

YOUR LOCAL BAREFOOT HEALING  
EARTHING REPRESENTATIVE IS:

# FEEL BETTER, SLEEP BETTER & LOOK BETTER!

*The natural way with Earthing...  
possibly the most important health discovery ever!*

For information on scientific trials,  
research, reports and feedback  
please visit [www.earthinginstitute.net](http://www.earthinginstitute.net)

**CALL TO ORDER**  
**1300 Earthing (327 844)**  
or [www.barefoothealing.com.au](http://www.barefoothealing.com.au)

 **Barefoot Healing**  
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*Your guide to a simple  
and easy solution for  
better health and vitality!*

 **Barefoot Healing**  
AUSTRALIAN EARTHING<sup>®</sup> SPECIALISTS

# WHAT IS EARTHING

Earthing is a fast-growing movement based upon the major discovery that connecting to the earth's natural energy is foundational for vibrant health.

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## LIVE LIFE BETTER WITH EARTHING

### Do you know when your health is just "not quite right"?

Have you been visiting your doctor only to be told they can't find anything wrong, or that nothing can be done to improve your situation, or have you started seeking out natural alternatives in the hope of trying to heal yourself?

That was my story. After years experiencing a range of illnesses and health conditions that just would not go away, I began to look for natural alternatives without medication. That's when I discovered Earthing.

At first I couldn't believe something as simple as connecting myself to the Earth's healing energy could make such an impact on my health, but it did. Just a few months after using Earthing products and spending

more time outdoors barefoot, my chronic upper back pain literally disappeared. I was sleeping deeply and able to stop using asthma medication after 30 years and the improvement with my immune system also helped greatly with food intolerances, allergies and anxiety.

Earthing saved me time, money and I no longer had to put up with the inconvenience of making appointments all the time to see doctors for medication and referrals for treatments.

I was so impressed with the life changing transformation it gave me; in 2012 I flew to the USA and personally met Clint Ober, the founder of Earthing and Earthing products.

My absolute passion for the products and wanting

to share the benefits of "electrical nutrition" with others led me to become an official distributor for US Earthing products here in Australia. Over the years, and after talking to literally hundreds of people about their experiences with Earthing, I've come to realise Earthing is not a cure all, but rather a basic foundation needed to enhance all the other vital components we need for a healthy balanced life. Earthing also helps our bodies to counteract the damaging effects of exposure to the electronic world we live in today.

So take control of your own health in the most natural and simple of ways without any down time. Live life better with Earthing.

**Linda McNair**  
Director & Founder  
Barefoot Healing

“ THE THING I LOVE ABOUT EARTHING IS THAT IT'S AS SIMPLE AS WALKING BAREFOOT ON THE GRASS OR ON A BEACH FOR AT LEAST 30 MINUTES - OR GOING TO SLEEP ON AN EARTHING SHEET AT NIGHT. IT TAKES SUCH LITTLE EFFORT YET THE REWARDS CAN BE LIFE CHANGING. ”





## INTRODUCTION TO EARTHING

Do you remember the last time you walked barefoot on the beach, through the grass or in the bush and simply reconnected with the Earth? How good did it feel?

Years of extensive research has shown that connecting to the Earth's natural energy, by walking barefoot on grass, sand or dirt can diminish chronic pain, fatigue and other ailments that plague so many people today. This connection is referred to as Earthing or Grounding.

To put it briefly, when your bare feet or skin comes into contact with the earth, free electrons are taken up into the body. These electrons could be referred to as nature's biggest anti-oxidant and help neutralise damaging excess

free radicals that can lead to inflammation and disease in the body.

The Earth's energy upgrades one's physiology by allowing the body to cope and repair thereby promoting wellbeing, vitality and better sleep. It also harmonizes and stabilizes the body's basic biological rhythms, knocks down (and even knocks out) chronic inflammation and reduces and eliminates associated pain, making it the most natural and powerful anti-inflammatory and anti-aging remedy around!

Through research, products were developed to bring the Earth's healing energy directly to the body, while indoors, via conductive materials, thus making the Earth-Body connection easy and convenient.

**Earthing "OUTDOORS" is easy, just touch your bare feet to the grass for at least thirty minutes or go barefoot at the beach and notice how fast stress and pain reduces and energy improves!**

**Earthing "INDOORS" is safe and easy with an Earthing product. Just plug into a standard power outlet using our custom designed Earthing adapter plug, which only connects to the internal Earth of your building, then lay, rest or drape it against your bare skin while you work, relax or sleep. No power is used.**



## CLINT OBER'S STORY

The founder of Earthing and Earthing products is Clint Ober, a former electronics expert who became a successful, nationwide cable television company owner in America. In 1993 at the age of 49, Clint had a serious brush with death and following his recovery, decided to give away most of possessions and go in search of a new life. He ended up in Sedona, Arizona, the birthplace of Earthing. It was while in Sedona, Clint had a "light bulb" moment.

