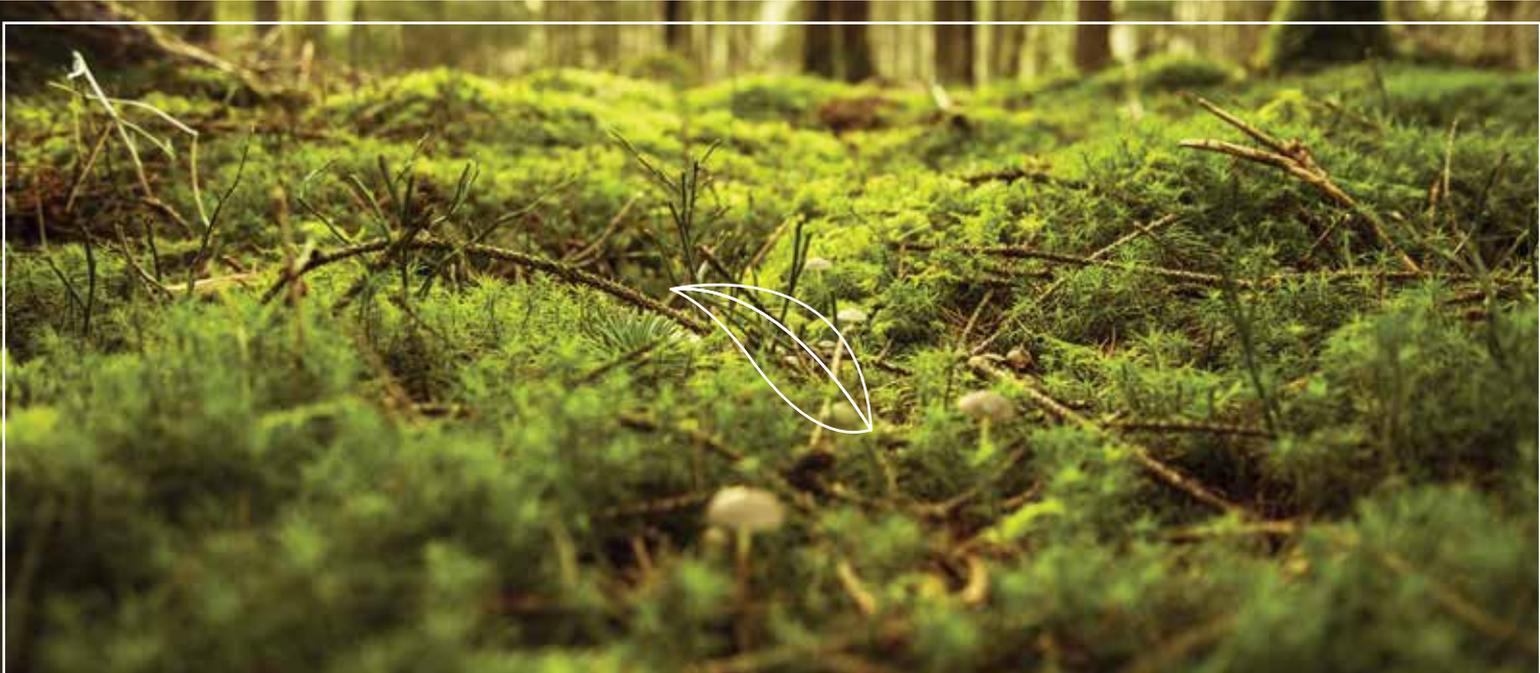


# SIMPLY GROUNDING





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*We have found that no modern prescriptions heal the human heart so fully or so well as the prescription of the Ancient Ones. 'To the hills,' they would say. To which we would add, 'to the trees, the valleys, and the streams as well.'*

*Anasazi Foundation, The Seven Paths: Changing One's Way of Walking in the World*



“

*It's as easy as taking off your shoes and resting your feet on the earth.”*



## WHAT IS GROUNDING?

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- 🌿 What if someone offered you a new medical treatment that is entirely free, with no side effects, easy to use and would reduce pain and stress, would you try it?
- 🌿 What if it would improve your sleep, reduce inflammation, increase your metabolism and stabilise your blood circulation?
- 🌿 What if the treatment is also completely safe for everyone and so accessible that it has been used for millennia? Would you use it?

*“You can do it right now!  
It's called grounding.”*

- 🌿 It's as easy as taking off your shoes and resting your feet on the earth, taking a barefoot walk or watching the clouds drift by as you lie back on the soft grass.

- 
- ✔ Grounding is a simple thing. We can achieve better health by merely docking our bodies into the abundant electrical charge that flows through Mother Earth.
  - ✔ When we touch the earth, we allow harmful positive ions to flow out of our bodies while health-giving, beneficial negative ions replace them.
  - ✔ The earth is always available, always waiting to impart life-giving, healing electrons to balance and revitalise our bodies.

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*The earth is always waiting for us, to hold us, to rejuvenate us and recharge us.”*



## **JOIN THE 30 DAY CHALLENGE**

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How often do humans need to be connected to Mother Earth to receive the anti-inflammatory benefits of grounding? Ideally, we should continuously ground like our ancestors whose lives were spent intimately connected to the land.

They often ate, slept and worked on the ground, growing their food and harvesting the products of the earth daily.

“30 minutes for 30 days.”



They were intimately connected to the land in ways we've lost touch with, but the earth is always waiting for us, to hold us, to rejuvenate us and recharge us.



In our modern world where we wear shoes, ride in cars, and do most of our work indoors, we can't remain physically connected to the soil as our ancestors did. It's not practical.





If you can only ground for a few minutes a day, your body benefits and heals in tiny ways. If you can commit to investing in yourself, your health and energy by giving yourself more time to ground, you will see profound changes.



We can still reap the myriad health benefits of grounding even in inclement weather, when working, sleeping, and relaxing in our homes, with indoor grounding products.





