Hey, everybody, it's Chris, and today I'm interviewing Clint Ober. Clint is the founder of earthing.com. He wrote a book called earthing, which I have had for years, read it years ago. And I'm excited to interview Clint, because earthing and grounding is a really powerful therapy that you can do for yourself that costs you nothing.

And there are so many health benefits, scientists typically validated evidence based health benefits to just reconnecting with the earth, to grounding yourself to the earth. And in our modern world, our modern advanced society, we have lost touch with the earth. And so I appreciate Clint and the work that he's done.

He certainly educated me many years ago, some of you, if you've read my books, you've heard me talk about this. So, yeah, it's a real pleasure, Clint, to connect with you finally and talk to you. Same here.

Thanks for having me on the show. Yeah, so I'd love to hear your did you, how did you get interested in the science of earthing and grounding and all that?

Hey,

that's taking a little bit to explain that. But I grew up in Montana and in a kind of an agricultural, rural environment, and we ran cattle. And anyhow in that environment,

this is back in the early fifty s. In that environment,

everything was about prevention. Health was, for instance, like when I was young, I sat on a horse and rode around pasture and looking at cattle all day just to make sure that they were healthy and happy, or what I call happy. And if one wasn't acting like the rest of the herd, then you take them out of the herd, put them in a holding pen, then you go ride the pasture and find out, well,

are there weeds coming up in the pasture? Is the grass too short? Is the water okay?

But you're looking for something in the environment, something in the pasture that contributed to the

problems that the calf was having or cow was having. And there's always something, it's usually the grass is too short or the water has gone stale and so on. But anyhow so I always had this bent of prevention. If one of the kids was sick or if something's going on with anybody, what caused that?

But it comes from being in that environment when I grew up. So I always had this inquisitive

nature of saying, okay, well,

what's eating you? What's causing this? What's going on here? And them,

that's the foundation I have. And. But when I was about my early twenty s, I discovered the cable television industry. It was just beginning to develop in Montana and Pennsylvania and so on. And I fell in love with the concept because here I was living in a town like Billings, Montana, and we had a couple of local TV nations.

One was right, one was left, and they were always bickering. And then you had a newspaper that was owned by

one of the mining companies and so on. So it was kind of a very artificial environment compared to the rest of the world. But most of it,

when you live in these small communities, you don't realize the rest of the world. Back then today,

when television came on scene, the only thing we had was radio and occasionally telephone.

But as we started developing the cable industry, I could see that we could bring in a TV signal from Casper, Wyoming or from Denver, Colorado, and then eventually

know Atlanta, New York, wherever. And all of a sudden the world changed for everybody. Because now we could see that we're a part of something much bigger, much greater than we were living day to day in the hinderlands. Anyhow, I was just totally in love with that concept. And I got into it early.

And in the early days when we were stringing cable, we would just run wires to the house and have an antenna up on the hilltop and run it down the mountainside and then have connect the TVs to it or whatever. And in the early days we learned about lightning.

And if there's an antenna or an aerial in the open environment and lightning strikes, well, it can get hit and take the charge to ground. And on the way, if it's going to a TV set or something, it can go into the home, blow up a TV set, create a fire.

We learned that everything and it's the same with telephone and

any wire going into the home has to be grounded prior to going into the home. So that if there is

lightning in the air, static electricity being created because of the wind,

just all the electrical phenomena that goes on around us, there's charge everywhere. And so you have to ground it out before the cable goes into the house.

And that way you get the nice clean, clear pictures and cable is safe. So anyhow, I have about 30 year background, maybe a little longer, of,

you know, grounding communication systems, whether it's satellite. Light systems or head ins for cable television or low power television or television. But everything has to be grounded in order to keep the noise down and so that you can have good clean sound, good clean data, good clean pictures. And it's a real art.

It's not something that most people in the world ever think about.

And the only people that really that are familiar with it are people in communications or sensitive electronics.