He observed a group of tourists walking around and all of them were wearing shoes with rubber or plastic soles. Based on his extensive knowledge of electricity and insulation, he realised all of these people, himself included, were actually insulated from direct contact with the Earth.

Clint knew that all electrical appliances and cable systems had to be Earthed or Grounded to stop interference from outside electromagnetic fields – so could wearing insulated rubber or plastic-soled shoes adversely affect our health?

Since that light bulb moment, almost 15 years of research and trials have gone into Earthing and Grounding by Clint and his team of health experts. The result? Due to an overwhelming demand by participants in Earthing research studies, a multitude of products that connect your body to the natural healing energy of the earth when "indoors" and while sleeping, relaxing or working has been created and used around the world.

You can read more about Clint's story and research in the "Earthing Book" featured on page 17



**“CONNECTING TO THE EARTH RESTORES, STABILISES, AND MAINTAINS THE HUMAN BODY’S MOST NATURAL ELECTRICAL STATE, WHICH IN TURN PROMOTES OPTIMUM HEALTH AND FUNCTIONALITY IN DAILY LIFE. THE PRIMORDIAL NATURAL ENERGY EMANATING FROM THE EARTH IS THE ULTIMATE ANTI-INFLAMMATORY AND ANTI-AGING MEDICINE.”**

Clint Ober, Earthing Founder

## EARTHING’S AMAZING BENEFITS

Time and time again, extensive research and feedback from individuals worldwide, who have grounded routinely and often by sleeping with Earthing products, has demonstrated a multitude of health benefits from connecting to the Earth’s energy including:

- Improvement of many inflammation-related disorders
- Reduction or elimination of chronic pain
- Better sleep and the ability to fall faster to sleep
- Increased energy
- Lowered stress, more calmness by cooling down the nervous system and stress hormones
- Normalisation of the body’s biological rhythms
- Thinner blood, improved blood pressure and flow
- Muscle tension and headache relief
- Lessened hormonal and menstrual symptoms
- Dramatically faster healing
- Accelerated recovery from intense athletic activity
- Reduces or eliminate jet lag

Isn’t it amazing that something as simple as reconnecting to the Earth can have such a profound effect on the human body! And you can start Earthing today by heading outdoors and placing your bare feet on the ground or walking barefoot on the beach for 30 minutes a day.

Notice just how fast your stress and pain reduces and how much your energy improves!

But if walking barefoot on a daily basis is not possible or practical for you, Earthing products are just as effective – from Grounding Shoes to Wrist Bands, Pillows, Sheets or Mats – there is an Earthing product to suit your lifestyle and needs.

Simply plug your Earthing product into a standard power outlet using our custom designed Earthing adapter plug, which only connects to the internal Earth of your building (no power is used), then lay, rest or drape it over your bare skin while you work, relax or sleep to reap the Earth’s amazing benefits. Alternatively you can use a dedicated Ground Rod to the Earth (see page 16).

# EARTHING WHILE YOU SLEEP

Sleep is essential for good health. The primary reason people do not sleep well is stress. Feeling chronically stressed “in effect” is a result of holding the body in a flight or fight state for an extended period. When the body is in this state, it becomes charged with elevated levels of hormone cortisol that disrupt metabolism and sleep.

Poor sleep in turn prevents recovery and causes health disorders.

The easiest way to minimize stress and improve health is to sleep grounded on our Earthing Sheets and Pillowcases. Sleeping grounded, by connecting to the earth’s energy, is a ground-breaking natural way to reduce stress.

Grounding naturally reduces charge in the body which in turn normalizes hormone cortisol secretion and enables stabilized sleep, naturally.

You can sleep grounded every night on our Earthing fitted sheets, half sheets and pillowcases.

Available in all bed sizes. (Refer to page 8)



**EARTHING INTRODUCES A REVOLUTIONARY NEW WAY TO SLEEP AND WAKE UP MORE REFRESHED!**



## EARTHING BED SHEETS

All our sheets are available in different sizes to fit most mattresses. Our half sheet fits all beds and can be placed over a section of your regular bottom sheet, either the long way for 1 person or along the bottom of the bed for 2 people. For the best results, bare skin must be in direct contact with the sheets.



### WHAT MAKES OUR SHEETS SO SPECIAL?

Our Earthing Sheets are manufactured with 100% natural unbleached and undyed Egyptian cotton. Every sheet contains more than 365 metres of silver thread woven into the all natural cotton to give it its conductive and antimicrobial properties. This unique design allows our 300 thread count sheets to comfortably make the connection between you and the Earth. Every product has a snap connection that attaches to our Earthing cord which then plugs into a standard power outlet using our custom designed Earthing adapter plug or optional Ground Rod. To wash simply unclip the cord from the sheet and follow washing instructions.