*“The more you plug into the earth and her powerful health-giving energy the more you will see life-changing results.”*



You'll notice a reduction in pain, stress & inflammation; you'll feel more energetic, younger & resilient. The more you plug into the earth and her powerful health-giving energy the more you will see life-changing results.

## **OUR CHALLENGE TO YOU IS TO GROUND FOR 30 MINUTES FOR 30 DAYS.**

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As you take your month-long grounding journey, observe with your spirit and your mind what amazing things will happen to your body and your health.



## 10 SIMPLE WAYS TO GROUND

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Grounding is free and accessible to everyone. It couldn't be easier to just take off our shoes and feel the smooth warmth of a sun-baked path or cool, worn stones beneath our feet, but this isn't the only way to ground. The options are almost boundless, but we've helped you along your 30 minutes for 30 days challenge with ten simple activities you can do while grounding.

These activities are versatile and designed to let you guide your journey to a healthier, more vital body and mind. Incorporating any of these ten activities into your day for the next month will not only improve your health but will refresh your spirit as well.

“*These activities are versatile and designed to let you guide your journey to a healthier, more vital body and mind.*”

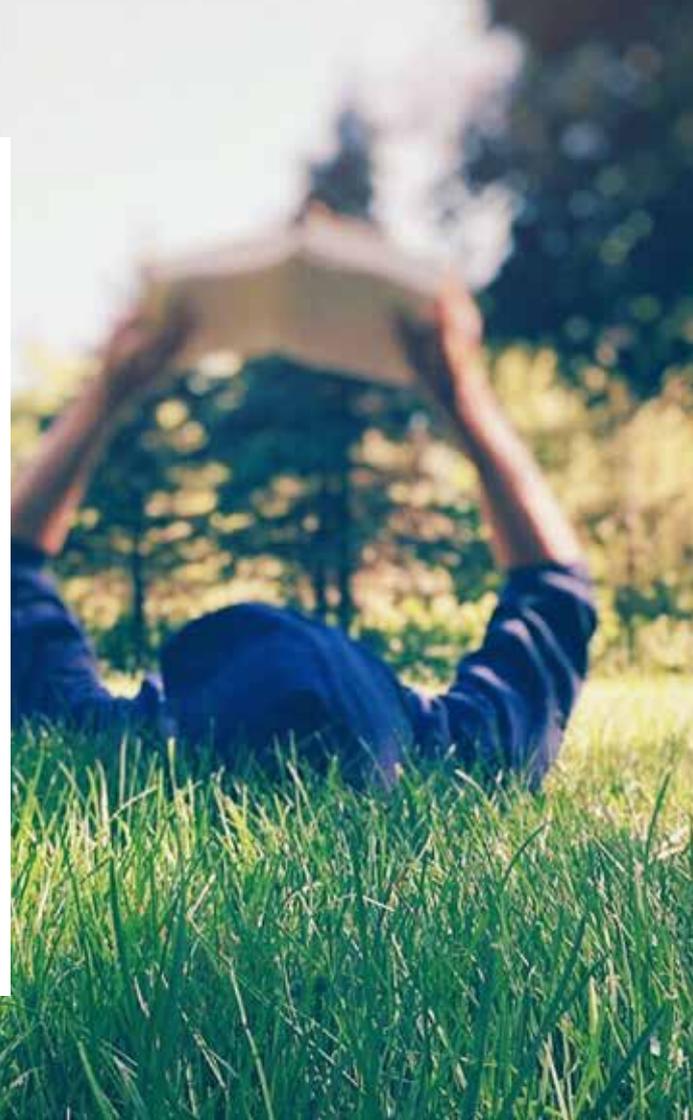


## WALK

- Our feet are the perfect conduit for recharging our bodies from the revitalising earth. The bottoms of our feet have more nerve endings per square centimeter than any other part of our bodies. Abundant sweat glands make the foot even more conductive.
- Our feet send sensory information to our brains about our environment when we are barefoot, making us feel more alive and aware. Go ahead, sink your toes in the mud and take a walk on the beach. Stroll through clover and grass and down a dirt lane.

## REST

- What better way to ground than to recharge your body, soul, and mind. Lie back and watch the clouds roll by. Read a book. A grassy spot in the sun or shade is the perfect place to rest.
- Where are the places you find most restful? Sipping a soothing cup of tea curled up on your favourite chair? Perhaps you prefer reading in bed.
- Rest is essential to our bodies, brains, and emotions. Make your rest times do double duty and ground also. Use a foot mat, grounding bed sheet or any of our grounding products to make your rest a time of healing.



