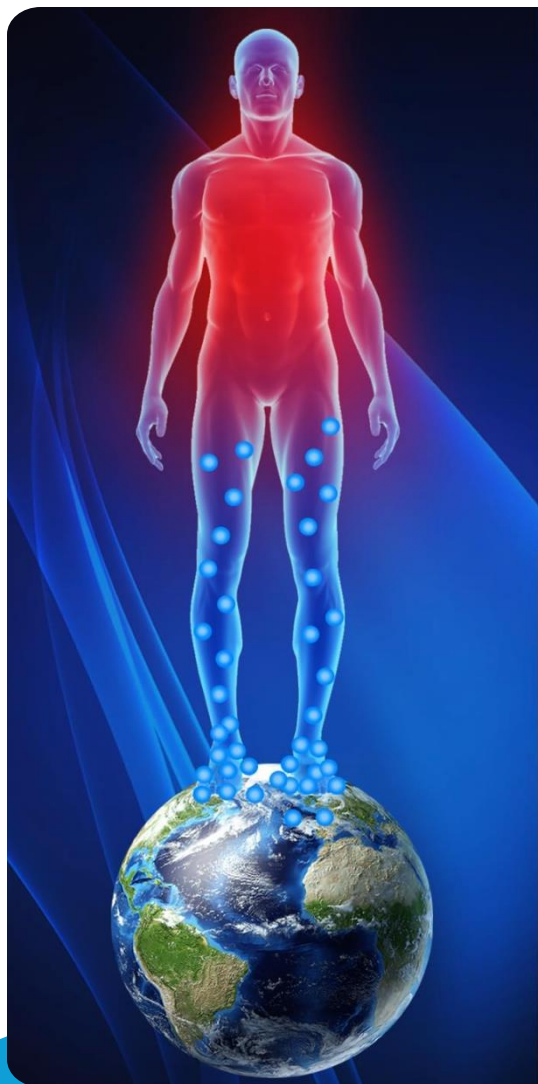


THE SHOCKING SCIENCE OF GROUNDING!





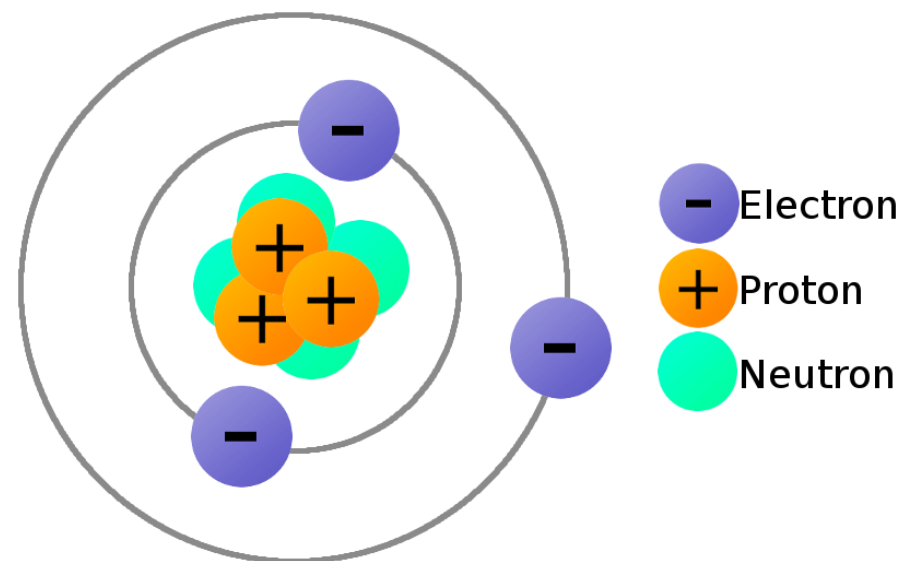


**Connect to
Grounding Product
=
Connect to The Earth**

The earth is like a battery,
on which surface the charge
is negative.

The human body is also a
battery. When you connect to
the Earth, you maintain the
body at Earth's electric
potential.

- **When you touch a grounding mat**, electrons from the Earth flow into your body because the Earth has a much larger reservoir of negative charge.

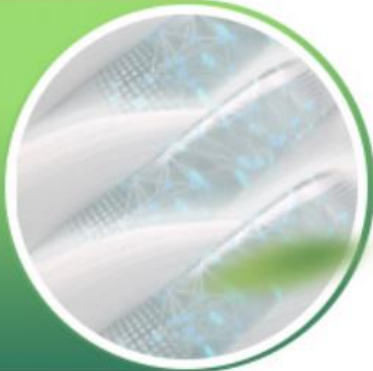




20%
SILVER FIBER

RESTEMBRACE GROUNDING

THE PRODUCT CONTAINS 20%
SILVER FIBER +80% COTTON,
BETTER GROUNDING EFFECT



https://www.amazon.com/dp/B0FLJTV5YL?ref=ppx_yo2ov_dt_b_fed_asin_title



Enhanced by RestEmbrace Grounding's Exclusive Antioxidant Technology and 20% Ultra-High Silver Content—for Over 5× Better Grounding and Durability



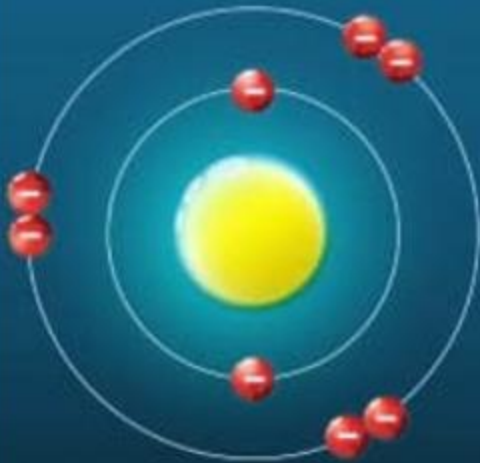
Free Radicals in the Body

Free radicals are **unstable molecules with unpaired electrons that can damage cells and tissues**. They are naturally produced in the body as byproducts of metabolism and other processes, but can also be generated by external factors such as pollution, smoking, and radiation. 

https://www.google.com/search?q=free+radicals+in+the+body&rlz=1C5CHFA_enUS1118US1118&oq=free+radicals+in+&gs_lcrp=EgZjaHJvbWUqBwgAEAAyGAQyBwgAEAAyGAQyDQgBEAAyKQIYgAQYigUyBggCEEUYOTINCAMQABiRAhiABBiKBTIHCAQQABiABDIHCAUQABiABDINCAYQABiRAhiABBiKBTIHCAcQABiAB

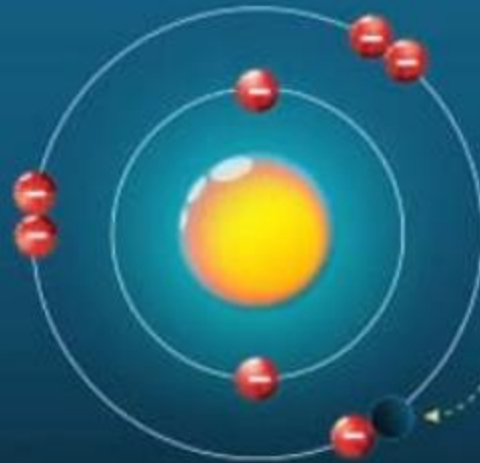
OXIDATIVE STRESS

Stable molecule



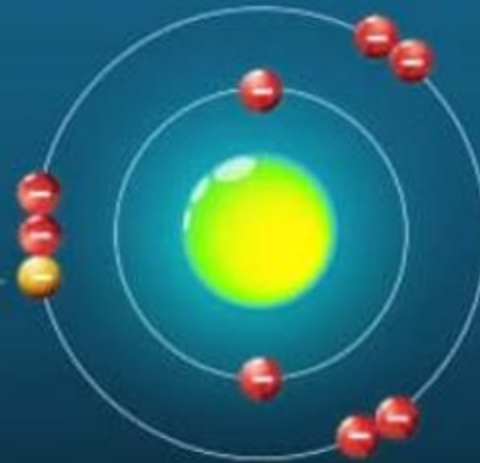
Right amount of electrons

Free radical

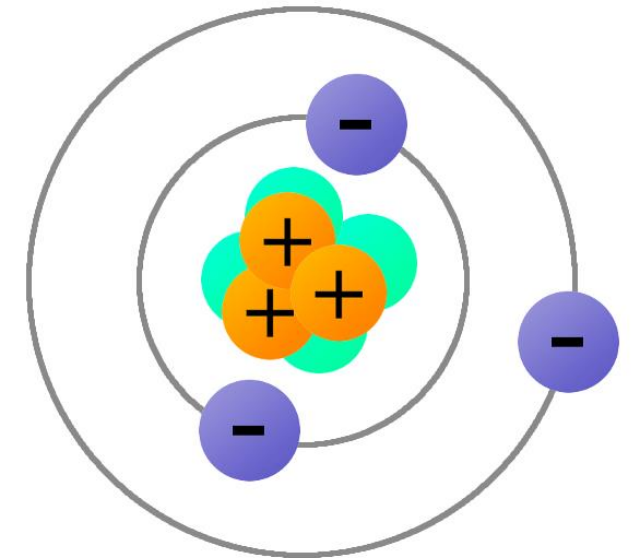


One or more unpaired electrons in external orbitals

Antioxidant



Extra electron to donate





Vitamins

- **Vitamin C** (ascorbic acid)
- **Vitamin E** (tocopherols, tocotrienols)
- **Vitamin A** (retinol, beta-carotene as precursor)

