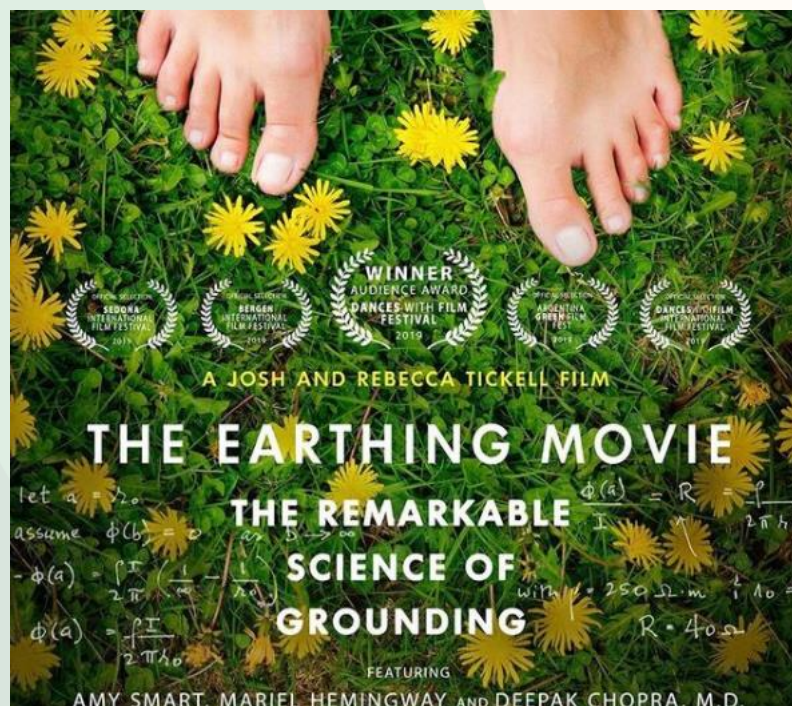


BEGROUNDED

If you had a way to eliminate inflammation, pain, and stress whilst boosting your immune system, getting better quality sleep, and turning back the hands of time on your skin and hair.....would you do it?

AN INTRODUCTION TO GROUNDING

THE MOST IMPORTANT HEALTH DISCOVERY OF OUR TIME



Be Grounded Limited. Registered in England 13024060

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SO WHAT IS EXACTLY IS GROUNDING?

When you touch the earth, it's natural energy flows into you and nourishes your body at it's deepest levels, reducing inflammation, pain, and stress. This is called "being grounded".

Our planet's extraordinary power to heal you with its natural electrons may be the single most effective "medicine" available.....and it's free!

WE ALL LIVE ON THE EARTH BUT WHEN WAS THE LAST TIME YOU ACTUALLY WALKED BAREFOOT ON IT? IF YOU LOOK BACK IN HISTORY, OUR ANCESTORS WALKED AND SLEPT DIRECTLY ON THE GROUND. THEY WERE CONNECTED TO ITS HEALING ENERGY AT ALL TIMES – AS A RESULT THEY DIDN'T HAVE INFLAMMATORY DISEASES.

Today, we live and work separated from the earth. We wear shoes with synthetic soles, walk on carpeted floors, and sleep in elevated beds inside our homes that insulate us from the outside environment. We rarely go barefoot outside anymore and as a result, our bodies are chronically inflamed. We've become disconnected from our natural source of anti-inflammatory protection – **the ground.**

WE ALL NEED VITAMIN G

Think of the earth's energy as electrical nutrition. We often refer to it as Vitamin Ground or **VITAMIN G!**

Most people, even in our scientific age, are totally unaware that human beings are bioelectrical.....and no-one is taught in school that there is an electrical connection between their body and the earth.

Our planet is like a gigantic battery that has a natural and subtle electric charge and shifting frequencies caused by the motions of free electrons.

THESE ELECTRONS GIVE THE EARTH'S SURFACE A NATURAL NEGATIVE CHARGE. WE NEED THESE ELECTRONS TO KEEP OUR BODIES FUNCTIONING THE WAY NATURE INTENDED.

When you touch the ground, you automatically absorb these electrons which reduces electrical imbalances in your body and the free radicals that causes chronic inflammations and multiple diseases.



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GROUNDING IS ESSENTIAL FOR YOUR HEALTH

Because your immune system is busy protecting you all day, every day, just being alive uses electrons in many metabolic processes including: breathing, sleeping and eating. There is always an on-going demand for electrons, which without grounding, you never replenish. Over time, your electrons run low, and inflammation sets in.

When you ground yourself on a regular basis, you are maintaining the electrical stability and health of your body. This makes it very difficult to develop chronic inflammation, the cause of most common chronic diseases.

Some leading diseases caused by chronic inflammation are:

Cancer, Arthritis, Alzheimer, Neurological Diseases, Cardiovascular Diseases, Autoimmune Diseases, Pulmonary Diseases, Type II Diabetes.