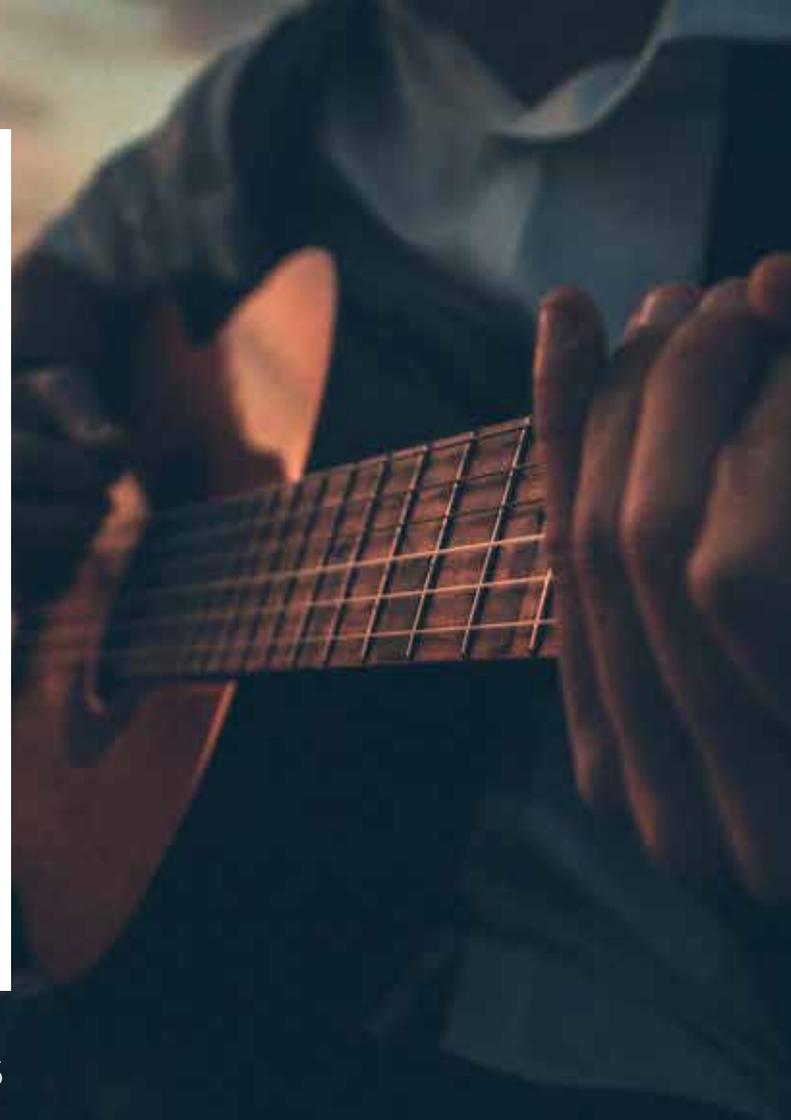


## TOUCH NATURE

- The ground isn't the only surface in nature with negatively charged ions to gift to us. Trees and plants sink their roots deep in the earth also providing a conduit for inflammation fighting ion exchange.
- Become familiar with the trees around you. Feel their bark, even climb them! Take up gardening. Feeling life unfold around you is a priceless treasure. Spend your 30 minutes connecting with the life around you and feel your energy and health grow immeasurably.

## CREATE

- Rest your bare feet on the grass or soil in the garden for 30 minutes and do something that makes you happy. Strum a guitar, work a puzzle or do a bit of knitting. Outdoors is the perfect place to sketch or paint.
- Get in touch with your creative inner child through the invigorating and cleansing power of the planet. You'll find that not only have you received the healing power of grounding but the restoration of spending time doing something you love.



## SLEEP

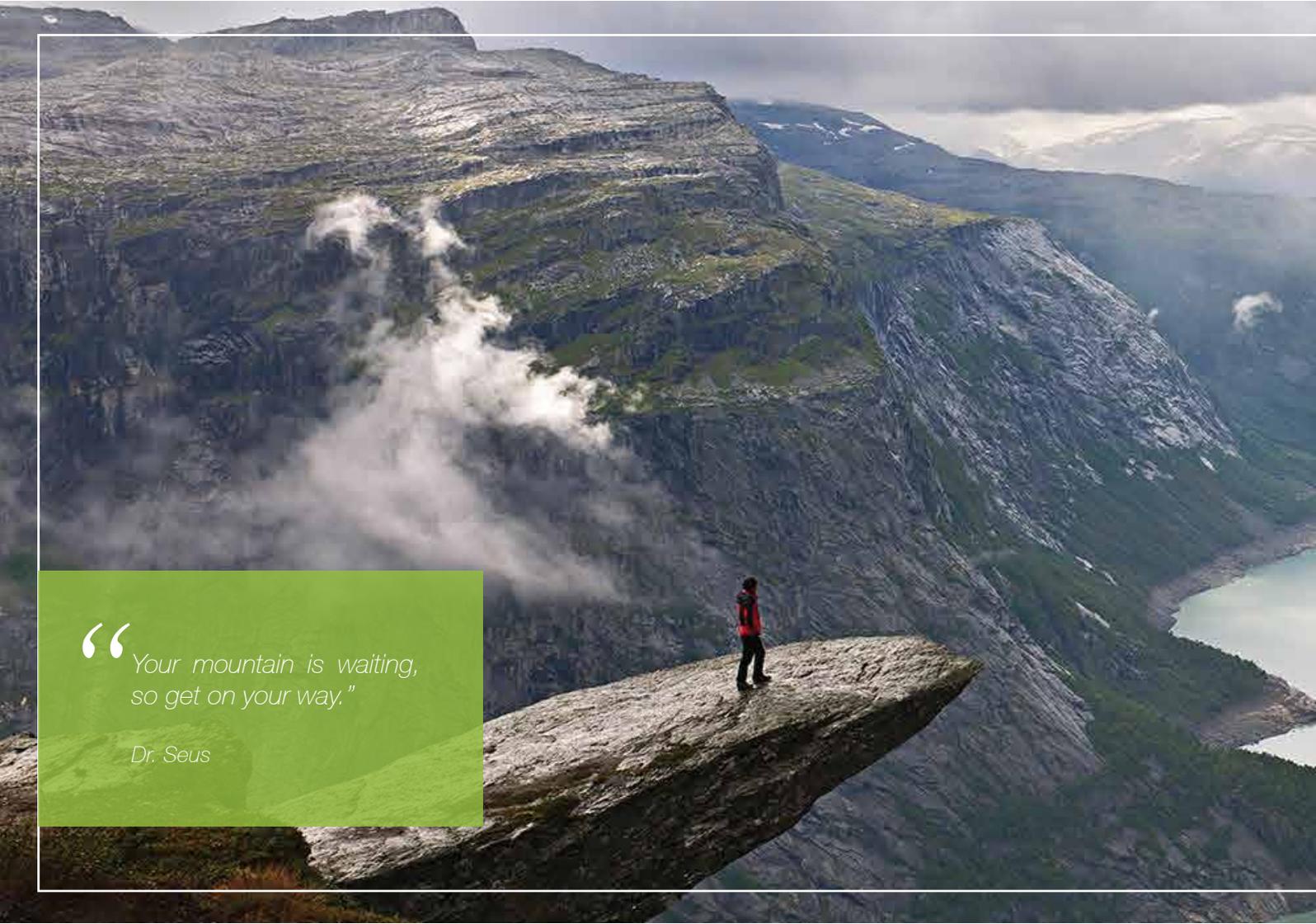
- Have a power nap. Who doesn't benefit from a cat nap now and then? Take 30 minutes of your day to lie down on a grounding bed sheet, take some deep breaths, relax and allow yourself to drift off.
- What better way to spend a lazy weekend afternoon than a short sleep? On a sunny summer day, you deserve a soak in the sun so grab a patch of soft grass or a picnic blanket and take a snooze. A drizzly winter day needs your favourite cuddly blanket and a grounding mat or sheet. You're all set to wake refreshed and relaxed.