Minerals (with antioxidant roles)

- **Selenium**
- **Zinc**
- **Manganese**
- **Copper**

Plant Compounds (Phytonutrients)

- **Flavonoids** (quercetin, catechins, anthocyanins)
- **Carotenoids** (beta-carotene, lycopene, lutein, zeaxanthin)
- **Polyphenols** (resveratrol, curcumin, EGCG)
- **Glucosinolates** (sulforaphane in broccoli, kale, Brussels sprouts)

Endogenous (made inside the body)

- **Glutathione**
- **Coenzyme Q10 (CoQ10)**
- **Alpha-lipoic acid**
- **Superoxide dismutase (SOD)**
- **Catalase**

Therapeutic/Research Antioxidants

- **Methylene Blue** → Works as a redox agent, helps mitochondria, reduces oxidative stress, and has neuroprotective effects.



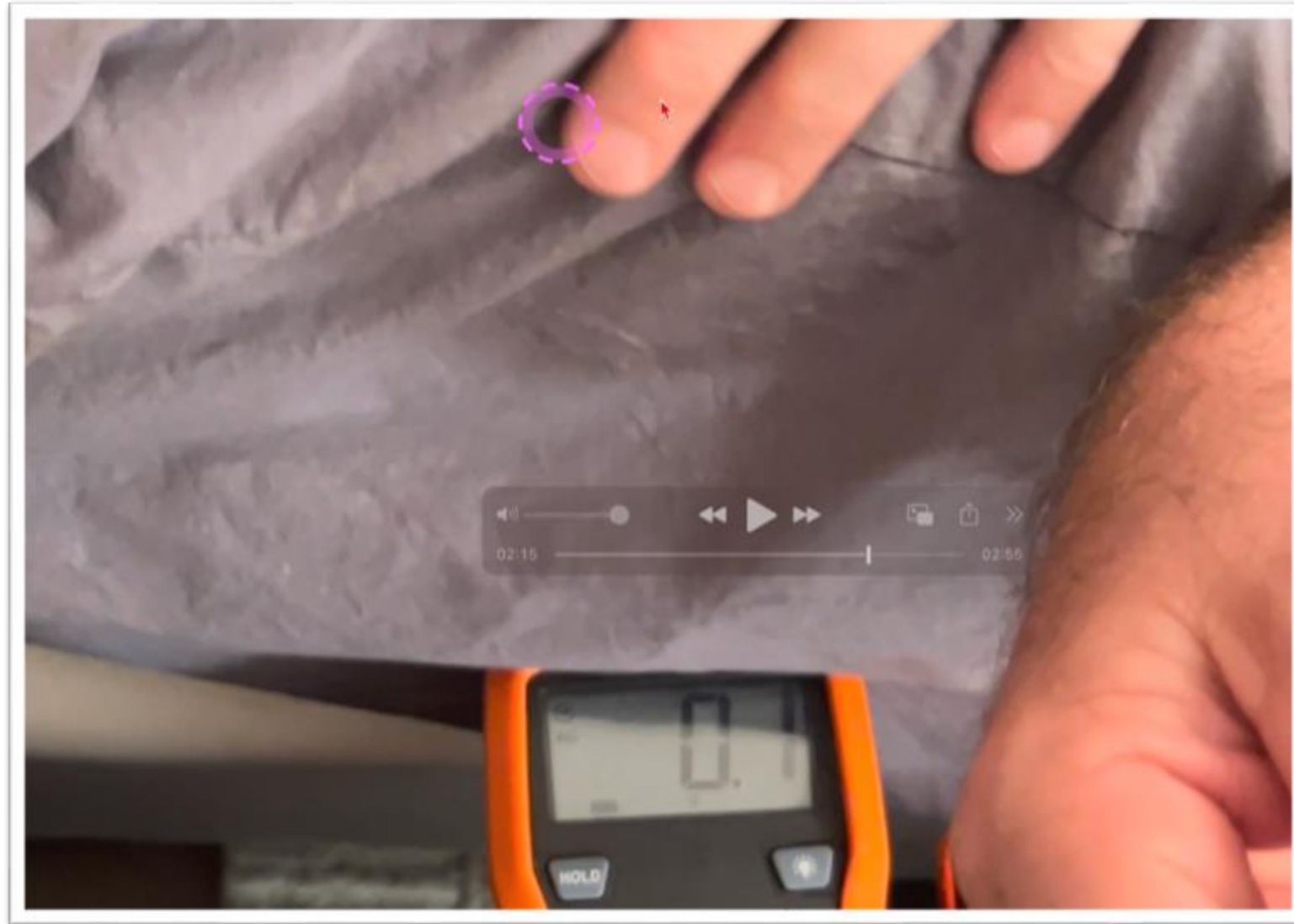
A body with too many free radicals may experience an imbalance known as oxidative stress, which contributes to the development and progression of various diseases, including cancer, heart disease, neurodegenerative conditions (like Alzheimer's), respiratory diseases (like asthma and COPD), inflammatory conditions (like arthritis and inflammatory bowel disease), and kidney disease. 

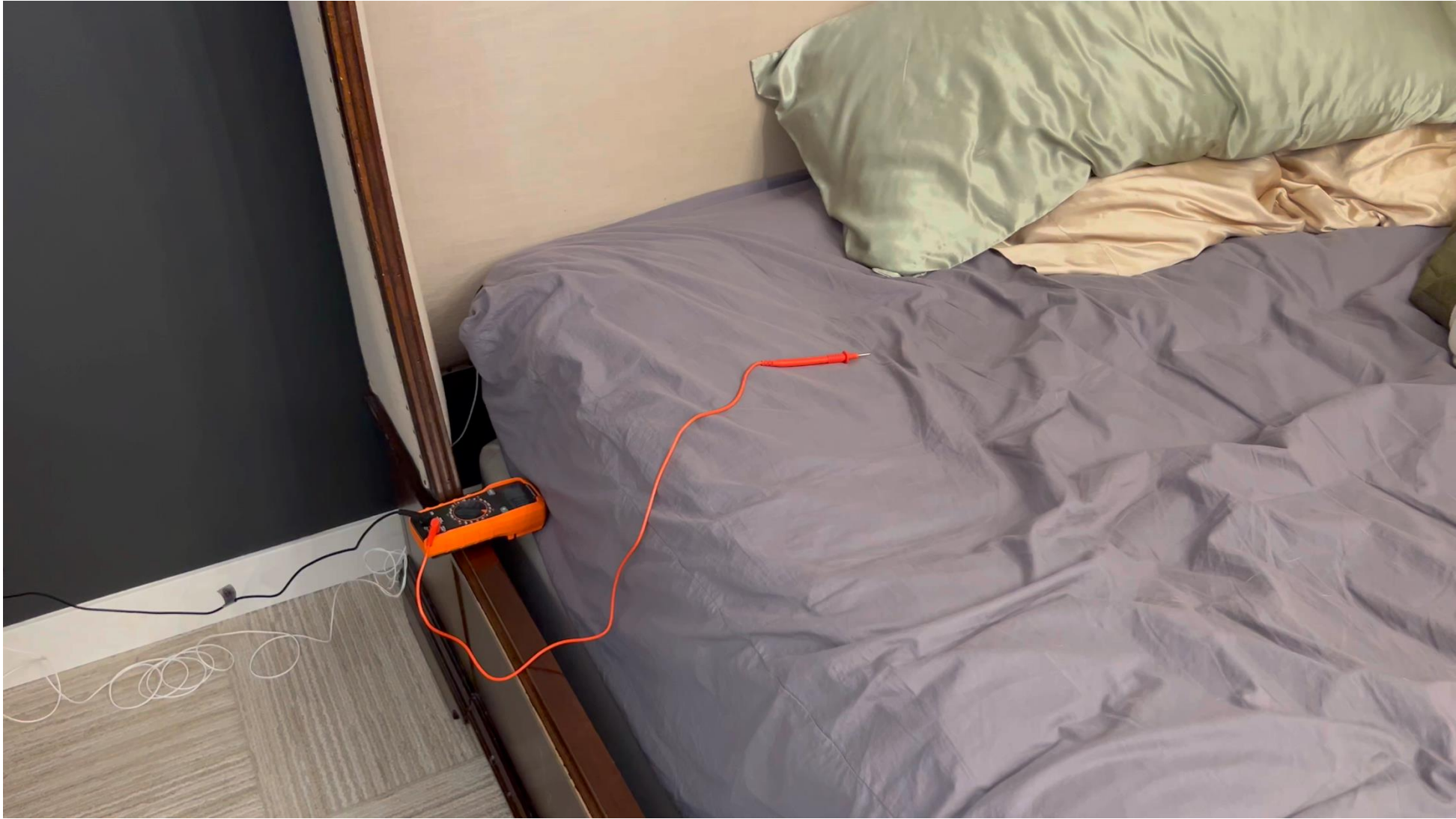
- https://www.google.com/search?sca_esv=bbe3debe957613b7&rlz=1C5CHFA_enUS1118US1118&sxsrf=AE3TifPVimzsaKQUQb svATkvRYasyZtQIQ:1759761231734&q=What+diseases+grow+in+a+body+that+have+a+lot+of+free+radicals&source=lnms&fbs=AlljpHxU7SXXniUZfeShr2fp4giZ1Y6MJ25_tm