#### HALF SHEET KIT

Includes: Half-Sheet: 3m x 91.4cm (approx), 4.5m Cord, Adapter Plug

#### FITTED SHEET KIT

Includes: Fitted Sheet: 4.5 m Cord and Adapter Plug

- Single Fitted Sheet
- Double Fitted Sheet
- King Fitted Sheet
- Single (King) Fitted Sheet
- Queen Fitted Sheet



# 99.9% PURE SILVER GROUNDED PILLOWCASE

**NEW RESEARCH SHOWS THAT SLEEPING ON OUR GROUNDED SILVER PILLOWCASE IMPROVES FACIAL BLOOD FLOW.**



Blood is actually a great natural beautifier and improving blood flow brings vital oxygen and other beautifying nutrients to the skin surface. Boosting oxygen supply to your face leaves your skin better moisturized, fresher and younger looking. Improvements to the skin are immediate and profound!

**“HORMONAL IMBALANCES ARE SO PREVALENT AMONG WOMEN. EARTHING HAS A PROFOUNDLY BENEFICIAL EFFECT IN HELPING TO BALANCE THE SYSTEM AND REDUCE SYMPTOMS.”**

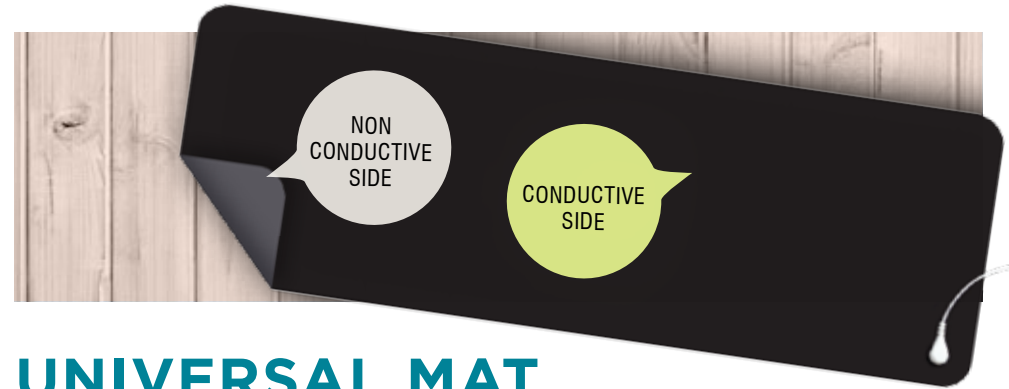
Amanda Ward, N.D., Encinitas, California

Our silver, silky smooth and always cool pillowcase does what no other pillowcase on the planet can – it reconnects you to the Earth’s gentle, natural and restorative energy while you sleep so you wake looking and feeling refreshed. Every product has a snap connection that attaches to our Earthing cord which then plugs into a standard power outlet using our custom designed Earthing adapter plug or optional Ground Rod.



## PILLOWCASE KIT

Includes: 99.9% Pure Silver Pillowcase (conductive on 1 side), Coil Cord, Adapter Plug  
Size: 50.8 x 76.2cm



# UNIVERSAL MAT

Anywhere you work, sit, relax or rest, the Earthing Universal Mat is one of the greatest things you can do to support your health and maintain wellness. The Universal Mat can be used on top of a desk under your computer keyboard and mouse with your hands resting anywhere on the mat surface. Another option, is under your desk with bare feet resting on the mat. You can also team the mat up with a pair of specially designed Earthing Shoes (see page 15) so that you can leave your shoes on while using the Earthing Mat. The Universal Mat is made from carbonised vinyl that is ourderless with a foam backing.

**Used in the office it can help reduce body voltage induced on our bodies from common electrical sources such as computers, printers and other office equipment.**

## UNIVERSAL MAT KIT

Includes: Universal Mat 25 x 69cm, conductive on 1 side, 4.5m Cord, Adapter Plug

UNIVERSAL  
MAT COVERS  
AVAILABLE



Every product has a snap connection that attaches to our Earthing cord which then plugs into a standard power outlet using our custom designed Earthing adapter plug or optional Ground Rod. (No power is used)



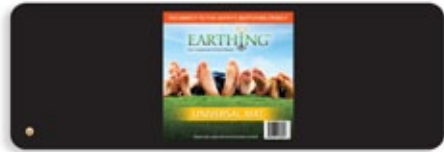
# TRY OUR INTRODUCTION TO EARTHING STARTER KIT



The popular starter kit features a money-saving combination of Earthing Half-Sheet made with conductive silver thread (see page 8) to use on your bed when you sleep, and an Earthing Universal Mat (see page 9) for use elsewhere in your home or office with the addition of the Socket Tester to verify that your power points and power boards are earthed correctly, the Product Tester to verify that your products are conductive and are connected correctly, the Earthing Book, Audio Earthing Book CD, The Grounded DVD and all connectors so that you can start Earthing as soon as you receive your products.