## WATER

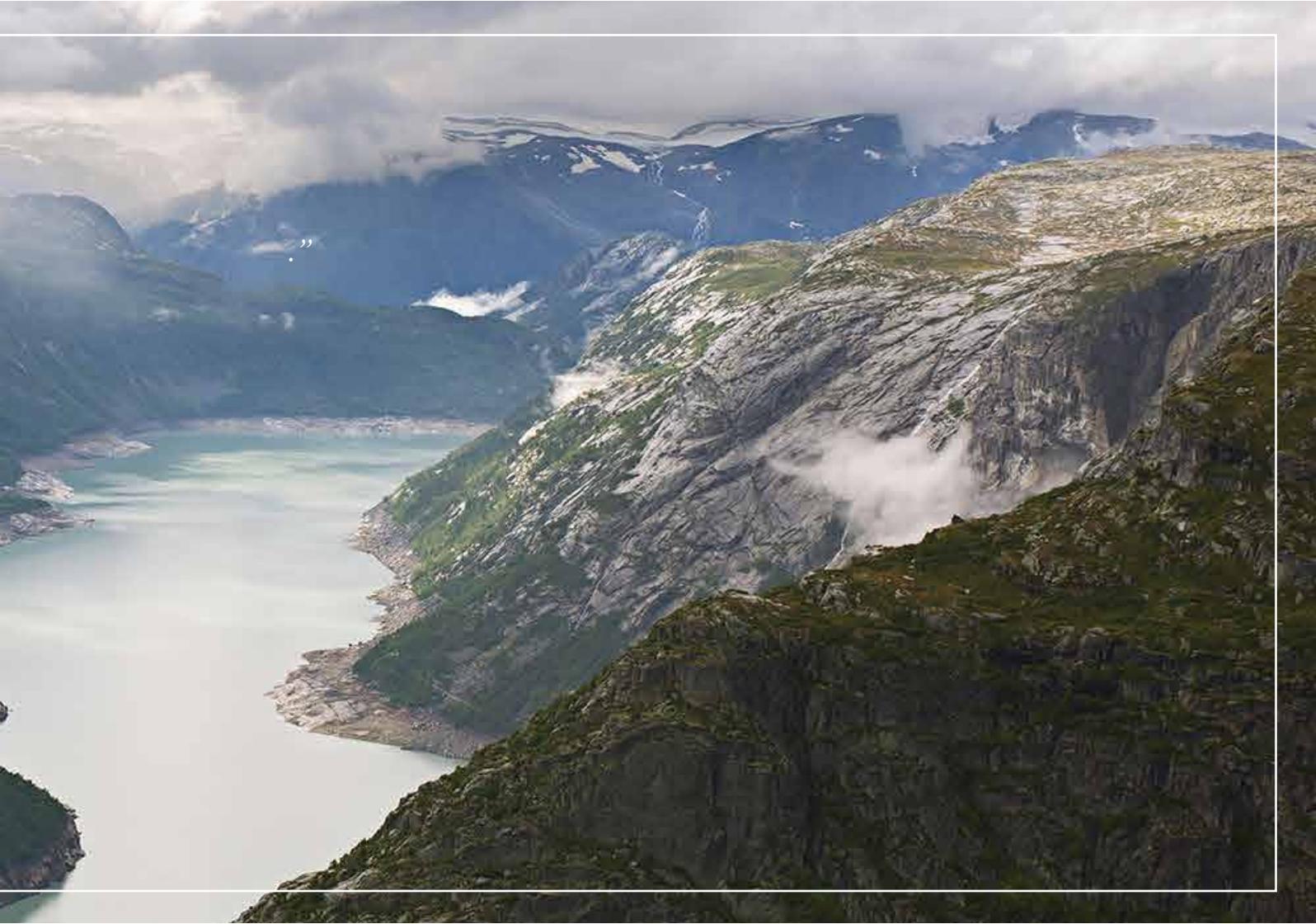
- There is a higher concentration of negative ions available near water. Running, crashing water is extraordinarily rich in healing negative electrons. Whether you prefer a crashing surf or a calmly lapping tide, the sea is a healing place.
- Running rivers and streams are also beautiful places to ground. You can even directly pour a bit of water on the ground and place your feet in it- so simple!



A person in a red jacket and black pants stands on the edge of a large, flat, grey rock formation that juts out over a deep valley. The valley below is filled with green vegetation and a small lake. In the background, there are more mountains, some with patches of snow, and a cloudy sky. The overall scene is a dramatic, high-altitude landscape.

“Your mountain is waiting,  
so get on your way.”

*Dr. Seuss*





## WITH OTHERS

- Invite a friend over and have a cup of tea or a pleasant chat. Ground for 30 minutes with one of our foot mats and feel refreshed and invigorated.
- Have a picnic with family and friends or just a cup of coffee sitting together with your feet on the grass. Connect.
- Take the time to slip off your shoes during lunch or a break sitting on a park bench or the edge of a blanket, let your feet and hands brush through the grass. Relax and reconnect with the earth and with the people around you.