Grounding Sheet NOT Plugged In!

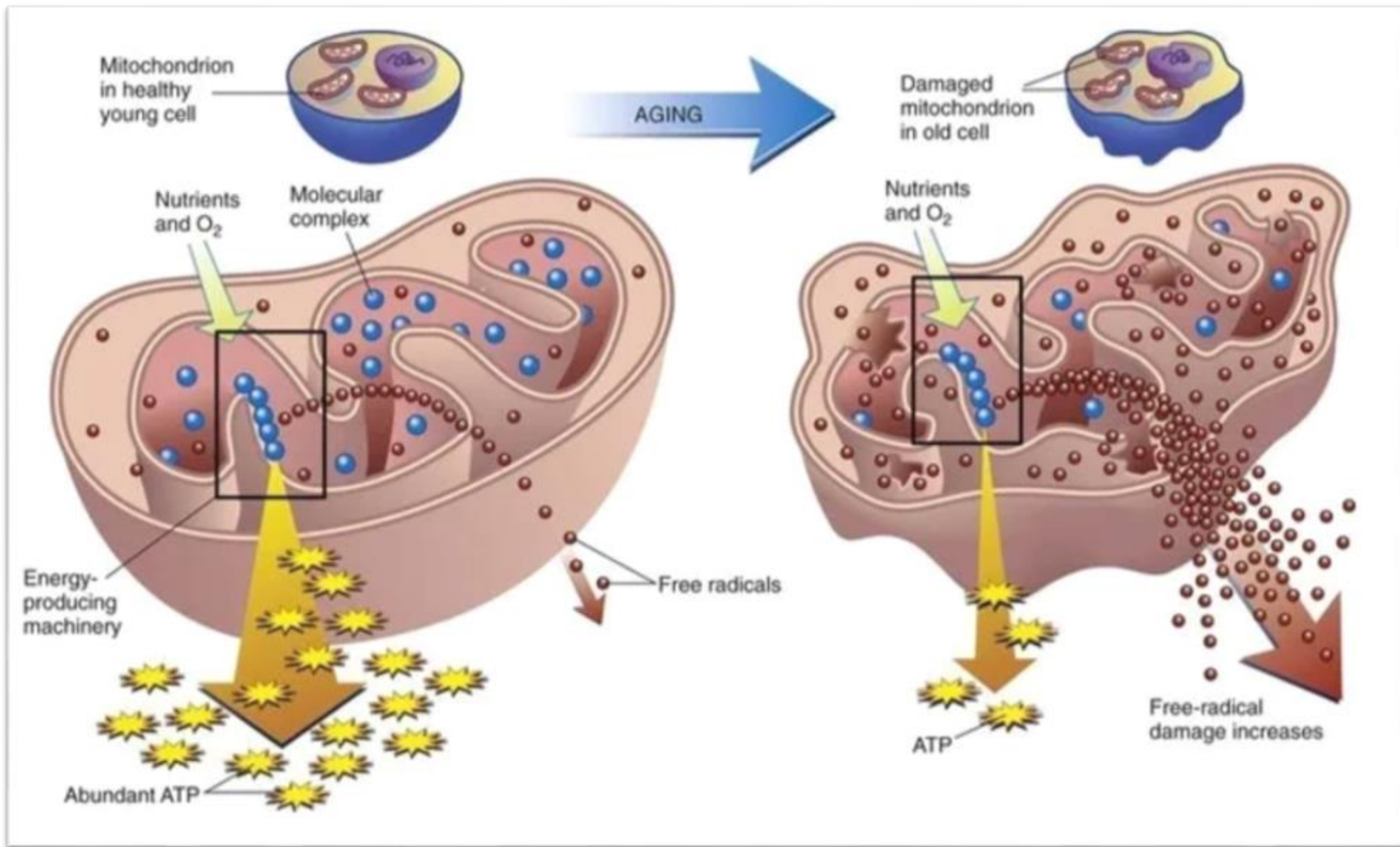


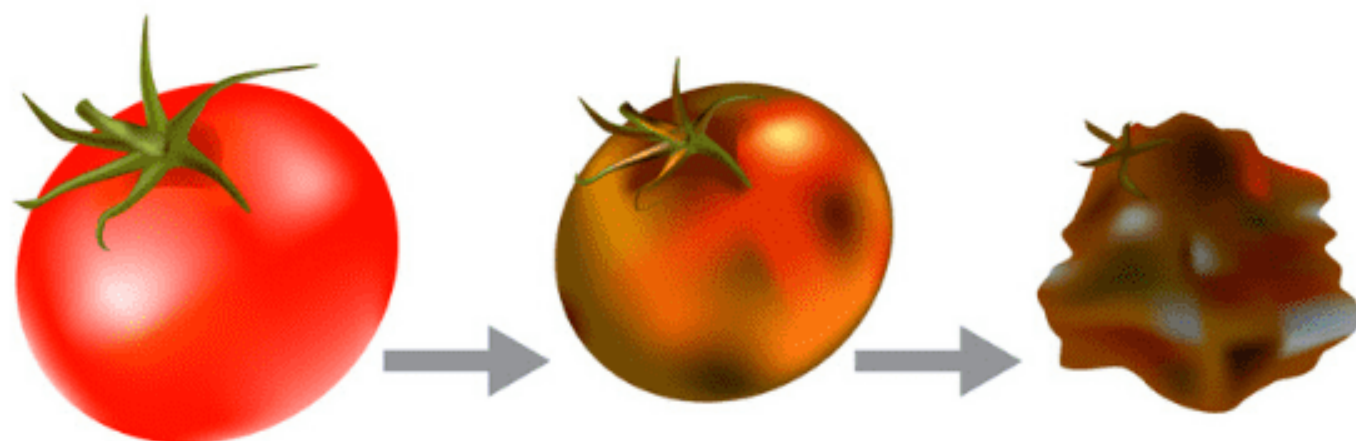
Grounding Sheet PLUGGED In!