## OUR STARTER PACK CONTAINS



▲ 1 x universal Mat ▼ 1 x half sheet



▲ 1 x Earthing Book



▲ 1 x Earthing CD



▲ 2 x 4.5m straight cords



▲ 1 x "The Grounded" DVD



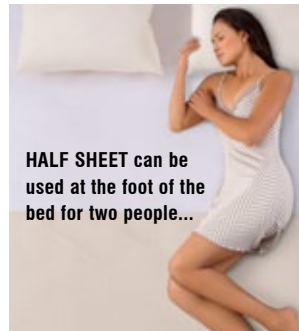
◀ 2 x Adapter plugs



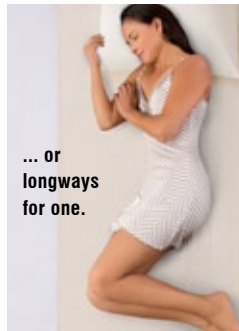
▲ 1 x Outlet Checker



▲ 1 x Product Tester



HALF SHEET can be used at the foot of the bed for two people...



... or longways for one.

Every product has a snap connection that attaches to our Earthing cord which then plugs into a standard power outlet using our custom designed Earthing adapter plug or optional Ground Rod.

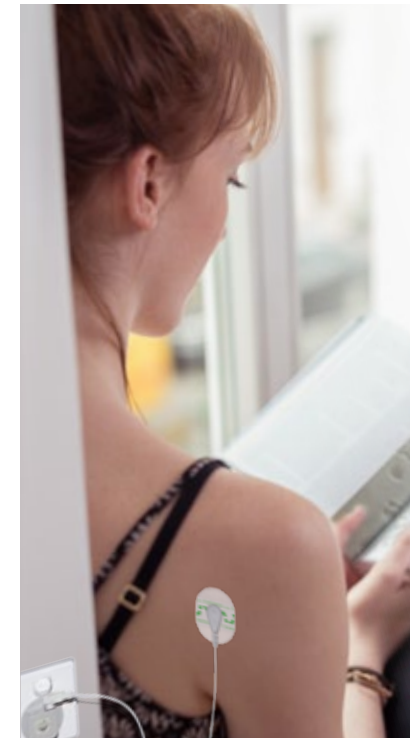


# TAKE THE PAIN AWAY! BODY BANDS & PATCHES

## SMALL BODY BAND KIT

Small Earthing Body Band can be used during the day while working, relaxing, stationary fitness or meditation. The accompanying Earthing coil cord permits some mobility, should you wish to be grounded while doing activities. Individual bands and cord also sold separately.

Includes: 2 x Small Orange Body Bands: 20.3cm, 1 x Strip of 5 Patches, 2 x 6m Coil Cords, 1 Adapter Plug



## PATCHES

Earthing patches are similar to the ECG/EKG electrode patches commonly used by doctors for testing purposes. When used for Earthing, you simply apply them to the skin on some part of the body, such as a site of tenderness or pain.

Patches can be used with other Earthing Products, by adhering to an area of pain while using the Earthing Mat or Earthing Sheet.

The Patches are particularly useful for practitioners and healers who wish to Earth their clients during a consultation.

Patches and cords also sold separately.

One end of the accompanying Earthing cord snaps onto the patch or body band while the other end connects into the Earthing adapter plug and then plugs into a standard power outlet or you can connect to the Optional Ground Rod.