## PLAY

- Family playtime can be grounding time too. Experience life through the eyes of a child, even for just 30 minutes, and you'll find that getting dirty couldn't be more fun.
- Give yourself permission (and your kids!) to get dirty. Make mud pies, squish the earth between your toes, your fingers, and feel the joy of freedom. We need to connect with the planet to be healthy. Don't be afraid to get dirty!





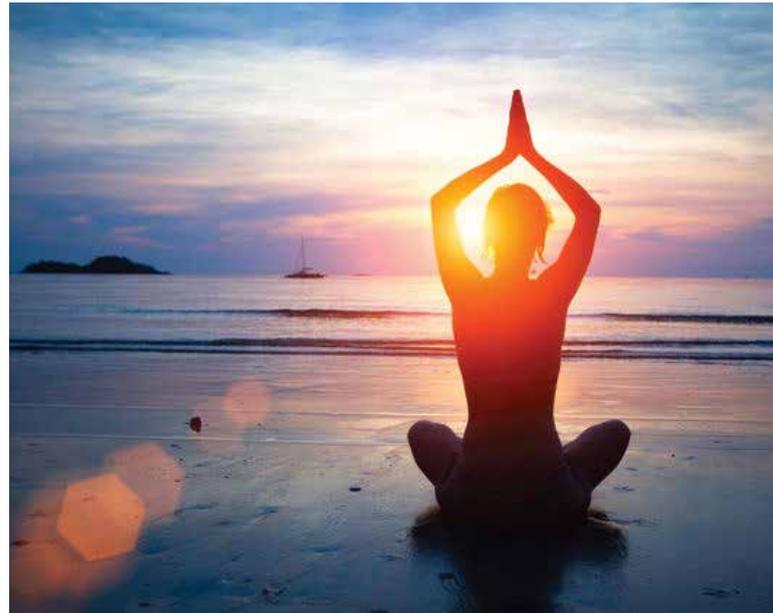
## INDOORS

- ✔ Sit in a comfortable armchair and prop your feet on one of our foot mats and dive into that book you've wanted to finish, or better yet, the one you've wanted to write.
- ✔ It may be too cold or too wet to venture outside for your daily 30 minutes. Stay in and have a family game night, catch up on reading or watch your favourite show.
- ✔ Have a pleasant conversation with your best friend or your neighbour. All our indoor products are versatile for wherever you need to be, home or office, sitting, standing or lying down.



## MEDITATE

- Ground for 30 minutes while practicing mindful meditation or prayer. Hum, sing, feel your heartbeat, your breath deepen. Know that your brain waves are changing, bringing you into a more relaxed and healing state.
- Find a tranquil place outdoors, a happy spot in your garden, in a lush forest park or anywhere you can have 30 minutes of calming barefoot yoga, Tai Chi or deep breathing. Take in the earth's life-giving oxygen. Relax and give back your life-giving breath, carbon dioxide, to the planet. Feel the earth hold your body safely as you move and breathe.





## HOW DOES GROUNDING WORK?

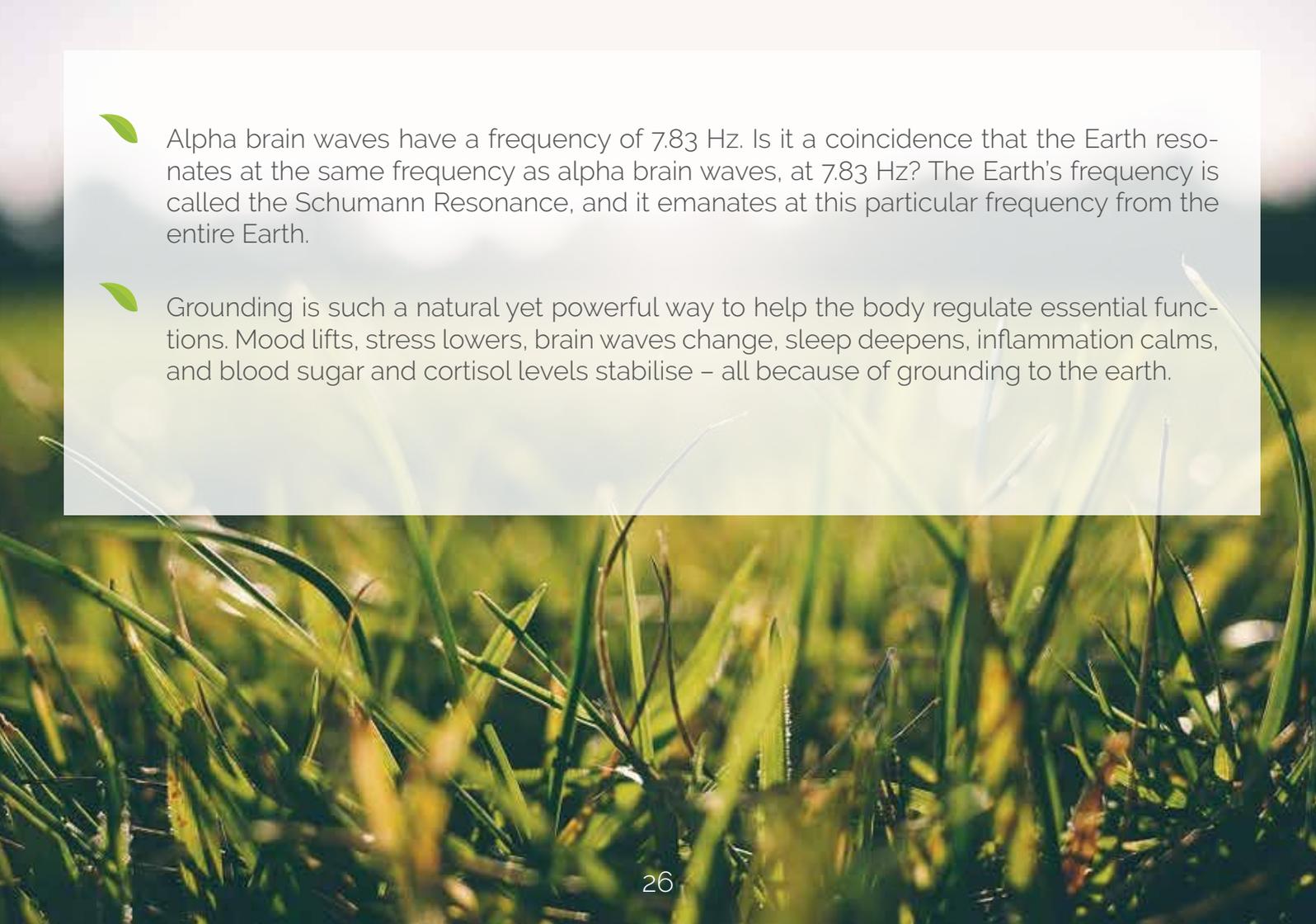
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- 🌿 Electromagnetic waves are produced by mobile phones, wi-fi, televisions, all of the gadgets and electrical devices in our lives. As a result of living in this electromagnetic pollution, our bodies develop a buildup of harmful positive ions.
- 🌿 Fortunately, the earth provides a constant supply of negative ions. All living things have an electrical charge, including humans, so we can think of grounding like plugging ourselves into the planet to bring our bodies back into balance.
- 🌿 When a piece of electrical equipment is grounded, it is connected to the earth so that excess charge is released into the ground harmlessly. In the same way, we allow excess positive charge to flow into the earth when we plug ourselves into this healing power.