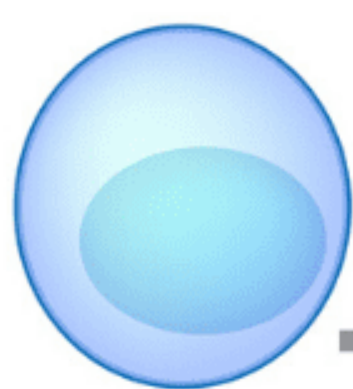




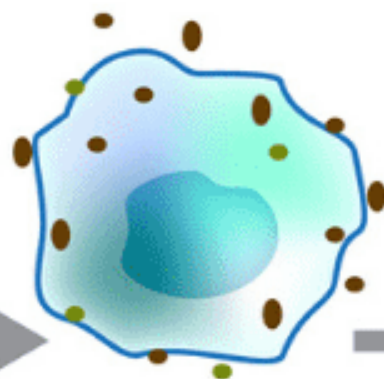


OXIDATIVE STRESS CAN CAUSE:

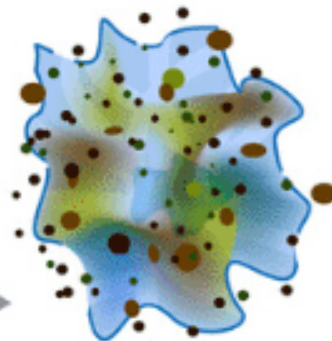
- Cancer
- Vision loss
- Heart disease
- Arthritis
- Stroke
- Respiratory diseases
- Immune deficiency
- Emphysema
- Parkinson's or Alzheimer's disease
- Fast aging
- Obesity
- Hair loss
- Other inflammatory or ischemic conditions