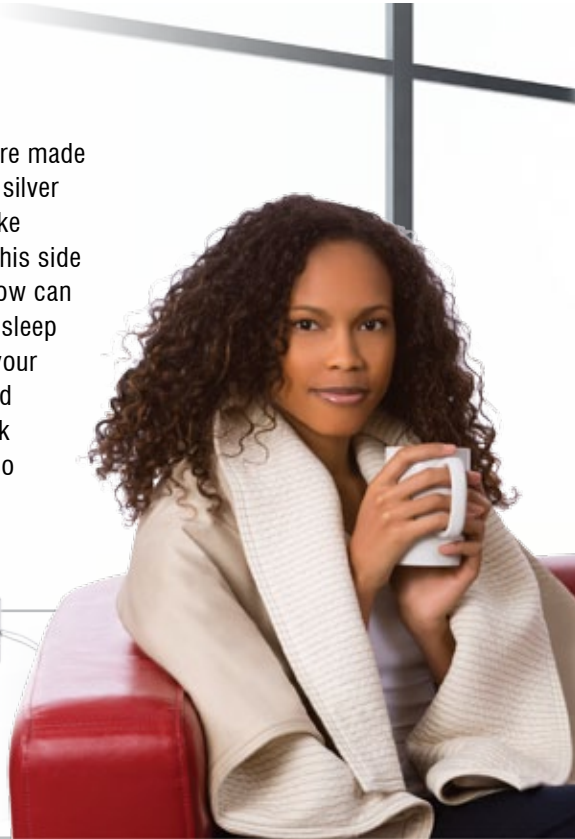
## PATCHES KIT

Includes: 50 Conductive Patches, 2 x Coil Cords, 1 x Adapter Plug



## THROW & PLUSH PAD

The Earthing Throw and Plush Pad are made of soft plush cotton with conductive silver threading on one side and a suede like smooth cotton on the reverse side (this side is not conductive). The Earthing Throw can be used as a blanket, to lay on or to sleep with as long as it is in contact with your bare skin. The Plush Pad can be used on a chair to sit on, behind your back or draped over your lap. Both are also great for indoor pets too!



### EARTHING THROW KIT

Includes: Earthing Throw: 1.1 x 1.5m, conductive on 1 side, 4.5m cord, Adapter Plug

### PLUSH PAD KIT

Includes: Plush Pad: 50.8 x 76.2cm, conductive on 1 side, 4.5m cord, Adapter Plug



Every product has a snap connection that attaches to our Earthing cord which then plugs into a standard power outlet using our custom designed Earthing adapter plug or optional Ground Rod.

## RECOVERY BAG

The Earthing Recovery Bag was initially designed for Tour de France cyclists and has since become a popular sleeping accessory with athletes and travellers, as well as folks at home who enjoy the bag effect.

It is manufactured with 100% natural unbleached and undyed Egyptian cotton (300 thread count). It contains silver thread woven into its all natural cotton to give it its conductive and antimicrobial properties.

Can be fully unzipped to a flat sheet or zipped together with another bag for a couple's bag.



### RECOVERY BAG KIT

Includes: Recovery Bag: Zipped 2.1 x 1m, 4.5m Cord, Adapter Plug

## YOGA & FITNESS MAT KIT

Our Grounded Yoga Mat is the perfect addition to your yoga routine. It's also great for pilates, stretching, meditation and even for larger standing or sitting areas.

The black side is the conductive side and the reverse blue side gives the mat a good grip to the floor.

The new magnetic snap cord attaches with ease to the corner of the mat and to the nearest standard power outlet or you can use the optional Ground Rod.

The magnetic snap detaches easily if it comes in contact with an obstruction. 100% PVC Free and Latex Free, Anti-Skid and Odourless.

To wash simply unclip the cord from the sheet and follow washing instructions. Handy carry bag included.

Includes: Yoga Mat: 60 x 182cm, Magnetic Straight Cord, Adapter Plug, Carry Bag

  
 GROUNDED™  
 YOGA  
 & FITNESS  
 MAT





**BAREFOOT HEALING IS THE AUTHORISED AUSTRALIAN DISTRIBUTOR FOR PLUGGZ**



# EARTHING FOOTWEAR

Most shoes today are created from synthetics or rubber which puts a barrier between us and the Earth, blocking the flow of beneficial electrons. Our Earthing Shoes have an exclusive conductive material partly embedded in the sole allowing for the free flow of electrons. Earthing Footwear. It's like going barefoot – without going barefoot! Earthing shoes are also great to combine with your Universal Mat, providing foot protection, comfort and warmth.

**Visit [www.barefoothealing.com.au](http://www.barefoothealing.com.au) for current sizes, styles & available stock**



# AUTO SEAT PAD

The Auto Seat Pad neutralizes micro electrical charges on the body. It's great for those who spend many hours traveling. Great for you and all your passengers. The conductive auto seat pads attach to the steel frame of the car.

**LOOSEN UP ON THE ROAD**



Includes: 1 x Auto seat pad and 13cm Special Alligator Clip Coil Cord

# ACCESSORIES

**FOR A FULL RANGE OF ACCESSORIES PLEASE VISIT OUR WEBSITE [www.barefoothealing.com.au](http://www.barefoothealing.com.au)**



**NOTE:** Foreign adapter plugs and outlet checkers available on our website.

**ADAPTER PLUG**  
These plugs connect Earthing products to Earthed power outlets. They also have an inbuilt splitter so you can connect two products.



**OUTLET CHECKER**  
It tests the electrical power outlets in your home to verify that they are Earthed before using your Earthing products.



**PRODUCT TESTER**  
The tester verifies that your Earthing products are conductive. Includes tester with replaceable battery, 6m Coil Cord.



**GROUND ROD & CORD**  
To be used when your outlets are not Earthed. Ideal for older structures as well as outdoors and camping. It comes with a 12.2m cord and a 30cm steel rod.