- This can be done by simply touching the earth directly or by using a grounding product. Bio-Energy's grounding products range from foot mats and bed sheets to targeting patches and bands.
- There are two ways to connect the indoor grounding products. The first is to place a Bio-Energy Grounding Rod directly in the earth outside your home or office. The second is to plug the cable included with the grounding product directly into an electrical socket. The grounding products do the rest.
- EEG studies of brain activity demonstrate that grounding not only reduces stress but causes brain waves to change as well. Grounding helps our brains shift into alpha brain wave patterns, a relaxed but alert state. Alpha waves, especially during REM sleep, are imperative for our health and are the same waves seen in meditative states and deep restorative sleep.

“*EEG studies of brain activity demonstrate that grounding not only reduces stress but causes brain waves to change as well.*”

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- Alpha brain waves have a frequency of 7.83 Hz. Is it a coincidence that the Earth resonates at the same frequency as alpha brain waves, at 7.83 Hz? The Earth's frequency is called the Schumann Resonance, and it emanates at this particular frequency from the entire Earth.
  - Grounding is such a natural yet powerful way to help the body regulate essential functions. Mood lifts, stress lowers, brain waves change, sleep deepens, inflammation calms, and blood sugar and cortisol levels stabilise – all because of grounding to the earth.

## SLEEPING GROUNDED

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- For millennia humans woke and slept with the rhythm of the sun. Our circadian rhythms were naturally entrained to the earth which ensured our sleep was deep and restorative. Artificial lights, screens on electronic devices, night shifts, and long work days have altered our natural rhythm.
- Deep restorative sleep, or REM, which is essential for survival is disrupted when our circadian rhythm is interrupted. Almost everyone today falls victim to this simply because we use modern technology and artificial lights.



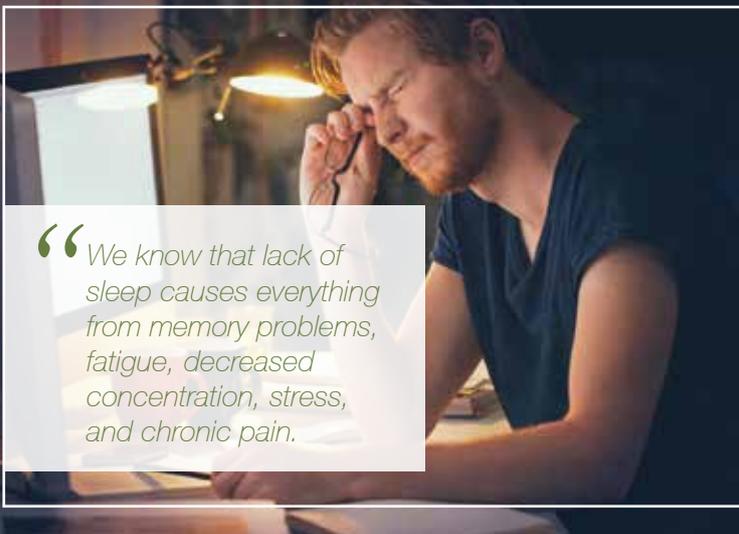
As we sleep our brains and bodies naturally cycle through phases of sleep. The most profound and most healing stage is called REM. REM is the sleep phase when we dream and integrate new information. Sleeping grounded can encourage and deepen this sleep.



“REM is the sleep phase when we dream and integrate new information. Sleeping grounded can encourage and deepen this sleep.”

Many studies over the years have shown that REM is absolutely essential to our health. People with chronic sleep disorders are not able to achieve REM deeply enough and are at high risk for severe mental and physical illness.