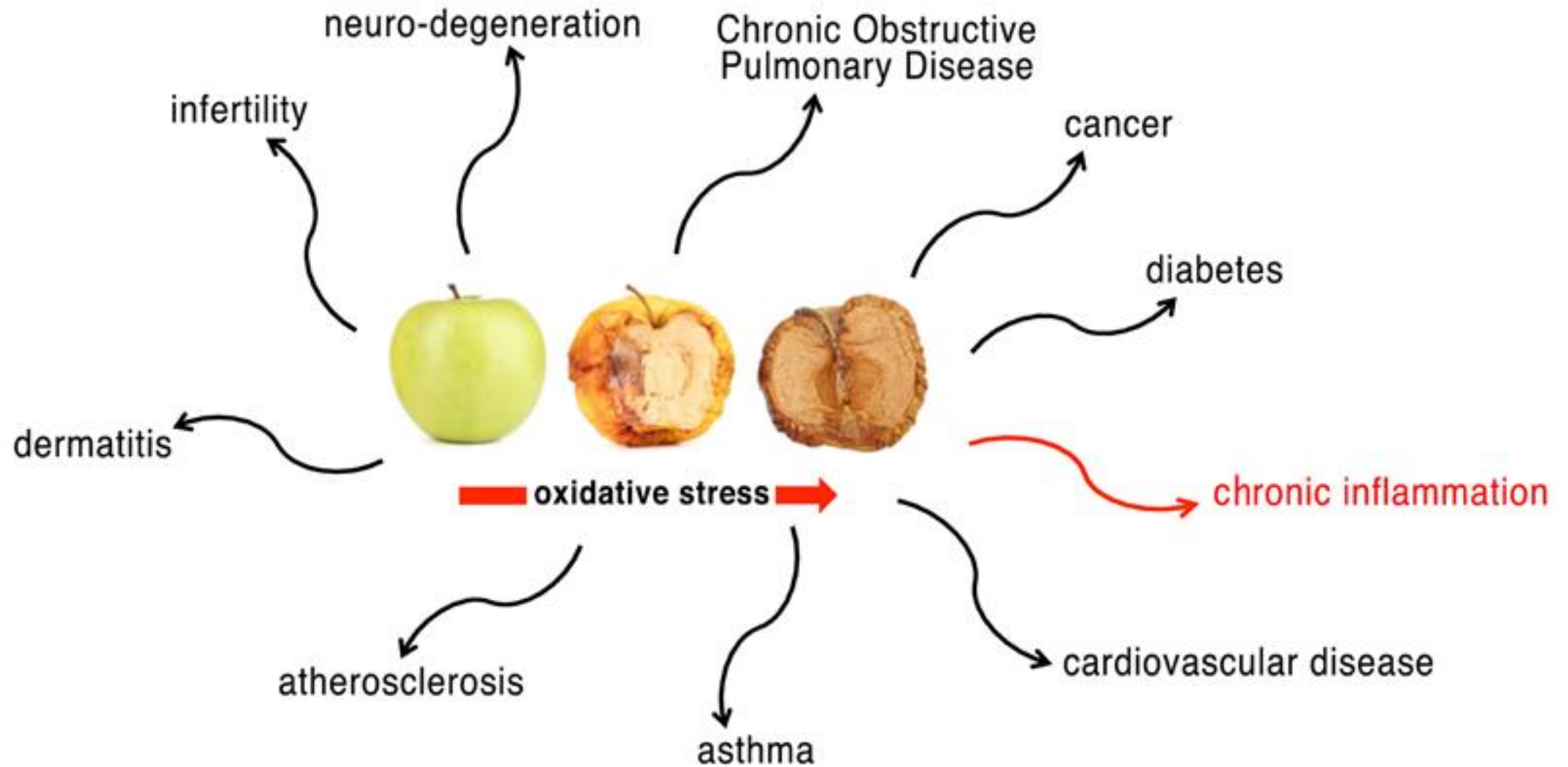
NORMAL CELL



CELL ATTACKED BY FREE
RADICALS

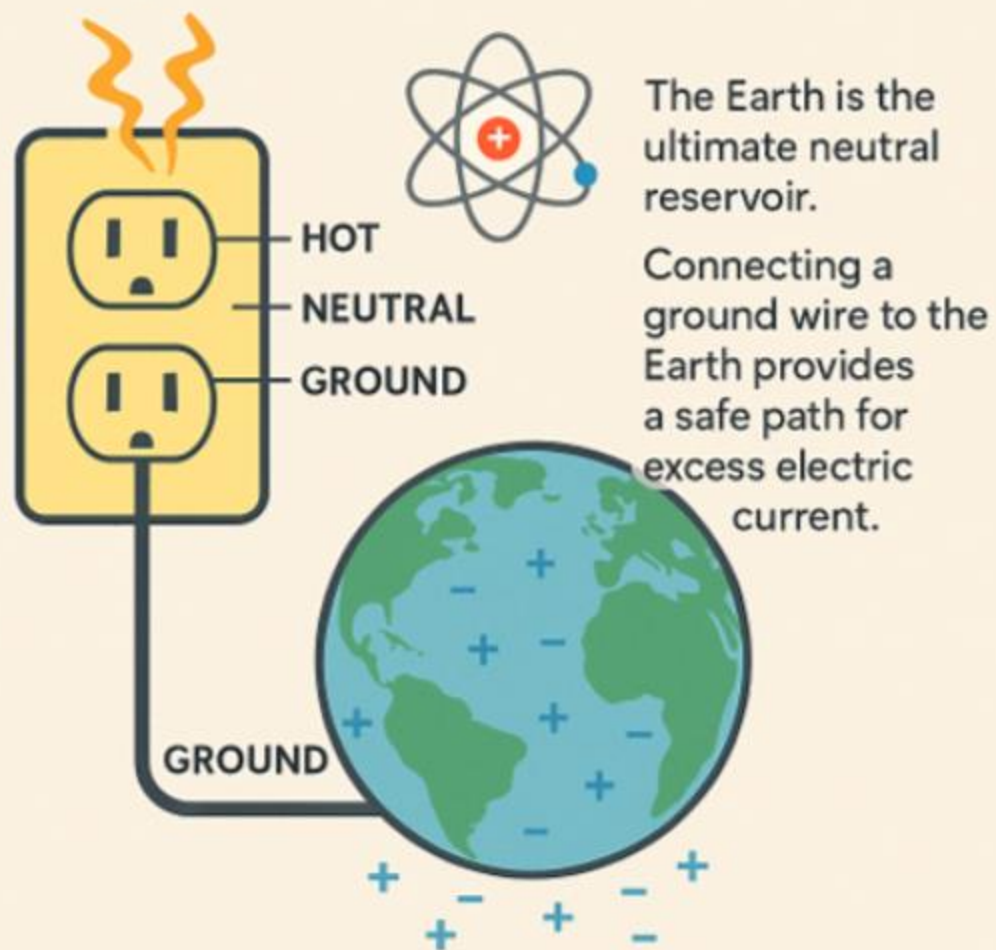


CELL WITH
OXIDATIVE STRESS

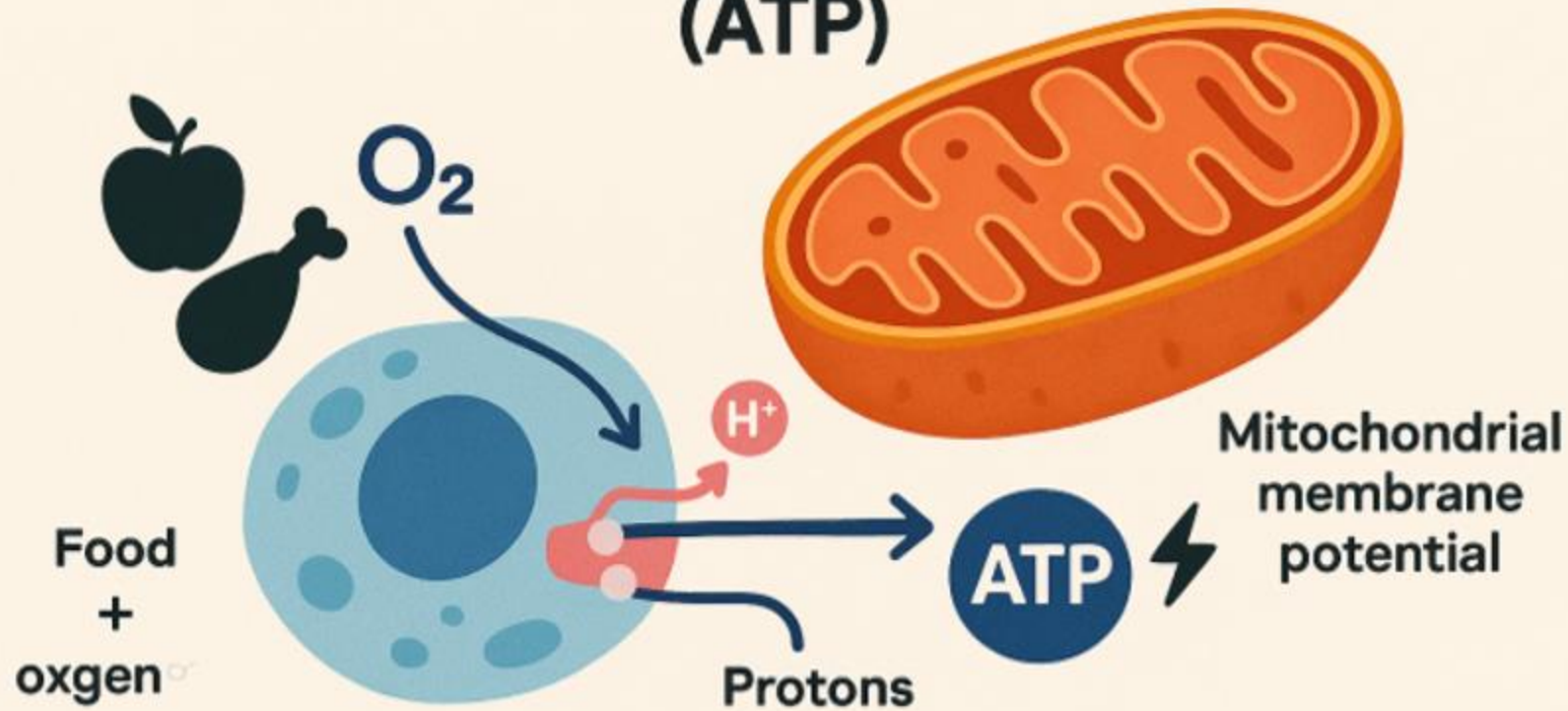


https://www.researchgate.net/publication/312202111_The_role_of_peroxiredoxins_in_cancer_Review

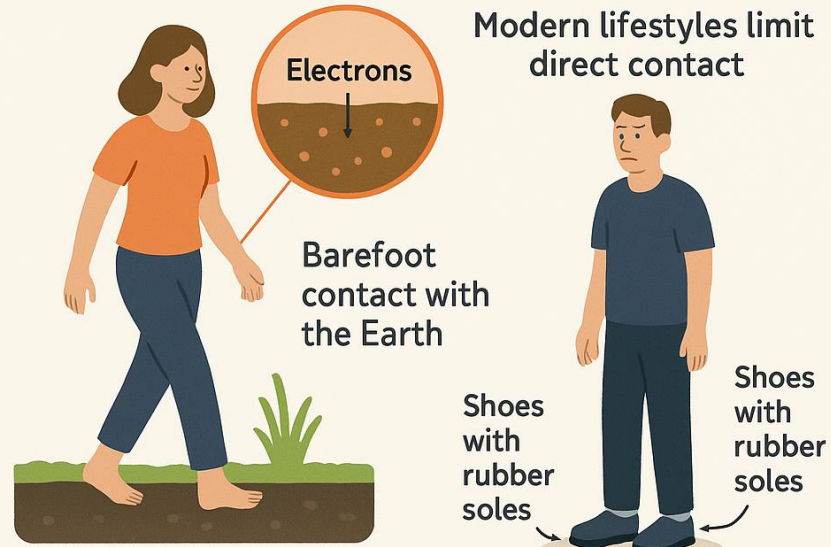
Why Use the Earth as Ground?



Your mitochondria produce energy (ATP)