Anyhow, I have a 30 year background in grounding communication systems and so it's second nature to me. I see everything from an electrical point of view because everything in our environment is electrical. Every time you take a step in a house, if you are walking on a carpet or a dissimilar shoe with a dissimilar fabric, then you're creating static charges on your body.

Every step you take, you don't feel it unless it's over probably 3000 volts. And then if you touch a doorknob, you'll see that spark and sometimes you'll feel it. But everything in our environment is electrical or charged. When I was a kid in elementary school, we used to deliberately shuffle our tennis shoes on the carpet and then shock each other.

Exactly.

And the interesting thing about that is, in nature, that does not occur if you're standing barefoot on the air. You can't create a charge on the body. Yeah, it's a good point.

To continue on. I spent about 30 years in the communications industry.

When I was about 50, I developed a

compromised situation with my liver from an abscess that I ended up from a dental infection and a tooth, and of all things,

anyhow. So I kind of retired from the communications industry

and it was a beautiful, fun industry because you got to create everything from networks to just educational networks. It just goes on and on. But anyhow,

the computer came along in the 80s, early eighty s, a little bit before Commodore 64 and all that. So with those products, you even had to have better ground because anything could glitch

data. A glitch could create a little static charge and if you touch a computer, it'll glitch up and you have to shut it down, bring it back up, and so on.

Because back then, nothing was grounded, computers weren't grounded, anything.

Anyhow,

the yeah, there's a whole story there. I was one of the first people to put I went around. The world and collected all the data services in the world, all the newswire services, everything from UPI AP tasks from Russia, Shenlock, China, all of them. Put them in a unified data stream, put them up on satellite, bounced them down.

And then if you had a Commodore 64,

most people don't know what that is. I do. Okay. Or early apples, or early computer of any kind. I forget the names of some of them because they just didn't last. But anyhow so then we created software that you could put in these computers and then we had to create a DMOD or a modem so that you could convert back to data.

And then you could put keywords on your software and then you could read the data stream. So if you owned IBM stock, whenever IBM came by the data stream, then it would capture it. So you could have a current quote, or if you were following a certain sports team or even in Russia or whatever, it didn't matter.

So this read everything that every wire service reporter put on the wire and then so you were the editor. So it was a fun because I thought back then that data I knew newspapers were going to die, but I thought data would be broadcast and I thought that it would be ad supported or be free like it was throughout all time.

And then it ended up being a subscription basis and everything for the internet type things. And now we're going back to buying data or ad support and all that kind of so the wheel turns. I spent a lot of time grounding, but then after that when I

went through this health issue where

they had to go in and replace or remove a large part of my liver and they weren't sure that I would even make it. But anyhow, I did. Surprisingly, there's a whole story that goes with it. But

the main thing is I did survive. They cut out about five 6th of my liver on the main lobe, which didn't leave much resources left. It took me a long time, probably a month, to even walk across the room, hardly by myself. And it took me about six months to be able to walk a mile because I had to walk a few more steps every day.

But within six months my liver grew back 100% in size. That's amazing. And they took over 80% of your liver. That's wild. Yeah, that's wild. So it was marginal.

What was interesting about it, I was 50 years old and you lived in a 5000 square foot Aframe home, two bedroom home, every in Colorado that I could see all the way to,

you know. When you're young, you're about 50. That's when you're playing king of the mountain with all the other guys. And I had won, I had made money, and I had fun and all that kind of stuff. But then you go to the doc because you have an issue going on.

Then all of a sudden you find out you're near death. And so it's really a sobering experience. Anyhow when I went through that experience,

I didn't know anything about grounding the human body. That didn't even occur to me. But through that process of recovering, I woke up one morning

and I noticed everything in my environment was more vibrant, more colorful, more electrical, and I didn't know, but I looked around my bedroom and I had all this beautiful art and all these things that I collected forever. But I realized that I almost died and that if I had died, all this stuff, what would have happened?

Because I spent my whole life collecting nice art, and the only person that knew its real value was me, because I was the one who placed the value on it, bought it, and created a home for it and then forever took care of it. So my life was about taking care of all my possessions.