-  What happens to our bodies when we live in a state of chronic sleep deprivation? A 2014 study published in *Sleep* compared 225 healthy adults divided into two groups over five days. The groups had equal access to the same food. One group slept 9-10 hours, the other only four hours a night. There was a significant weight gain in the deprived group, even after five days. Being chronically tired, it turns out, can cause us to gain nine times more weight than if we get plenty of sleep.
-  Another recent study published in the *Journal of Neuroscience* showed that people who are anxious by nature or who are suffering from anxiety would suffer the most significant harm from sleep deprivation. People sensitive to the needs of REM sleep must be particularly careful with their sleep habits.
-  Another such group is those with ADHD. In a 2015 study published in the *British Medical Journal*, 224 families of children with ADHD were counseled by trained psychologists and doctors concerning proper sleep hygiene and then compared to a group that had no training. Because of improved sleep in the children both parents and teachers reported a significant decrease in ADHD symptoms, improved memory and recall, and improved daily functioning.
-  The time spent in REM sleep is a determining factor for many long-term illnesses like dementia, adult asthma and respiratory health, heart health, obesity and mental health.



“ We know that lack of sleep causes everything from memory problems, fatigue, decreased concentration, stress, and chronic pain.

It's just not lack of sleep that triggers health problems. The quality of our sleep is paramount. We don't have to be a chronic insomniac to suffer from poor sleep.

Being lax about our sleep habits has cumulative effects. Even when there is a minor loss of sleep, such as an hour for a few nights, stress and anxiety causing hormone levels rise. We know that lack of sleep causes everything from memory problems, fatigue, decreased concentration, stress, and chronic pain. It also causes weight gain, food cravings, and mood swings. Lack of sleep can also contribute to depression, anxiety, preterm birth, heart attack and stroke.



“*Adding grounding to your nightly sleeping regimen can rev up your body's ability to achieve REM.*”

- 🌿 Grounding can greatly enhance the renewing effects of sleep. Adding grounding to your nightly sleeping regimen can rev up your body's ability to achieve REM. Get deeper REM sleep, and at least 8 hours of sleep a night and you tap into one of the most important mechanisms for self-healing and homeostasis.
- 🌿 Bio-Energy Products 100% cotton sheets, pillow and cushion covers are interweaved with a soft silver thread grid and come with their own connection meaning that sleeping or resting has never been healthier. This whole line of sleep aids has been designed with comfort, safety, and convenience in mind to help you achieve better-grounded sleep.

## TARGETED GROUNDING

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- ✦ Sometimes we have acute pain like a headache, a throbbing knee or a sore back. Tapping into the soothing, stress relieving benefits of grounding can significantly target everyday aches and pains.
- ✦ Going outside and directly placing that area of the body that hurts or is injured on the ground will aid the healing process. If your head aches, lie down with your head touching the earth. If you have menstrual cramps, lie with your belly on the ground.



Grounding indoors is often more comfortable and convenient than outdoors, especially if you are injured or in pain. Our Grounding Bands and Patches are explicitly designed for localised issues.

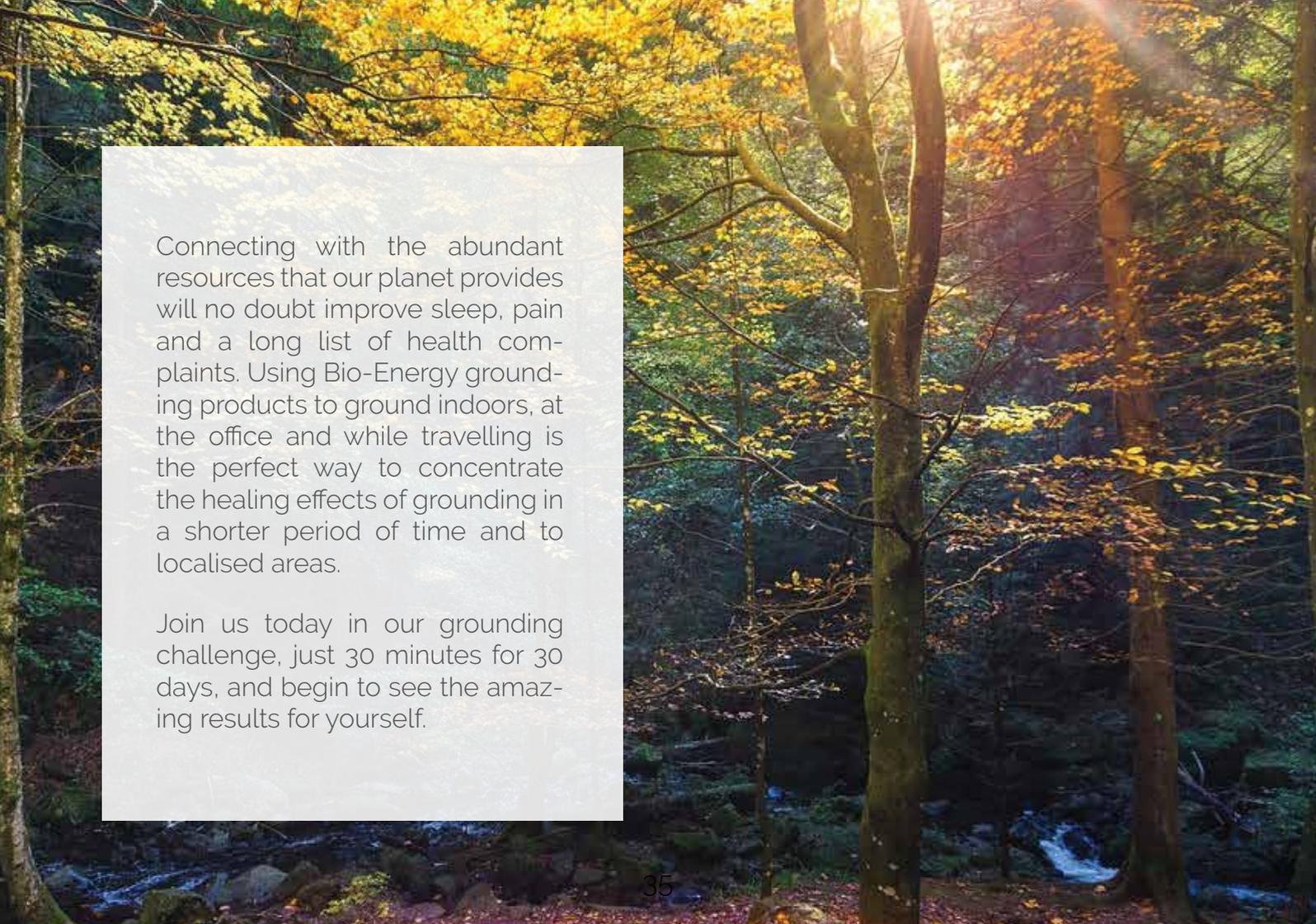
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- Grounding for targeted relief is ideal to support specific distressed areas such as ankles and knees after operations and specific regions of pain or inflammation.
  - Users report that issues in specific areas benefit more quickly from local and direct input using Grounding Bands and Patches. This is because exchange from the earth goes directly to the problem area, rather than being used by other issues en-route to the focal point. Using a grounding band or patch to target issues such as arthritis, tennis elbow, sprained ankles or a particularly nasty cut, is the ideal solution to get you back to your best quickly.