They act like tiny batteries inside your cells

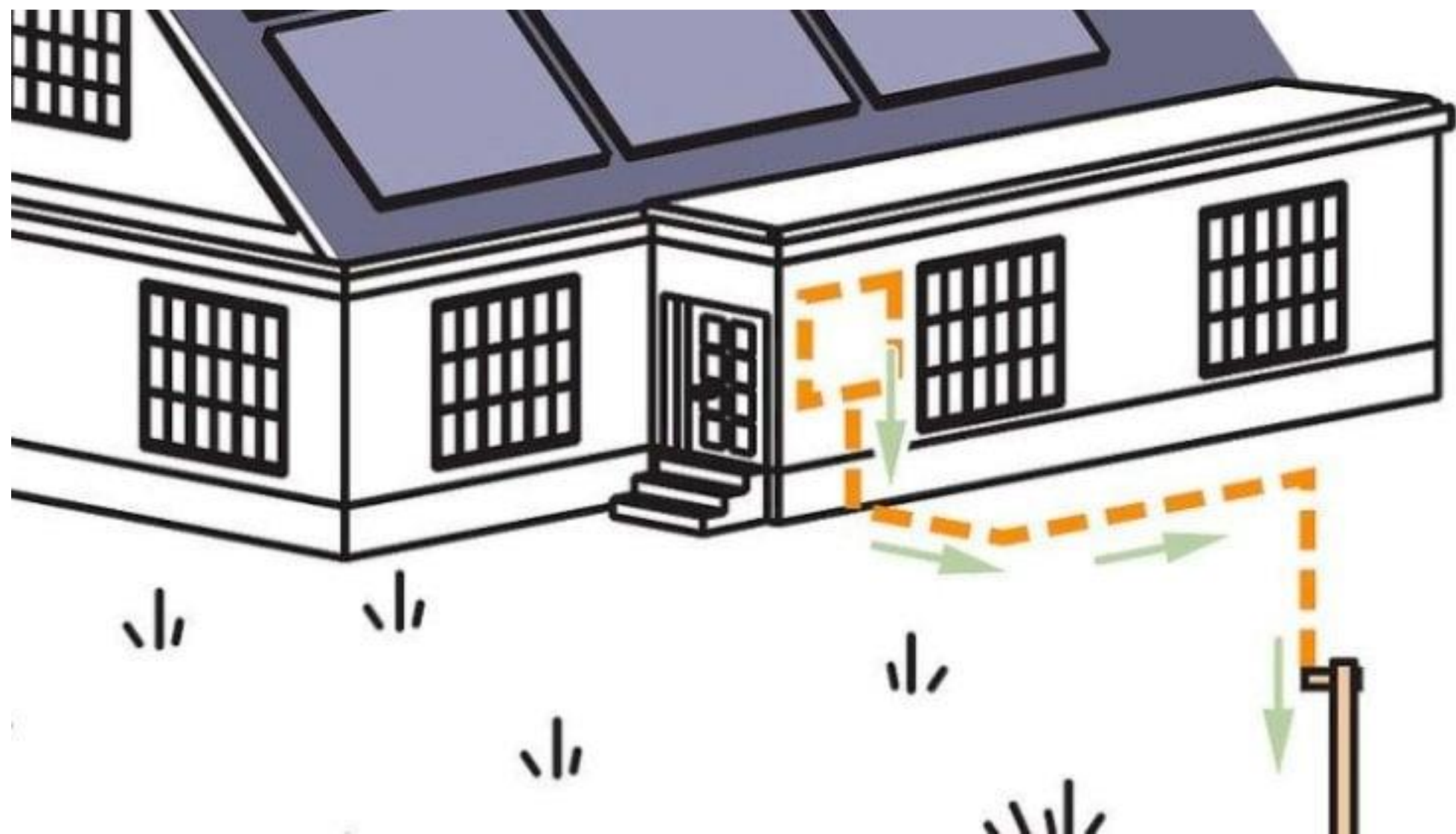


Barefoot contact with the Earth

GROUNDING SHEETS & MATS

transfer electrons from the Earth to the body







Grounding Improves Blood Flow

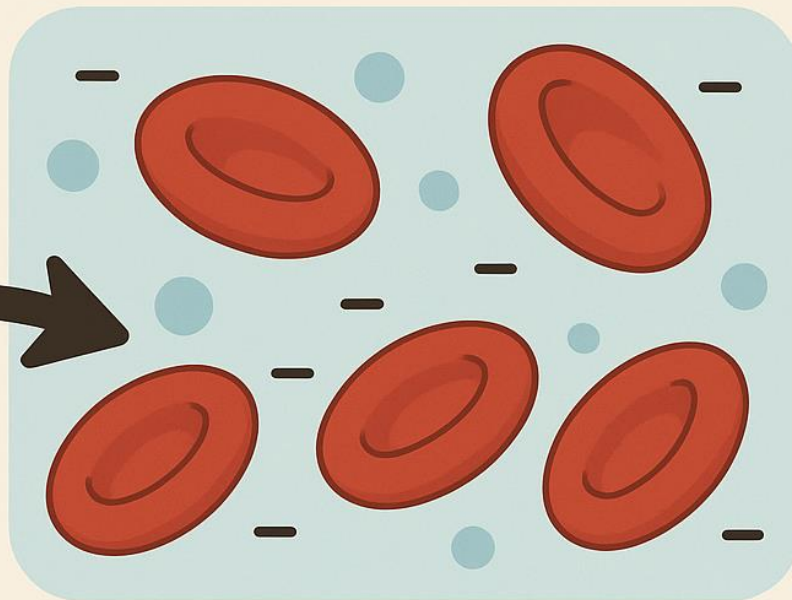
Before Grounding



Weak negative charge

Reduced blood flow

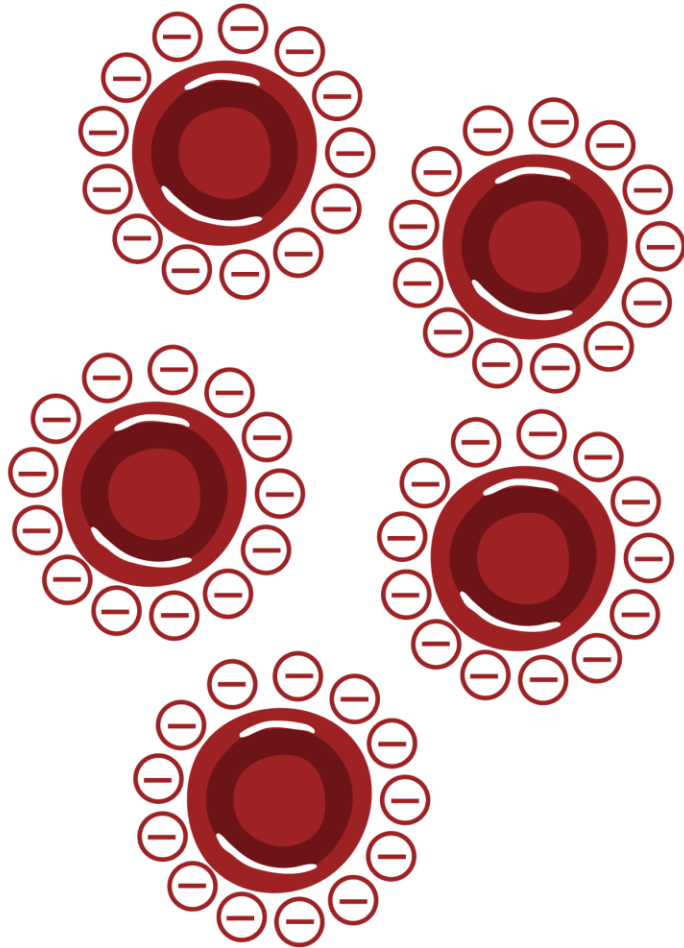
After Grounding



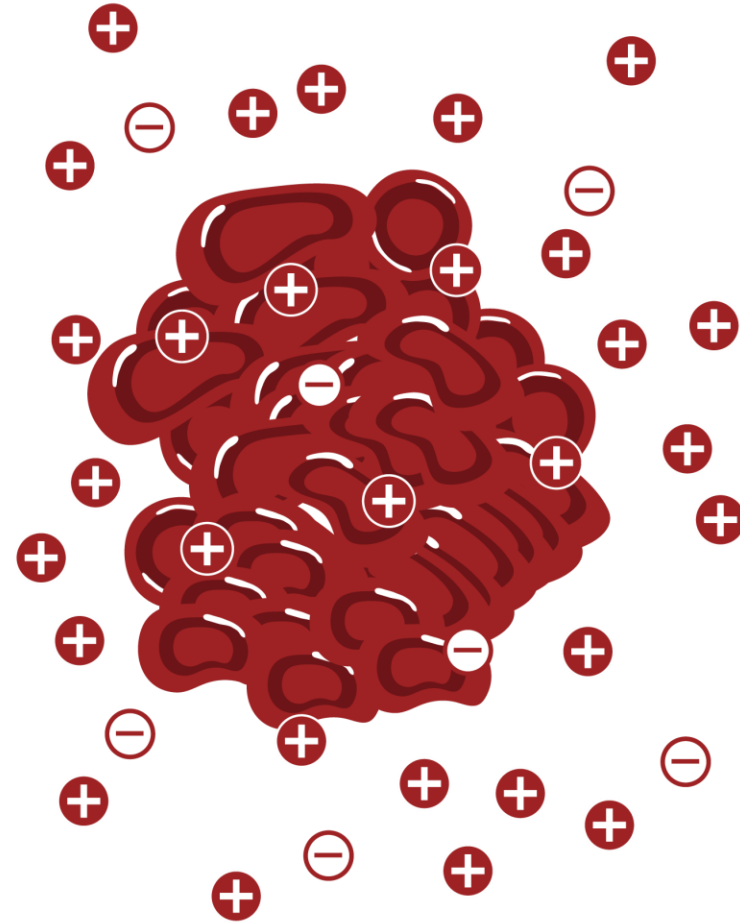
Stronger negative charge

Improved blood flow

Zeta potential of RBC



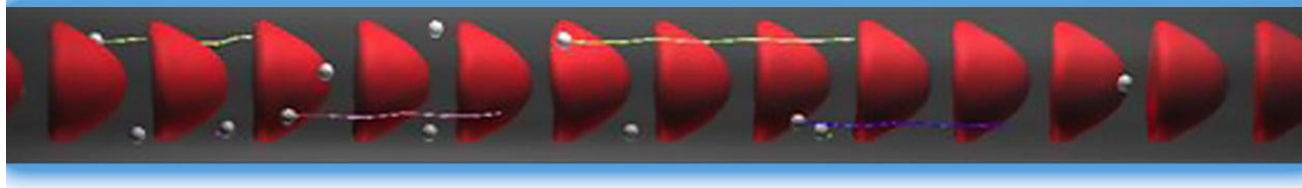
Abnormality in zeta potential



EARTHING CAPILLARY FLOW



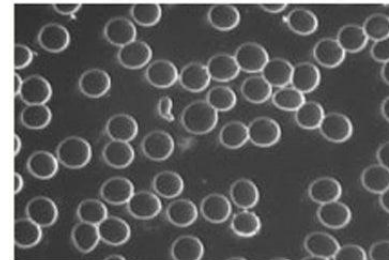
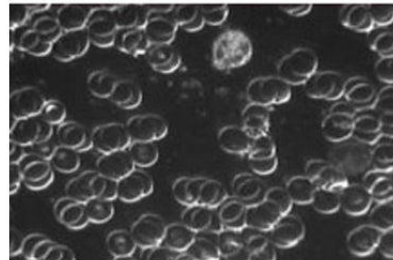
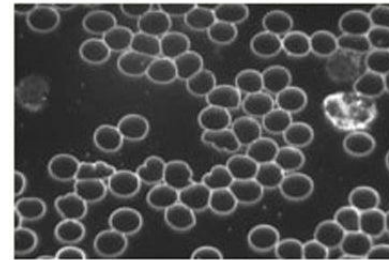
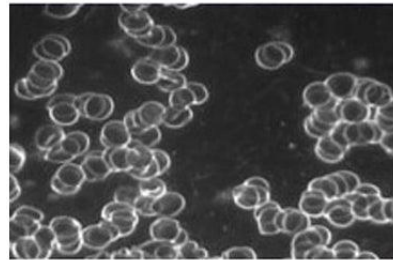
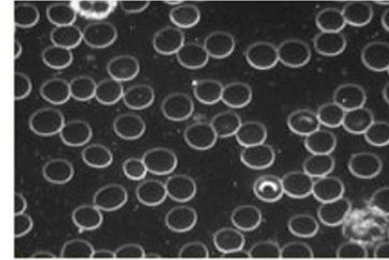
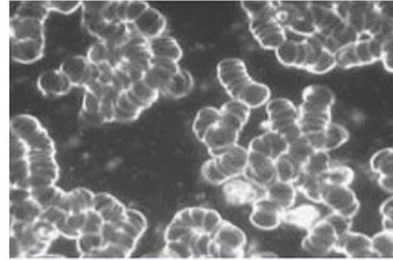
GROUNDING:
maintain separation
via surface charge.