And so I had this little epiphany where I just had to get rid of everything I owned because my life was about taking care of those things. And I wanted to experience something greater in life, something whatever. I didn't know at that time, but I was just happy to be alive.

Well, it sounds like the old adage that what you own ends up owning you. Yes.

And the other one is the more you have, the more you have to worry about. Yeah, exactly right. So I wanted my freedom back, and I wanted to be that young boy out in the pasture, just no responsibility other than just take babysitting some cows or something. But anyhow, I ended up selling my home.

Everything. I gave everything away except for I think I took two and a half suitcases of clothing, bought a small RV, and I spent four years traveling around the United States, living in national parks. I loved it. A lot of fun, a lot of great people out there. Anyhow, so then all of a sudden, I realized I was getting bored with that.

So I needed to go back and do something. But I didn't want to make my life about money. I wanted to make my life about doing something that I felt good about inside. Because if I would

have died at that time, I was not very happy with myself. But I wanted to make my life about I wanted to be able, the next time I die, to be able to feel like it was worth being here.

Something other than just chasing the buck.

Anyhow, I spent those four years running around, and then one night I was down in Key Largo, Florida, on the bayside and watching the sunset. It's always beautiful down there. Some manatees are out there. I was beating in a little bit of water

and feeling come over me that I needed to go back west and go to work and do something. So I packed everything up and left.

But I had this very earthy feeling. I didn't understand it. So I went back west to La area and then I didn't want to stay there. So I went to Phoenix, Tucson. That wasn't feeling good. So I decided I would go off to Flagstaff because that's more like Montana, where I'm from.

Snow and cold and pine trees. And on the way up,

it was getting late and I saw a little RV sign. So I pulled in to a little town called Sedona, Arizona, and it was full of them. And it was, you know, you wait and pay in the morning at the RV park. So I parked, went to sleep, woke up in the morning, looked outdoors, and I said, I'm not leaving here.

This is like living in a national park because you have the red rocks and then it's full of art galleries. And I loved Art. So I was just like, wow, this is pretty neat. So I spent about two years there, and in the process I got involved with some of the local art galleries, helping them to light their art and present their art better and so on.

And they didn't have any money to pay you. It was just something fun to do.

Anyhow, one day I was ordering some parts for a light show at one of the nice galleries there,

and my computer kept glitching. It kept going down, and it was just frustrating. So I realized it was static electricity. So I ran a piece of tape, metal tape, copper tape across my desk and connected it to a ground. So every time I would touch my computer, before I would touch it, I put my fingers on the tape, ground the static electricity on my body.

Then I could go

and

put my orders in and do whatever. Everything was fine. And after that I went outdoors. And anybody familiar with the area, this is across from Tulakapaki, a little tourist area. And so

anyhow, I went out and sat on a bench and upfills a big tour bus. And in this tour bus was a group of

tourists because they were short in stature, a little shorter in stature, but they were all kind of you could tell they were a tour group. And I noticed that their shoes they all had white Nike type tennis shoes on. And intuitively, I asked, I said, I wonder if there's a consequence of

humans wearing these rubber sole shoes? Because when I was a kid, we were always barefoot or we wore a leather shoe. And if you had leather shoe, you had to live for school or church or whatever. But you didn't wear shoes hardly at all, you know, during the summer or at home.

And so barefooter. Leather. And then it was about 1960 when we invented plastics, polymers, the first thing we did, and that's only 65 years ago,

and I've been working on this project for 25 years ago. So at the time I asked the question was 40 years into shoes? And I didn't know. I had no idea. But because I had the static and the computer event so I went home at night, I grabbed a Voltmeter and I grounded it to the Earth and put a long wire and started walking around my house and measuring the difference in the charge was on my body.

Compared to when I'm standing barefoot on the Earth, I'm equally with the Earth. There's no charge. But when I put shoes on immediately, then my body becomes an antenna, and I attract all of this static and all of this electrical noise that's in our living environments. And you live in a sea of electrical noise.