## **WILL YOU JOIN THE 30 DAY CHALLENGE?**

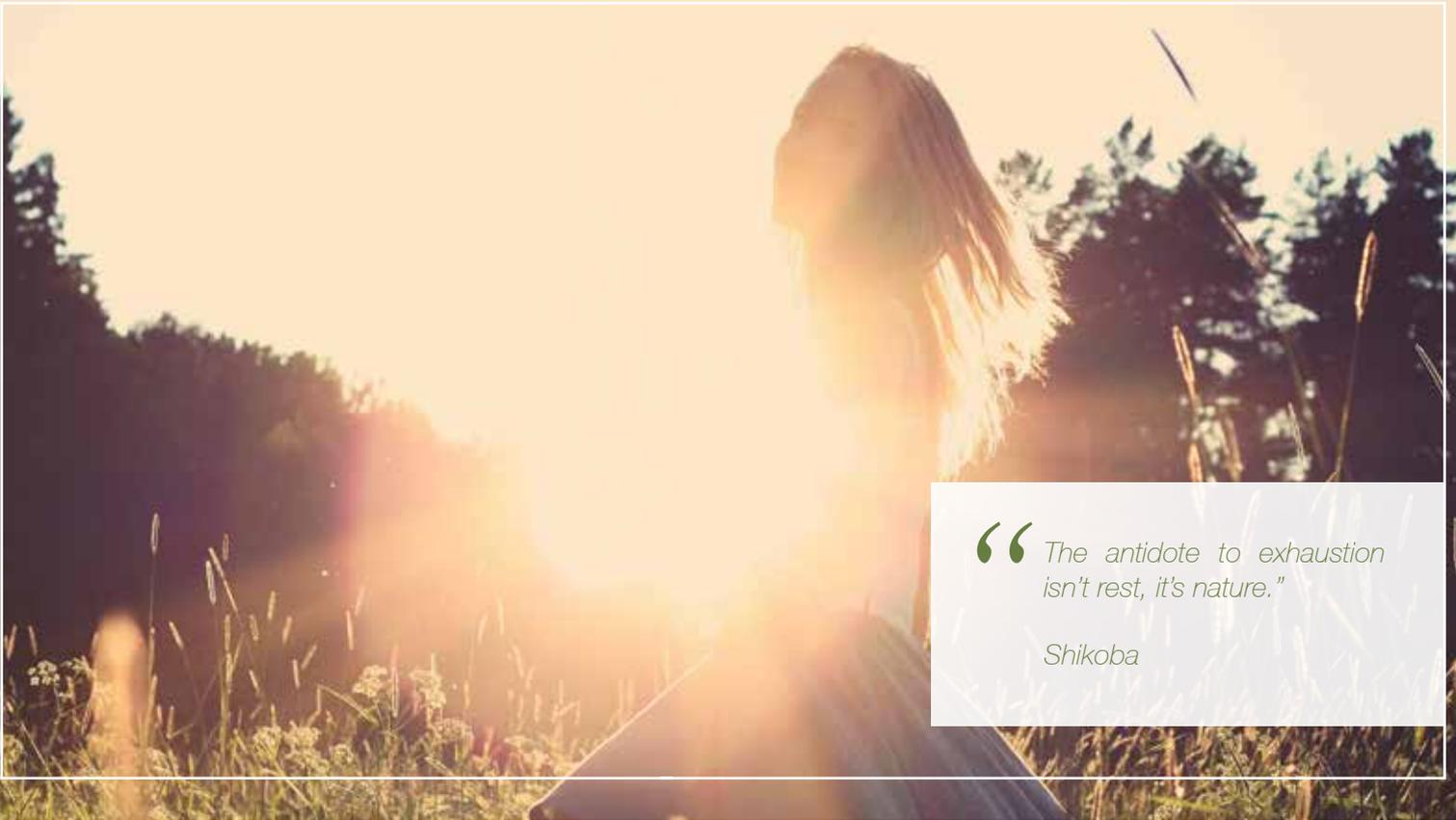
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Anecdotal evidence from millions of people with years of grounding experience shows us how beneficial and therapeutic grounding is. Clinical medical studies have also been conducted to monitor the positive effects of grounding on brain wave activity, stress levels, and cardiac health.



Connecting with the abundant resources that our planet provides will no doubt improve sleep, pain and a long list of health complaints. Using Bio-Energy grounding products to ground indoors, at the office and while travelling is the perfect way to concentrate the healing effects of grounding in a shorter period of time and to localised areas.

Join us today in our grounding challenge, just 30 minutes for 30 days, and begin to see the amazing results for yourself.



“ *The antidote to exhaustion isn't rest, it's nature.* ”

*Shikoba*



[www.bioenergyproducts.co.uk](http://www.bioenergyproducts.co.uk)

Looking after you from the ground up.