NOT GROUNDING:
less surface charge
causes cluttered motion.



THE EFFECT OF GROUNDING ON THE BLOOD



Blood Flow **Before**
= Thick and Clumpy

Blood Flow **After**
= Thinner & Fluid

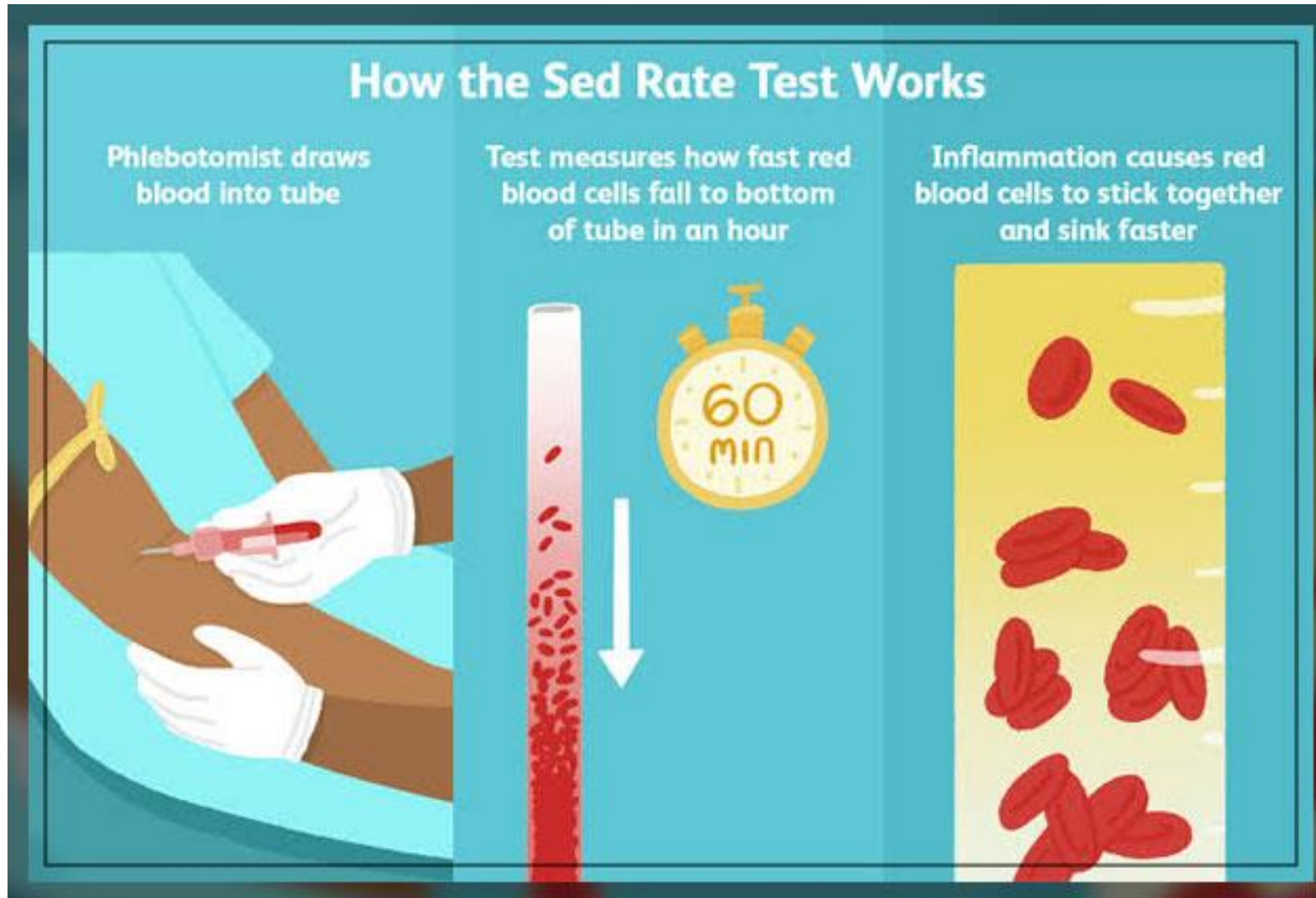
<https://pubmed.ncbi.nlm.nih.gov/22757749/>

Grounding (or earthing) is the process of creating a **direct conductive connection between the human body and the earth's surface electrons**, usually through skin contact with soil, grass, sand, water, or by using conductive grounding systems (sheets, mats, straps).

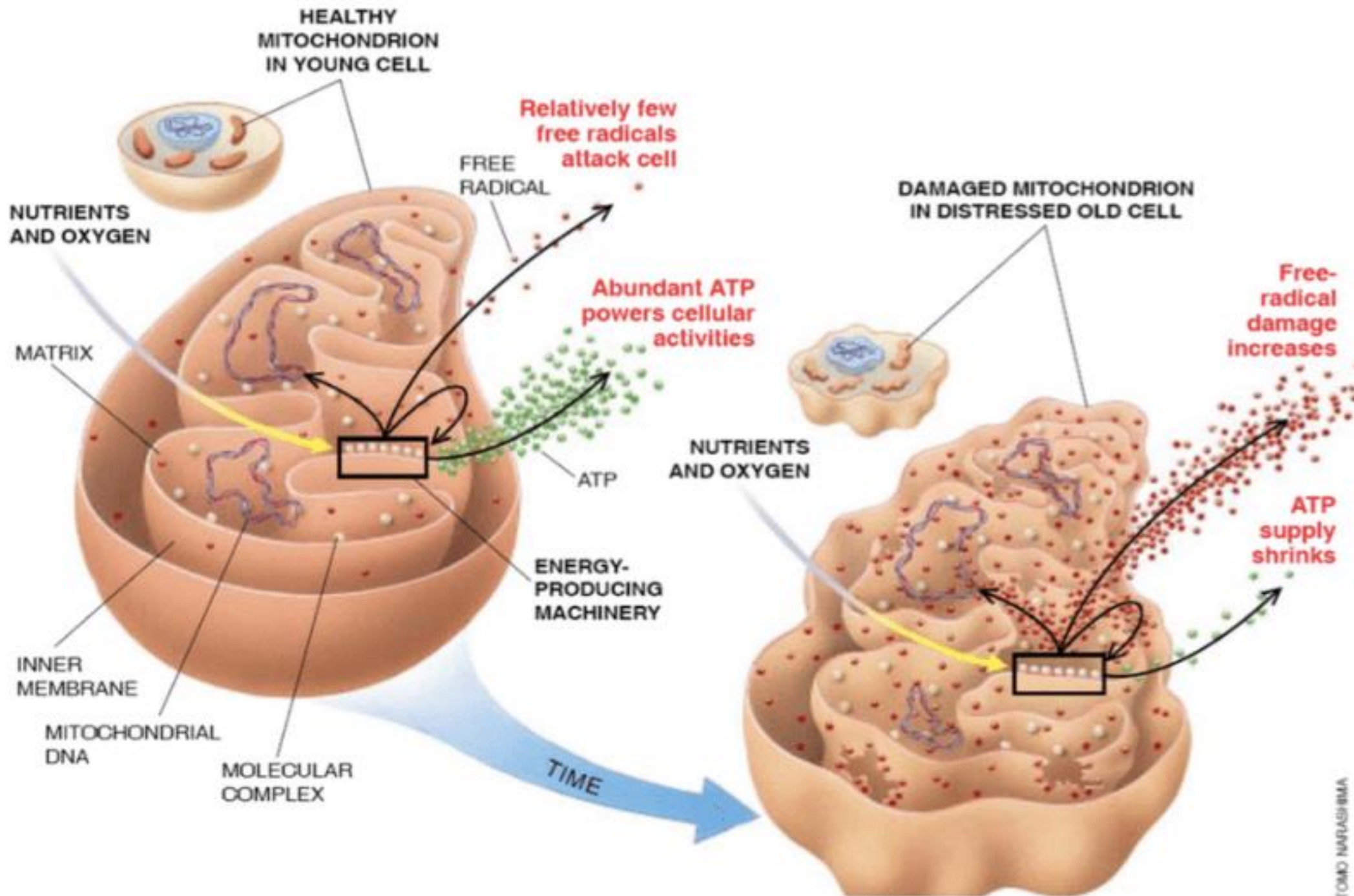
From a technical standpoint:

- The earth maintains a **negative electrical potential** due to its vast store of free electrons.
- When the body is grounded, these electrons can flow into the body, helping to **neutralize positively charged free radicals**, which may reduce oxidative stress and inflammation.
- Grounding also helps **stabilize the body's electrical environment**, supporting circadian rhythm regulation, nervous system balance, and potentially improving sleep and recovery.