**SPLITTER**  
It allows you to connect two Earthing products, when using the Ground Rod, such as the Earthing Sheet and Product Tester.



**STRAIGHT CORD 4.5m**  
They connect Earthing sheets and mats to earthed outlets.



**COIL CORD 6m**  
They connect Earthing body bands and Earthing pillowcases to earthed outlets.



**MULTIMETER WITH ALLIGATOR CLIP CORD**  
See how your body voltage is reduced when using an Earthing Product.

**OPTIONAL PRODUCT**



**EXTENSION CORD 3m**  
It can be used with any Earthing product cord when extra length is needed to connect to power outlet or ground rod.



**EXTENSION CORD 12.2m**  
It can be used with any Earthing product cord when extra length is needed to connect to power outlet or ground rod.



**LAUNDRY DETERGENT**  
Use every fourth wash to improve the longevity of your Earthing fabric products.  
1 bottle / 1 use  
6 bottles / 6 uses

“ EARTHING GIVES YOU THE MOST BENEFITS FOR THE LEAST AMOUNT OF WORK OF ANYTHING I’VE EVER SEEN. THERE IS NO WORK! ”

David Wolfe, Worldwide Speaker and Author on Healthy Lifestyle.



## EARTHING PUTS OUT THE FIRE OF INFLAMMATION!

**Did you know these conditions are related to inflammation?**

- Allergies
- Alzheimer’s
- Anemia
- Arthritis
- Asthma
- Autism
- Cancer
- Cardiovascular Disease
- Diabetes Types 1 & 2
- Eczema
- Fibromyalgia
- Common Intestinal Disorders like Crohn’s Disease & IBS
- Kidney Failure
- Lou Gehrig’s Disease
- Lupus
- Multiple Sclerosis
- Pain,
- Pancreatitis
- Psoriasis
- Rheumatoid Arthritis

**Renowned Cardiologist, Stephen Sinatra, M.D., who has over 30 years practicing in medicine says, “I regard Earthing as the greatest health breakthrough in all my years in medical practice. Regular Earthing restores the body’s natural electrical state, calms the nervous system, reduces inflammation and improves circulation. No pill on Earth can do what Mother Earth does!”**

Quote from Dr Sinatra as in the “Going Organic Booklet”



## THE SCIENCE BEHIND THE STORY

Discover the science behind Earthing, uncover the missing link to health and learn about the extensive health benefits of Earthing with these two powerful educational tools.

The award-winning Earthing book is a must-have for anyone wanting to better understand the science behind Earthing and its healing powers. This compelling book pulls together more than 15 years of documented evidence from countless Earthing trials and research by experts on Earthing and Grounding – including the founder of Earthing, Clint Ober.

Read how the simple act of connecting to the Earth can negate the effects of environmental toxins and EMF exposure, normalise the body’s biological rhythms, cool inflammation and stress hormones, improve sleep, improve blood pressure and flow, accelerate healing, reduce pain and so much more!

Share in the powerful testimonies from everyday people whose lives have been changed through Earthing. This book is a must-have for every home!

Book Audio CD version also available.

### 2011 Nautilus Award Winner

### WELLNESS, PREVENTION, HEALTH & HEALING

The Nautilus Awards recognises books that promote spiritual growth, conscious living, and positive social change, while at the same time stimulates the “imagination” and offers the reader “new possibilities for a better life and a better world”.

If you’re new to the concept of Earthing the DVD “The Grounded” will help you understand the holistic impact Earthing can have on the human body.

Produced by an independent National Geographic Film Maker, the DVD features world-renowned health experts including Dr Stephen Sinatra, Dr Joseph Mercola, and Dr Laura Koniver who share their views on the theory of Earthing and how by simply touching the Earth, you can literally change your life for the better.

“ THIS BOOK IS PROBABLY THE MOST IMPORTANT HEALTH READ OF THE TWENTY-FIRST CENTURY. ”

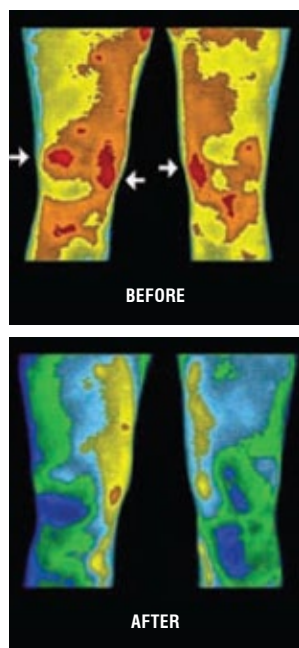
Ann Louise Gittleman, Ph.D, C.N.S.,  
Author of The Fat Flush Plan



