

# "Tap Into Nature's Restorative Power to Help Reclaim Your Healthy Energy – Easily and Effortlessly"

Just like exposure to sunlight produces vitamin D in your body, the ground beneath your feet produces an electrical stimulus. Are you getting enough?

The next time you take a walk on a beach or through a patch of dew-kissed grass, try this simple experiment:

Take off your shoes and socks.

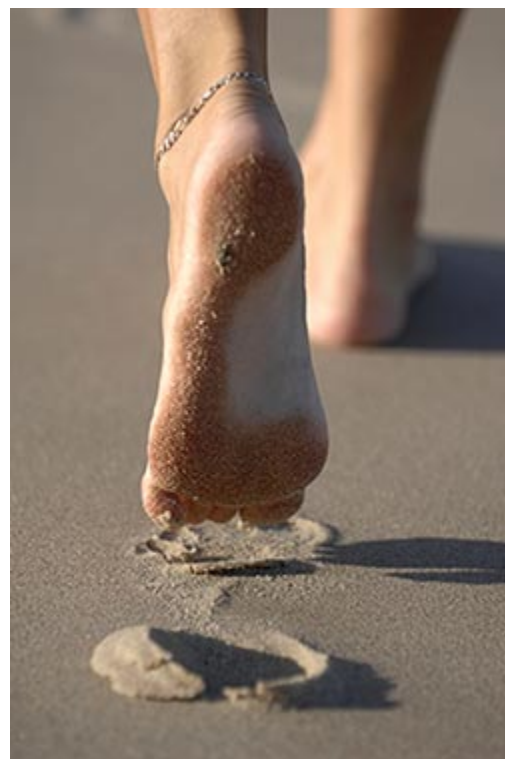
After a couple of minutes, see if you notice an unusual tingling or warmth radiating from your feet. How about a greater sense of well-being or a “feel-good” sensation?

If you do, it’s not your imagination...

These are all signs that you’re tapping into the tremendous power of the Earth’s energy.

Regardless of whether or not you feel anything, as long as there is direct skin contact, the Earth’s energy is flowing into your body.

A growing body of scientific evidence tells us that Earthing, or grounding, is *real*, and researchers are coming up with simple, nearly effortless ways to put this energy to work for you.



You connect with Earth's energy when you walk barefoot

## Where Does the Earth’s Energy Come From, and How Does It Impact You?

Think of the Earth as a giant battery (as it truly is) with its power continuously being recharged by lightning, radiation from the sun, and heat from its molten core.

When you're in physical contact with the Earth, waves of energy – or free electrons – transfer to your body. Why is this important?

The Earth's energy *restores and maintains* your body's most natural electrical state.

Your body is a sophisticated electrical being with a multitude of electrical circuits. Your cells and organs require electrical energy to function properly. Fascinating, isn't it?

Just about every tissue in your body is energized with electrical currents, including your immune system, nervous system, brain, muscles, heart, lungs, and even your behavior!



Waves of energy transfer to your body when you maintain bare skin contact

## How Most of Us Have Intentionally Shut Ourselves Off From the Earth's Energy

It's only been in recent history that we've effectively shut ourselves off from the Earth's energy.

Much of the modern world lives in insulated homes up off the ground, avoids sitting directly on the ground, and wears shoes with synthetic soles that cut off electrical connectivity with the Earth.

That wasn't the case with our ancestors...

Early man maintained direct, nearly continuous contact with the Earth by living, sleeping, and sitting on the ground.

If they did wear foot coverings, they were crafted out of animal skins that didn't disrupt the transfer of the Earth's electrical energy.



Early man maintained direct contact with Earth day and night

Plastic, rubber, wood, and glass are all materials that insulate you from the flow of energy from the Earth – the very materials used in your home and shoes!

Today we live *above* the ground rather than *on* the ground. We've become disconnected from this important energy from the Earth.

