



Watch the video [here](#) of NFL Bills wide receiver, Mack Hollins, who told Sports Illustrated that there are multiple health benefits to going barefoot. Hollins listed several benefits including free electrons from the body, so you feel more grounded. You're cleaner. You move faster.

How Can I Practice Grounding During Cold Weather?

During winter when it can be difficult to go outside there are many grounding products, tools and accessories available, enabling us to ground ourselves at home. Through the use of different grounding systems that enable ongoing contact with the Earth, you can engage in grounding while sleeping, watching television, or sitting at the computer. These grounding systems are

available in a variety of forms, such as sheets, mats, shoes, and many more. Think about your body and mind enjoying all the mentioned benefits while you go to sleep. This is an ideal time to ground, with grounding sheets or sleeping pads you effortlessly maintain grounding for extended periods, allowing you to accumulate the benefits of earthing consistently over time, leading to notable enhancements in your well-being.



Until next time...be well!