We all do. And I'm not saying it's harmful. I don't think for the most part it is by itself. What's harmful, I've learned, is being not grounded. Not being grounded. That night

I took a roll of three inch wide metal duct tape like you would use on furnaces, and I laid it across my bed and I connected it to a ground rod, threw it out the window and then I connected another one to a meter, threw it out the window.

And then I would lay on the duct tape and all the noise would disappear. My body voltage, the voltage isn't static, and anything on my body would drop to zero. So I knew I was grounded. I knew I was at Earth potential. The thing that's interesting about that, I was at that time, maybe 54,

and

I had a lot of hard time sleeping because I had skied for 30 years. I had blown out everything you can, played tennis, and I was a cowboy. And anything that you could do, you could rough yourself up. That's my life.

But anyhow, so I had a lot of pain and a lot of issues, and it was very challenging for me to sleep. And I usually

left the TV on late at night so I could entertain myself while I was falling asleep. But anyhow, I was playing with the meter, and then all of a sudden, it was the next morning, and I thought, wow, there's something going on here, because I don't sleep. And so I played with it a little bit and slept grounded for a couple of three days.

And then I thought, wow, this is interesting, and it works. So I said, I'm surprised nobody told me about this, because I've been taking pain pills and stuff forever. I ran into a couple of friends, mine, and I told them about it. And I said, you guys got to try this because nobody sleeps.

Hardly anybody sleeps, especially when you get older. And so I grounded both of them. One of the wives got pretty upset because I messed up a sheet, or we messed up a sheet, whatever. But anyhow, both of them had a similar experience. But one of them come over and he said, do you think this could have anything to do with my arthritis?

He said, because my arthritis pain has dropped significantly. And I said, no, I don't think so. Think it's about just sleep. Then all of a sudden I realized my pain, my chronic pain, had diminished significantly. And I said, whoa, there's something really going on here. Back then all we had was AOL and

getting on the internet was not much there. So I looked there and found nothing on static or health or anything. And then I went to Nexus Lexus, started downloading data

and couldn't really find anything other than I think it was in the 1950s. They realized that when they were doing open heart surgery that a lot of the people were dying and they didn't know why. And it was because of static charges, because they didn't think about static electricity.

Back then, we didn't have a lot of plastics and stuff, so anyhow but they have to ground patients before they can open up the chest because you don't want static electricity leaking in and creating a cardio event.

But that was about that. Other than that, it was just some folklore.

And I thought, wow, this is and so I kept testing it and the results were always the same. And I said, this is very real. People have got to know about this. So I said, I'm going to go out to La. So I went out to UCLA and I went found my way into one of the sleep labs and you know, we need to do a study.

And this is what I've discovered. And they looked at me and there's four of them, I think, sitting around the table. They looked at me and they said, do you expect us to believe that somebody's going to put a nail in the ground, tie a wire on somebody's toe and they're going to sleep better?

And I said, well, yes. And they said, you're nuts, get out here. You're crazy. Go away. But anyhow, we joked around a little bit after that. And then I began to realize they didn't really understand electrical phenomena because it's invisible, nobody thinks about it. And I certainly knew nothing about biology then, but that was 30 years ago.

Today I'm dangerous.

Anyhow, that's kind of

how it all got started. But in order to do a study, I had to get a couple of the kids from UCLA to help me design the study. And I had to go do it myself because they wanted more evidence what was going on. And so I ended up doing a study of 60 people, 30 of them grounded, 30 of mud ground did.

And we found significant results. Mainly everybody wants sleep. Everybody slept better, everybody had less pain.

But they also reported things like TMJ went away,

PMS issues disappeared, all kinds of these.

It's like one of the ladies said to me, he said, well, it can't be a cure all. And I said, well, being ungrounded may be a causal, so I don't know about the cure.

So anyhow, that's kind of how it got started. And then since that time,

we've done 30 plus peer reviewed, published studies. We have hundreds of articles now, review articles, everything you can think of,

everything combined suggests one thing. You can't have charge in a grounded object, can't have charge in a grounded computer, can't have charge in a grounded amplifier, can't have charge in a grounded animal or a grounded human. It just can't happen. That's what grounding is all about. And so

the story to go through all those studies is quite lengthy.

