

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 planets 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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Throughout most of evolution humans walked barefoot and slept on the ground, largely oblivious that the surface of the Earth contains limitless healing energy. The Most Important Health Discovery Ever? Earthing Book Order Book Now!. This never-before-told story-filled with fascinating research and real-life testimonials- chronicles a discovery with the potential to create a global health. Earthing: The Most Important Health Discovery Ever! (2nd) [Paperback]. by Ober, Clinton Publisher, Basic Health Pubns (GB). ISBN, Size/. The Paperback of the Earthing: The most important health discovery ever! by Clinton Ober, Stephen T Sinatra, Martin Zucker at Barnes. Booktopia has Earthing, The Most Important Health Discovery Ever! by Clinton Ober. Buy a discounted Paperback of Earthing online from. The solution for chronic inflammation, regarded as the cause of most common chronicles a discovery with the potential to create a global health revolution.

Earthing: the most important health discovery ever? / by Clinton . This book traces the discoveries of Clinton Ober, a pioneer in the cable. Earthing: The Most Important Health Discovery Ever? by Clinton Ober, Stephen T. Sinatra, M.D., and Martin Zucker, with a foreword by James L. Oschman.

Connect to the Earth and Heal! Beneath your feet outdoors is not just a mere patch of grass, dirt, sand, or concrete. It is an omnipresent source of natural healing. The solution for chronic inflammation, regarded as the cause of most common modern diseases, has been identified! And it's not blueberries. It's something right.

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