## Opening the Gates to the Earth's Energy

Throughout time, civilizations have believed that Earth was sacred and that the ground held special healing energy.

According to Chinese tradition, Qi ("chee") is the energy or natural force that fills the universe. A specific type of Qi, Earth Qi, is made up of lines and patterns of energy, and influences all living beings.

It's thought that you absorb Earth Qi when you walk barefoot. That's why traditional practices such as yoga, tai chi, and qigong are often practiced without shoes.

Traditional Chinese medicine believes that this Earth energy flows into a major acupuncture point on the front part of your sole, known as kidney 1 (K1).

This helps explain why these practitioners often envision "sending down roots" from the bottom of their feet into the Earth.

The K1 point connects to an energy channel that reaches many of your organs, including your liver, heart, lungs, and brain, and connects to your diaphragm and a central junction point in your back.

## How Grounding Saved the Day at the Tour de France

The concept of grounding was introduced to American-sponsored cycling teams during the 2003 to 2005 races, and then again in 2007. Cyclists grounded themselves to the Earth's energy at the end of each day's competition.

They reported better sleep, significantly less illness, and "dramatic" recovery from the day's activities.

Today, the secret of grounding for performance is out among the professional athletic world. Many top athletes, including NFL football players, swimmers, triathletes, and motorcycle racers routinely take advantage of grounding to help them maintain their competitive edge.



Victorious American-sponsored Tour de France cycling teams used grounding

## 50-Plus Year Old Powerlifter Increases His Lift to 585 Pounds – an Increase in 80 Pounds – After Only Six Months of Grounding

Ken Jones, Ph.D. is one of the most respected strength and conditioning professionals in the weightlifting field.

A powerlifter since the age of 12, Ken began to ground himself at age 50.

After only six months of grounding, his lift jumped 80 pounds to 585 pounds. Puzzled by this sudden, very significant increase, he made an appointment to see an endocrinologist.

Surprisingly, his testosterone level wasn't very high.

He hadn't changed his diet, nor had he changed any of his workout patterns.

All he knew was that his performance had increased across the board:

- ✓ In addition to his squats, his bench press and dead lifts improved.
- ✓ His overall strength increased
- ✓ He was able to lift heavier weights with the big muscle groups
- ✓ His recovery was more rapid than before

**The only thing he could attribute these changes to was grounding.**

The implications for using grounding to improve muscle function go far beyond athletes...

As individuals age, muscle strength declines. Grounding yourself while lifting weights – or while doing any other physical activity – could potentially help preserve muscle.



Grounding may help preserve and build muscle as you age

## Ground Yourself to the Earth Without Going Outside

As you likely know, I am not recommending anything I don't personally do. I believe in grounding so much that I moved to Florida.

I walk about two hours nearly every day on the beach where the water meets the sand, as this provides a near ideal grounding environment.

I realize not everyone has the ability to go to the beach but even if you could, most of your day will still not be grounded.

Many of you are like me and connected to your computer for many hours a day. Ideally this is a grounding opportunity where you can stand up on a grounding mat and actually improve your health rather than degenerate it.

My **Grounded Fitness and Yoga Mat** allows you to connect yourself to the Earth's energies while you move and exercise – or simply sit still.

And because it's low profile enough to roll up compactly, you can take it along to the gym or your favorite yoga studio.

Simply plug its grounding cord into the third prong of an electric outlet to tap into your home's or building's ground wire. Make direct skin contact with the mat (black side up) and, presto... You're grounded!



You can now ground yourself indoors while exercising

## Work Out or Meditate in Peace, Away From the Invisible Sea of EMFs

Whether you're at home, or at work, or even at play, you're surrounded by an invisible "sea" of human-generated electromagnetic frequencies, or EMFs.

If you live in North America, it's next-to-impossible to escape the electrical power grid that's constantly vibrating at 60 Hz.