Inflammation has been dubbed the “silent killer” and is a primary factor in chronic and age-related disorders including cardiovascular diseases, diabetes, arthritis, autoimmune disorders, Alzheimer’s, Cancer, and even depression and autism.

If you think about animals in the wild, they are grounded constantly and don’t suffer from inflammation or any other chronic health conditions like we do.

When people are connected to the earth they feel, sleep and look better. They are healthier, with less pain and stress. Being grounded is a simple healing strategy for ALL ages from babies to the elderly.....even our pets!

GROUNDING IS SCIENTIFICALLY SHOWN TO:

- Reduce inflammation
- Reduce or eliminate chronic pain
- Improve blood flow to better supply the cells and tissues with oxygen and nutrition
- Reduce stress
- Increase energy
- Improve sleep
- Accelerate healing from injuries and surgeries



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WHAT IS THE BEST WAY TO BE GROUNDED?

Grounding is easily accessible to everyone. It's as simple as walking or sitting barefoot outside on a conductive surface.

If going barefoot outside is not an option for you, and/or to be grounded for more hours of the day the EARTHING™ products connect you to the earth's energy whilst you're sitting, standing or sleeping inside your home, and whilst you are at work.

CONDUCTIVE SURFACES INCLUDE:

- Soil
- Grass
- Rock (that is touching the earth)
- Bodies of water (oceans, lakes, streams, ponds)
- Most living trees, especially with wet bark
- Sand
- Gravel
- Unsealed concrete or concrete with a water-based sealant
- Unsealed brick or brick with a water-based sealant
- Living plants in the earth

NON-CONDUCTIVE SURFACES INCLUDE:

- Carpet
- Vinyl
- Plastic
- Rubber
- Asphalt
- Tarmac
- Cut wood
- Painted or chemically-sealed concrete
- Nearly all indoor surfaces



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HOW OFTEN SHOULD I BE GROUNDED?

In short, you should be grounded as often as you can, and for as long as you can.

Ideally, you would be grounded 24 hours a day, but the easiest way would be to be connected to the earth at night and reap the health benefits whilst you are sleeping! (Our sleep mats are the best for this).

Consider how long you have NOT been grounded in your life. This is how long your body has had to develop inflammations and other unwanted health conditions. The more time per day you can spend grounded now and in the future, the more time your body has to work on healing itself.

30 MINUTES IS THE ABSOLUTE MINIMUM AMOUNT OF TIME YOU SHOULD BE GROUNDED EACH DAY IF YOU'RE NOT EXPERIENCING PAIN OR OBVIOUS INFLAMMATION-RELATED CONDITIONS.

REMEMBER, IF YOU AREN'T HAVING PHYSICAL SYMPTOMS OF INFLAMMATION YET, IT IS BUILDING WITHIN YOU IF YOU AREN'T GETTING GROUNDED EACH DAY.

Connecting to the earth is a natural form of anti-aging medicine that is critical to your well-being. You only have one body and you deserve to feel great in it.

Kick off your shoes when you are outdoors, use our EARTHING™ products when you are indoors and start turning back the hands of time.

Your greatest asset is your health. You deserve to live pain-free and be brimming with energy and happiness.

BE GROUNDED SHOP:

<https://www.begrounded.co.uk/shop>

INSTAGRAM:

<https://www.instagram.com/begrounded/>

@begrounded_



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FURTHER INFORMATION AND READING:

(Including the latest scientific research)

<https://www.earthinginstitute.net/>

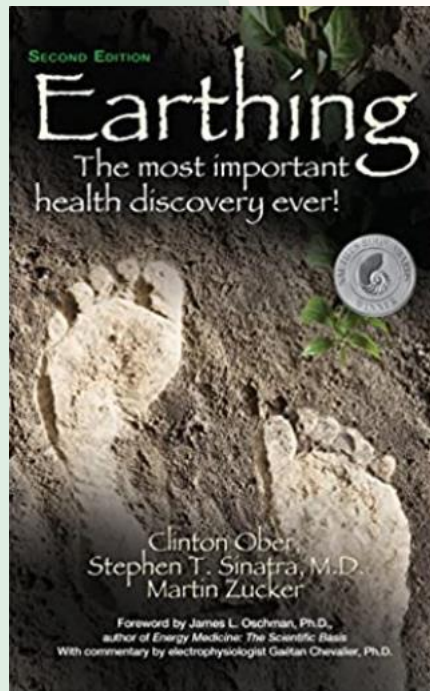
THE EARTHING MOVIE:

<https://www.earthinginstitute.net>

THE BOOK:

Earthing: The Most Important Health Discovery Ever!

By Clint Ober, Stephen Sinatra M.D., Martin Zucker



'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of aging and the aging process itself.



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