# EARTHING & ITS EFFECTS

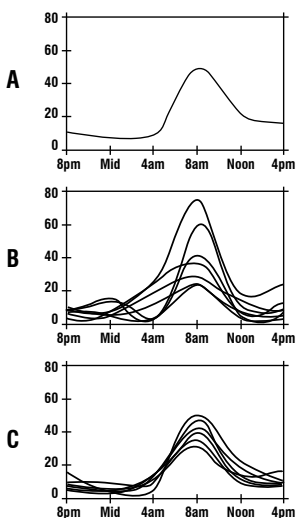
## INFRARED IMAGING

The image below shows thermal imaging cameras which capture changes in skin temperature to create a colour-coded map. Tissue damage causes increased heat, so abnormally hot areas indicate inflammation. The infrared photos featured were taken just 30 minutes apart – before (above) and after Earthing (below). They clearly illustrate the rapid resolution of inflammation and positive impact Earthing can have on chronic pain, stiffness and other inflammatory conditions.



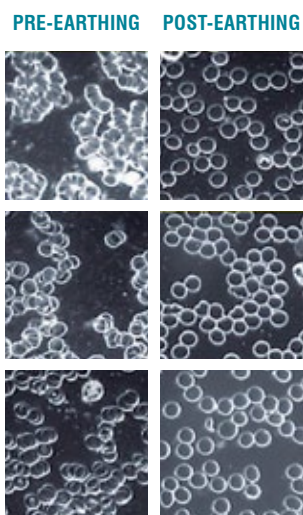
## CORTISOL LEVEL TESTING

Cortisol is known as the stress hormone. A lifetime of high stress can cause cortisol levels to go into overdrive – and serious health conditions start to appear. To test the effectiveness of Earthing on cortisol levels, 12 subjects who complained of sleep problems, stress and pain were monitored over an eight week period. The results were significant: Graph A indicates a normal 24 hour cortisol secretion profile. Graph B shows the wide variety of patterns among the participants prior to Earthing. Chart C represents the altered patterns of the participants after Earthing – a significant stabilisation of cortisol levels.



## LIVE BLOOD ANALYSIS

Clinical Physician and co-author of the Earthing book Dr Stephen T. Sinatra undertook many trials and experiments with Earthing. In one such trial he invited a group of participants to have a drop of blood taken from them before and after 40 minutes of Earthing via EKG patches connected to the Earth. All samples of the blood taken showed clumpy blood prior to Earthing yet a dramatic improvement post-Earthing. Images clearly show blood samples appeared more thinned out and fewer formations of blood cells associated with clumping and clotting.



# TESTIMONIALS

I have discovered the magic of Earthing after a long history of Fibromyalgia. In the past there were times that my body was in so much pain, no one could even touch me. Now when I go to see my specialists I arrive fresh and alert. At 76, I am now able to play and converse with my beautiful grandchildren and great grandchildren, instead of struggling and pretending. I teach scrapbooking, and can sit and work for two hours and control my pain. I am living.

Colleen F, NSW

I've had two knee replacements and been in so much pain from my hips to my feet that I take 4 to 6 painkillers a day. I've been using my Earthing Sheet for a few days and my pain has cut right down that I don't need to take all those pain killers anymore. I told my Doctor about this improvement and he looked at me as though I was mad, but he did notice that I'm walking better.

Jeanette A, WA

I am astonished at the effectiveness of the Earthing Sheet. I've had chronic neck and back pain, often with severe stress.

The improvement in my sleep, pain and stiffness in only three nights has been dramatic. As a Medical Practitioner I am surprised that this seems to be the best kept health secret in town.

General Practitioner, VIC

I have had arthritis throughout my body since I was 30. I have been using Earthing products for around three years. I can honestly say I have no pain except occasionally when I overdo things. I've had two knee replacements that have healed well and I'm feeling pretty good for 82. I would recommend Earthing for anyone who is suffering with pain throughout their body.

Mary C, NSW

It has taken two weeks sleeping on the Earthing Sheet and using the Earthing Mat to see a remarkable change in my husband. The swelling in his hands and feet has reduced and he can now get straight out of bed and walk normally where as it took him around two hours to get mobile. He can join the family again in social activities and has more energy.

Jackie C, VIC

I have had Chronic Fatigue for over two years. I began using the Recovery Bag in October 2013 and my health has improved considerably. I meditate and exercise on my cotton Throw or Plush Pad daily. I use the wrist bands in a dry sauna or during an osteopath visit to stop any dizziness I experience.

Jane H, VIC

I have been diagnosed with Parkinson's Disease and have decided to use holistic treatments. The pain I used to experience in my legs has completely disappeared since using the Half Sheet and I sleep deeper using the Pillowcases. I am very happy with the results.

Lesley H, NSW

We are having enormous success with your Earthing products. My daughter has a chronic illness and is in a lot of pain. She looks forward to going to bed each night and lying on her cuddle rug as she knows the pains in her leg will cease. I have found that it makes me sleep soundly which is wonderful."

