

Discovering the Health Benefits of Grounding



Clint Ober

The revelations about grounding the human body have come to light thanks to a few curious individuals.

In the late 1990s, a retired cable TV pioneer started to think about the human body in terms of electrical grounding.

For 25 years, Clint Ober had participated in the spectacular rise of the cable industry that offered consumers superior images over regular broadcast television. He

established the leading cable installation company in the U.S.

What does cable TV have to do with health? The answer may surprise you. The crisp image delivered by the cable is the result of shielding that prevents signals from leaking out and prevents outside disturbances from leaking in. The cable consists of an inner copper conductor surrounded by a mesh shield. The shield is electrically connected to the Earth (grounded), so that the Earth can either deliver or absorb electrons and prevent the build-up of electrical charges in the system. The potential of the shield equalizes with that of the Earth's surface, thus protecting and stabilizing the signals flowing through the conductor.

After his retirement, Mr. Ober began to consider how his experience with cable TV might apply to the human body. He realized that most people wear synthetic-soled shoes that insulate their bodies from the Earth's connection that stabilizes not only cable TV but all electrical equipment – industrial or residential – throughout the world. This seemingly simple realization inspired a scientific adventure that has resulted in a great health discovery.

Clint Ober's Original Earthing Investigation

Experimenting first on himself, and then on friends, Mr. Ober rigged up a crude conductive system for the bed, using metallic duct tape connected by wire to a ground rod he planted in the soil outside. He then lay down on his "invention" was thus in contact with the Earth's energy, simulating being barefoot outdoors. To his surprise, he found that such contact prompted sleep and significantly reduced his own chronic pain. He stopped taking painkillers in order to sleep. Wanting to share his "discovery," he rigged up the beds of his friends in a similar manner. And they, too, reported the same amazing effect. Less pain. Better sleep.

In 2000, he organized a group experiment to test whether Earthing, as he called it, could really help people sleep better and reduce their pain. Assisted by a nurse, he identified 60 male and female volunteers with chronic sleep and pain issues. He then went to each of their homes and set up a conductive Earthing pad on their bed. He connected the pads with a wire to a ground rod placed in the Earth outside their bedroom windows that would facilitate carrying the energy from the Earth to the bed pad. However, in half of the set-ups, he inserted a spacer to block the conduction of energy. This would allow a comparison of two groups – those actually grounded, that is, receiving the Earth's energy, and those who were "sham grounded." The participants in the experiment did not know whether they were actually being grounded or not.

Results

The original findings in five critical areas of health sparked research which continues to this day. As of 2018, some two dozen studies have been conducted. We continue to learn how grounding has the potential to affect, and significantly so, a wide range of modern ailments.

Time to Fall Asleep:

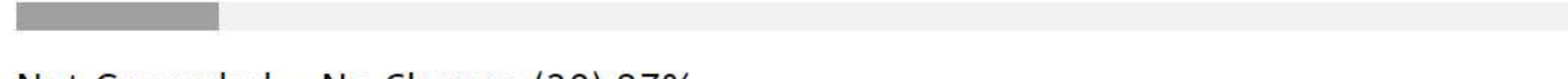
Grounded – IMPROVED (23) 85%



Grounded – No Change (4) 15%



Not Grounded – IMPROVED (3) 13%



Not Grounded – No Change (20) 87%



Quality of Sleep:

Grounded – IMPROVED (25) 93%



Grounded – No Change (2) 7%



Not Grounded – IMPROVED (3) 13%



Not Grounded – No Change (20) 87%



Wake Feeling Rested:

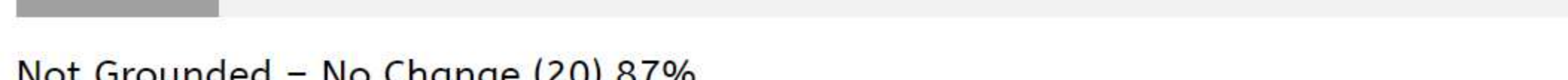
Grounded – IMPROVED (27) 100%



Grounded – No Change (0) 0%



Not Grounded – IMPROVED (3) 13%



Not Grounded – No Change (20) 87%



Muscle Stiffness and Pain:

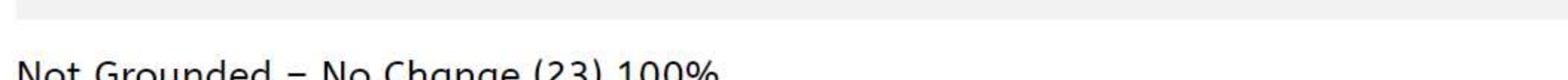
Grounded – IMPROVED (22) 82%



Grounded – No Change (5) 18%



Not Grounded – IMPROVED (0) 0%



Not Grounded – No Change (23) 100%



Chronic Back and/or Joint Pain:

Grounded – IMPROVED (20) 74%



Grounded – No Change (7) 26%



Not Grounded – IMPROVED (0) 0%



Not Grounded – No Change (23) 100%



*Reports not received from three Grounded participants.
**Reports not received from seven Ungrounded participants.

Not being a scientist, Mr. Ober published his experiment in ESD, an online journal that specializes in news and technical papers related to the subject of electrostatics.