So in both electrical and biological systems, grounding provides a **reference point, stability, and protection against electrical imbalance**.

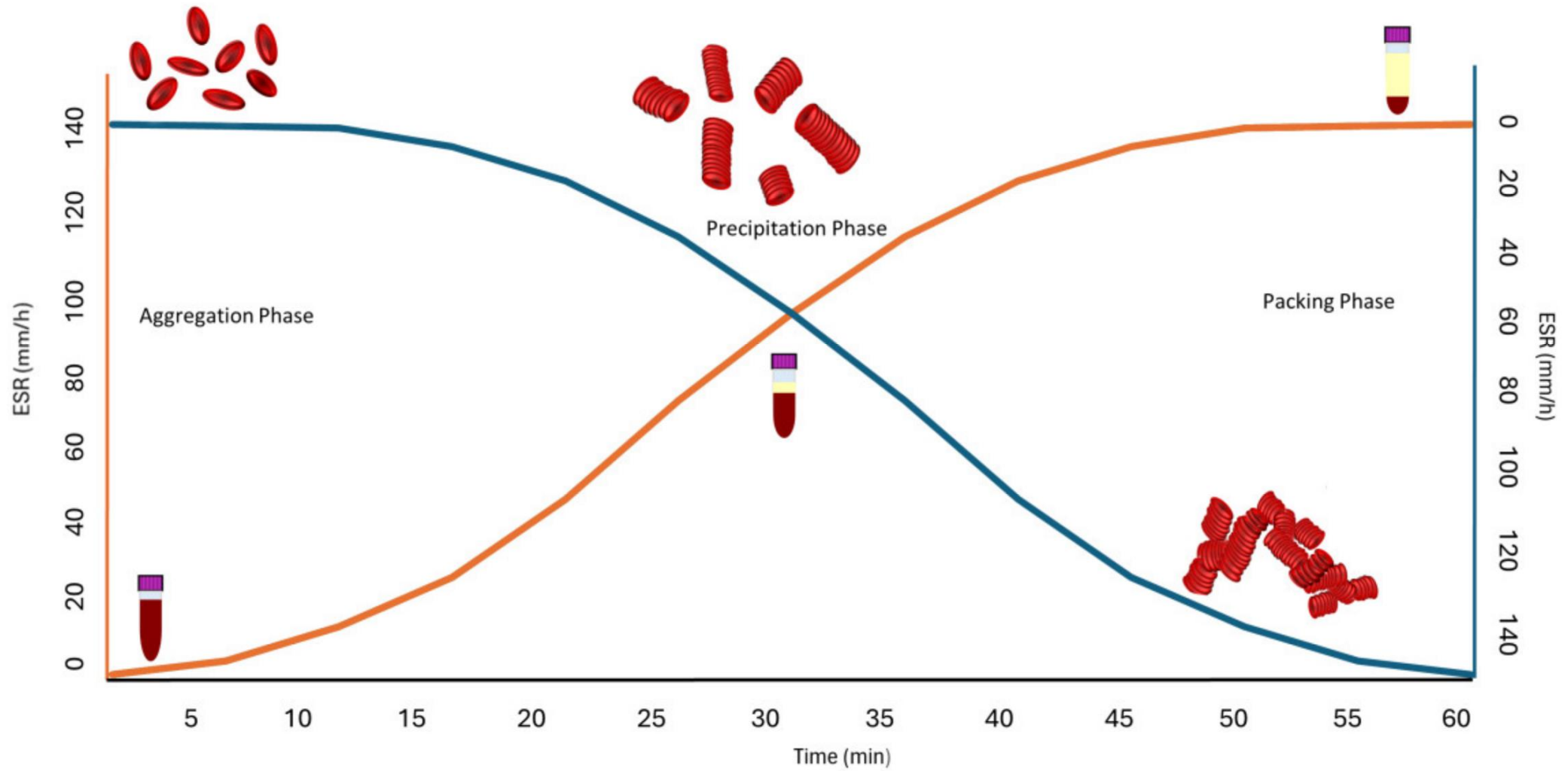


<https://engiomed.ae/esr-test/>



- **The Earth:** The Earth is defined as having 0 volts although the Earth's surface is actually an immense reservoir of free electrons—effectively more negative than most things around it.
- **The Human Body:** Living in shoes, on insulated mattresses, and indoors all day means your body tends to accumulate a slight positive charge. In plain language, you become electron-deficient.
- **When You Connect:** As soon as your bare skin touches the ground, electrons naturally flow **from the Earth (more negative, lower potential)** into your body (**more positive, higher potential**). They keep flowing until your body's charge equalizes with the Earth's.

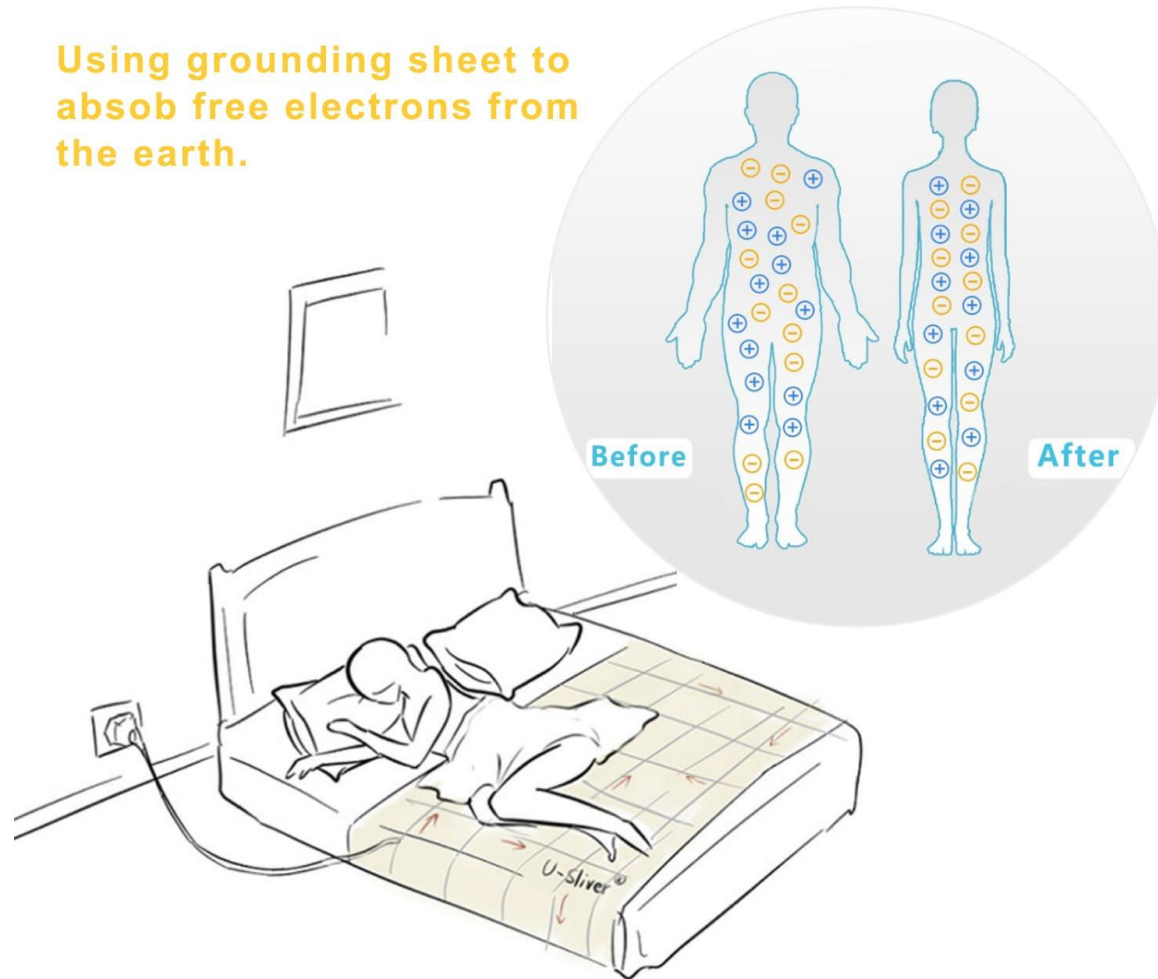
Sedimentation stages



Here's the important part: **electrons always flow from lower electric potential (more negative) to higher electric potential (more positive)**. If that sounds abstract, just remember this:

- Electrons, being negative, are always drawn toward the positive.

Using grounding sheet to
absorb free electrons from
the earth.



GROUNDING AND SLEEP