Shirley H, QLD

You can find more testimonials on our website [www.barefoothealing.com.au](http://www.barefoothealing.com.au)

# FAQS

## How do I connect to the Earth, when I'm inside?

To connect to the Earth when inside, you need a conductive path. All indoor Earthing products are made with conductive materials such as silver and carbon, as well as conductive wires. A conductive wire is connected via a plug to the Earth wire already present in existing power points throughout homes and workplaces in Australia. When Earthing products are connected to the Earth and you are in bare skin contact with them, a conductive path is created and you become Earthed as well. You can also use a direct Earthing Rod run under a door or through a window and out into the Earth.

## Is it easy to care for my Earthing Sheet?

Yes, Earthing Sheets can be easily washed. Simply place in your washing machine on a normal cycle using warm water. We recommend using a mild detergent without any whiteners or oil bases, such as eucalyptus or coconut. Never use bleach or any other oxidising detergent, as this can destroy the conductive silver thread. Do not use fabric softener or dryer sheets. Line dry or finish off in a dryer on low heat.

## How do I know my power points are earthed?

You can test your power points are Earthed correctly with our Socket Tester. When plugged into the power point and switched on, three orange lights will display, verifying the outlet is wired correctly. Most homes in Australia are safely Earthed. If in doubt contact a qualified electrician.

## Do I have the power on or off when connecting through a power outlet?

It will make no difference on or off as the plug does not draw on any electrical power like an appliance. Only the Earth pin (third pin) on the plug is metal which allows the electron flow. Earthing products use no electricity.

## How do I know if my products are working?

You can test your products are working by using the Product Tester. When placed on a connected Earthing product, a green light will verify the products are conductive and in good working order. Product Testers are included in all Starter Kits or sold separately on our website.

## Can I use an electric blanket under the Earthing Sheet?

Yes, it will not harm the sheet in any way.

## Can I use my Earthing Sheet or Mat after moisturising my face and body?

Do not apply any lotions or oils to the area of the skin that will be in contact with the product for at least one hour prior to using any Earthing product.

## How much time do I need to Earth each day?

You should Earth for at least 30-40 minutes a day if you want to experience the full benefits. Those with long standing health issues would be best to Earth as much as possible in a 24-hour period. Try going barefoot outside or wear Earthing Shoes. Use indoor conductive products like mats, rugs and bands while doing other activities. Sleeping Earthed is an ideal way to accumulate several hours of the Earth's energy, as this is when the body naturally heals and regenerates.



# “ GENERALLY, THE LONGER YOU USE EARTHING, THE MORE BENEFITS AND VITALITY BECOME APPARENT. ”

## Can I use earthing products if I have prosthesis or metal implants?

Yes you can. Earthing naturally and gently reduces joint pain and stiffness by increasing blood flow and reducing inflammation in the body. Earthing will have no effect on your prosthesis and when used post-operatively, it may even accelerate the healing of tissue.

## How long will it take to relieve my symptoms?

Just as you can't direct healthy food, air, or water to create specific desired results in one function or part of your body, the body takes in the natural energy of the Earth and uses it as needed. Everybody is different and each person's symptoms are unique depending on the health condition. Earthing isn't a treatment or cure for anything, however, contact with the Earth helps restore the body's natural electrical balance and helps reduce stress and inflammation associated with so many chronic diseases. By doing these things, Earthing can have both short-term and long-term effects. Medical thermal imaging has shown decreased inflammation in minutes. In a study conducted by the California Institute for Human Science, instantaneous changes in brain waves and muscle tension were documented when the Earth connection was introduced.

We've had many reports of improved sleep and decreased stress after only one or two nights of sleeping Grounded. However, if the cause of sleep difficulties is long-term insomnia with underlying health issues, improvement can take more time.

## WHAT IS YOUR GUARANTEE:

We guarantee 100% that you will be receiving the original and best quality Earthing™ Products designed by Clint Ober, USA. All Earthing research to date has been carried out on Earthing™ genuine products only.

We guarantee 100% that our indoor Earthing™ products will Earth/Ground you when used in accordance to instructions.

We guarantee that you can try Indoor Earthing™ Products (excludes footwear) in the comfort of your home for 90 days and if you are not happy with the results you can return for a full refund.

## MEDICATION ADVISORY

Research indicates Earthing the body affects physiological functioning in a variety of ways. Because of this, we strongly recommend any individual taking medication to thin the blood, regulate blood sugar, control blood pressure, or to supplement thyroid activity should consult with their GP before using Earthing products then monitor the medication. An adjustment in medication may be necessary.

The information contained in this booklet is for educational purposes only. It is not medical advice and is not intended to replace the advice of a healthcare professional. This product technology is not intended to diagnose, treat, cure or prevent any disease.