The effects from EMFs – and the interference in your body – are highly personal. Some individuals are ultra-sensitive to EMFs and are more affected than others.



Here's the potential problem with EMFs...

Electrons and other particles in your body can react with EMFs and produce unnatural disturbances, creating stress and other effects.

When you ground yourself during your workout – or even while you sleep or work – with my **Grounded Fitness and Yoga Mat**, you're helping to protect your body from EMFs.

*Earth not only provides a source of beneficial electrons for your body, it also acts as a "shield" preventing potentially harmful electric fields – or electropollution – from creating disturbances in your body. Truly, a win-win!*

### Move Over... Grounding May Help Your Pet, Too

Don't be surprised if your dog or cat joins you while you're using your **Grounded Fitness and Yoga Mat**. Animals instinctively gravitate towards the Earth's energy.

Grounding can help to improve your pet's energy, stamina, flexibility, joint mobility, muscle tone, sleep, calmness, and an increased willingness to jump, play, and move quickly.

What's potentially beneficial for you may be just as valuable for your pet. With a generous 24 by 72 inches of mat space, there's plenty of room for you both on your **Grounded Fitness and Yoga Mat**!

## Boost Your Performance, Help Quiet Your Mind and Soothe Your Body With My Grounded Fitness and Yoga Mat

You're probably wondering by now how a seemingly simple mat can potentially offer so much for your mind and body...

It's all about grounding.

Now that you know all the potential benefits of grounding while you work out or practice, let me tell you more about my **Grounded Fitness and Yoga Mat**...

## PVC-Free and Latex-Free, Your Grounded Fitness and Yoga Mat Will Help Take Your Workout or Practice to the Next Level

If you're looking for a more energetic workout, a more focused yoga practice, or a deeper meditation, look no further than my **Grounded Fitness and Yoga Mat**.

This sturdy, generous sized mat is perfect for any type of physical or passive activity. You can even use it when you're *not* working out!

Its many uses are only limited by your own imagination.

Here's what you get when you order my **Grounded Fitness and Yoga Mat** kit:

- ✓ **Earthing Mat** – A spacious 24- by 72-inch, 3/16-inch thick cushy mat with grounding conductive layer
- ✓ **Earthing Magnetic Cord** – 15-foot (180-inch) snap-on connector and cord (this connects your mat to the ground port of your electrical outlet)
- ✓ **Earthing Ground Outlet Checker** – To make sure your electrical outlet is grounded
- ✓ **Multi-Mat Connector** – For optional use if you want to connect another mat to yours
- ✓ **Instruction Guide**

And best of all, my **Grounded Fitness and Yoga Mat** is:

- ✓ PVC-free
- ✓ Latex-free
- ✓ Odorless
- ✓ Eco-friendly
- ✓ And it's naturally anti-skid! (No towel needed!)

Remember, for grounding to work, you must have direct skin contact with the black side of the mat, so you'll want to avoid the use of towels or cushions that could block contact. And be sure to always use the black side up – that's where the conductivity is!



## Are You Ready to Get Connected to the Earth? Order Your Grounded Fitness and Yoga Mat Today!

There aren't many other ways as simple as this one to take control of your health. All you have to do is swap out your current mat and the potential benefits are yours!

What could be easier?

Get connected today and boost the benefits from *your* workout or practice. You can't go wrong with my **Grounded Fitness and Yoga Mat**.

I'll even guarantee your purchase. Order my mat, give it a try and see if you aren't impressed.

Properly connected, grounding effects start flowing your way in as little as 20 or 30 minutes! You don't need to wait weeks or months to enjoy its potential benefits.

If you aren't completely satisfied – and I'll be very surprised if you aren't – simply roll it back up with its packing materials and return it to us (the mat must be clean and in "new" condition). We'll refund your purchase price without question (please see return guarantee details below).

So, take action today and order your **Grounded Fitness and Yoga Mat** and start connecting to the Earth's energy!

Dr. Mercola