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Headline: What Every Woman Ought to Know About Grounding

“Try grounding.”

It’s good advice, but what does it mean?

According to [The Earthing Institute](#), “Earthing, or grounding as it is often called, simply means connecting to the Earth’s natural, negative surface charge by being barefoot outside or in bare skin contact with conductive systems indoors while you sleep, relax, or work.”

Think about the following:

- When was the last time you walked barefoot on the grass?
- When was the last time you sat in the sun and soaked up the rays?
- When was the last time you had a good night’s sleep?
- When was the last you felt supercharged?

If you’re like most women today, you have a busy schedule and forget to take time for you or don’t even give yourself the gift of eating right, working out or becoming quiet and still. For example, have you ever heard the saying, “Stop and smell the roses?” This advice can be a part of your grounding or earthing. By smelling a fragrant flower like a rose, you connect to the earth. How? The rose like many flowers is rooted in the ground, Mother Earth. A rose is connected and you can connect to the earth through it by breathing in its sweet fragrance.

Below you’ll find how you can start grounding today and the benefits you’ll receive.

How to Start Grounding

1. [Walk barefoot on the grass](#) or the beach.
2. Run barefoot on a sandy beach.
3. Dip your toes into a stream or lake.
4. Swim in the ocean.
5. Walk barefoot on concrete, preferably wet concrete (go outside after it’s rained).
6. Purchase an [earthing mat](#) such as a conductive desktop pad, foot mat or bed pad.
7. Take your shoes off when you fly (wear clean socks -- keep them on) and place your feet on the metal footrest underneath the seat in front of you.

Benefits of Grounding

Do you want to stop the aging process? How about ease your muscle pain after an intense [workout](#)? These are just a few benefits of grounding or earthing. Other benefits include:

- Speeds up tissue repair.
- Makes you feel good.

- Antioxidants transferred into your body can decrease inflammation and skin resistance.
- Thins blood so it flows easier – helps reduce your blood pressure.

If you want to live a toxic free (emotional, mental, and physical) lifestyle, try grounding. It's free and easy to use and can make you feel better within minutes.

You can incorporate grounding into your best workout to lose weight and get toned such as [Click it to Rip it](#). Don't worry about what people will think of you if they see you running barefoot on the grass or taking your shoes off on an airplane. All that matters is that you're taking charge of your body, mind and soul by living a healthy lifestyle.

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