

The year was 1975 (specifically the last day of 1974)

I had been married almost three and one-half years. We had no children. My mind snapped. I completely lost touch with reality. Consequently, I spent two and one-half months in a mental hospital in Mobile, Alabama. I endured many electrical shock treatments, various drugs and group sessions. Nothing helped.

I left the hospital, severely depressed for a year – on the sofa – not engaged in life. Previously I had been a joyful, busy 26 year old wife, homemaker and teacher.

After leaving the Mobile hospital, I continued monthly appointments with the psychiatrist and consumed all the medicines he prescribed. Nothing helped. After a year, I ended the medical appointments and stopped taking all medicines.

Family and First Baptist friends never ceased to pray. Then the depression lifted and did not return until December of 1977. Our daughter was 3 months old. My sister kept her while I was in the mental unit of a Montgomery hospital for about a week.

In the mid 1980's my depression began to cycle about once a year. Among other things, I tried light therapy, to no avail. After three months of taking various supplements and offering many prayers, my depression would lift. I would return to the joy-filled, active, engaged wife and mother of two children (our son was born in 1981).

Then the worst ever attack of depression descended on January 13, 2017, it lingered and simply would not lift. Because none of my supplements were helping, I decided to find a doctor. Surely someone could help me, I reasoned.

Over the course of 2 years, I went to 5 psychiatrists (3 in Dothan and 2 in Birmingham). I had 8 sessions with a Birmingham psychologist. I spoke with a counselor in Pensacola and one in Montgomery.

In Destin, Florida I saw a functional doctor, in Gulf Breeze I had many appointments with an internist who did extensive blood work. In Andalusia I had an appointment with a gynecologist. I tried yoga and B₁₂ shots. Various chiropractors sought to help me.

I was in the mental unit of a Birmingham hospital for 43 days. Four months after the hospital stay, I began various other treatments such as 30 magnetic stimulation treatments as well as 16 electrical stimulation treatments (Iasis). These were not electrical shock treatments. I had 14 Hocatt treatments. I tried acupuncture as well as acupressure. Several herbalists tried to help me. However, not one treatment, medicine, supplement or doctor could help me.

In 2018 I traveled 14,000 miles seeking help, not counting the medical trips in 2017.

Still my family and friends prayed for my healing. All of us wondered why, why could I not get well

Then after 2 full years of deep darkness and agony, a functional doctor in Montgomery suggested I try grounding. I had no idea what he was talking about but why not? Nothing else worked. So I began my research. I learned grounding is also called earthing. I read the book Earthing by Clinton Ober, Stephen T. Sinatra, MD and Martin Zucker. The grounding foot mat costs us \$35. We do not even know how much money we spent during those 2 years of seeking healing and health. So what is \$35?

My husband decided to use the mat as well. Now he takes no medicine for allergy problems.

As you read the book, you will be amazed at the blessings afforded through grounding.

There are interesting testimonies on the website as well as in the book. I realized all these testimonies could be false but for \$35 I was willing to try grounding.

I have been well a year now. I put my bare feet on the mat every day. 30-40 minutes is long enough for most people. I do not recommend every company who sells grounding products. However, I highly recommend bioenergyproducts.com. Also one can order the various products via telephone with a credit card at 1-706-571-4999, central time, between 9am – 3pm, Monday - Friday. Samantha or Fran are very helpful in answering questions. You will learn much from studying the information on the website: earthinginstitute.net.

How thrilling it is for me to experience healing every day!

Guess what God uses? His dirt! Remember those prayers? In His time, He chose to lead me to grounding. Many physical problems are alleviated as well as depression.

Now if a person is not willing to ground every day, don't bother to buy the mat. This is a daily dose of dirt. It is true one can ground by simply placing bare feet in the grass (damp grass is preferred) or feet on concrete if it has not been treated or stained. Wet the concrete for best results. One may put feet in the damp dirt or sand.

The benefits of purchasing a mat relate to weather conditions and time constraints. I realized I would be more consistent if I used a mat. Daily is the key.

Be careful to check your plugs since all 3-prong plugs are not grounded. A tester can be purchased for about \$5.

Great, glorious grounding to each of you!

Pennye Anderson
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