But the real bottom line of what we discovered and

it took about eight years before we really fully understood the mechanism of action, because all I knew was we would ground the body and pain would go away, and you would sleep better.

But we didn't know what was going on in the body to make that to have that effect. And nobody

wanted to listen to it. Nobody wanted to hear a story. They wanted to hear mechanism of action. So one day, about 204, I think it was ritker, and the boys back at Boston, Mass.

Came out with a research paper, and then it was published in Time magazine, and it showed the body on fire, and they had the word inflammation and subtitled. You don't have cancer, you don't have this, you don't have that. You don't have all these health disorders. What you have is chronic inflammation, and it manifests differently in different people based on your lifestyle and your living environment.

And as soon as I understood that, then I started researching inflammation, or not inflammation, because inflammation wasn't really a term yet in modern language. And so I started doing research on the immune system and oxidation.

And then one day I came across an article talking about a neutrophil, the simple white blood cell and neutrophil. What happens is, if you have a pathogen or a damaged cell in the body that needs to be

removed, the immune system, or neutrophil, the immune system will send. Over and it will encapsulate. It's kind of a jelly cell. It'll kind of wrap itself around a pathogen or a damage cell or whatever and then it will release reactive oxygen species. Well the word reactive means it's electrically charged.

It's so powerful that it can rip an electron from a pathogen. That's that's a high voltage event.

As soon as I read that, I said, well,

so what we're doing here is

so when the immune system responds, if you do not neutralize any excess radicals that are left over after a normal oxidative burst or inflammatory burst,

then these neutrophils, I mean, these reactive oxygen species, they're only going to last three or four nanoseconds. And then they're going because they're electrically charged

and they're looking for an electron they could steal so they can neutralize themselves. So they will steal an electron from anything in the immediate area and most often that is just adjacent tissue. Let me interject here. I'm completely with you and just so folks understand, reactive oxygen species are also known as free radicals.

Yes. And they cause damage to your body, they cause damage to tissue and

the goal of nutrition, of grounding healthy living is to neutralize free radicals so they don't cause chronic inflammation and damage. Right? Right. So that's where we were at that time. So

Cowboy logic out in the pasture,

how does grounding reduce

this inflammation?

Because our question was with the AHA was if all of these modern health disorders are related to this inflammation and the only way you know you have inflammation is if you have pain in your body. You can't have pain without inflammation because it's a byproduct, it's a message to the body get me out of here, I'm on fire.

But anyhow, let me just say sometimes you can have inflammation and not know it though and not have the pain yet. Yeah, it's subtle low grade inflammation and that's really the inflammation we're talking about here. It has to go on for years and years until it manifests into something significant.

But anyhow,

anyhow then just cowboy logic told me, he says, okay, if I'm adding electrons to the body, which we knew we were, then the electrons are

neutralizing remaining radicals because as soon as we ground a person.

Any pain they have will automatically begin to resolve the damage that the oxidative stress created. It may take time to heal, but

the oxidative process, you stop it. You stop the neutrophils. The chain reaction of the neutrophils oxidizing inflammation is a byproduct of chronic

immune dysfunction,

autoimmune disorder, autoimmune disease. The immune system is doing exactly what it was designed to do, but it didn't now didn't know that the human lost its ground, so it lost its source of free electrons to mop up and clean up and reduce these radicals before they can damage tissue.

Now, to kind of short circuit this, put it in perspective. Animals in the wild cancer rarely exists, if ever in wild population, you have to contaminate their environment. You have to do something to screw up their environment. They've been here for eons of time. And on the other hand, animals who live indoors with their owners,

they manifest the same health disorders as their owners.

Diabetes, cardiovascular disease. 50% of them die from cancer similar to their owners, similar to the same percentage of owners. So what this suggests is something in the we've changed our environment. We are no longer naturally grounded. Our bodies are on fire. This is a modern phenomenon. It's only 65 years old that we really started disconnecting from the Earth.

We started moving indoors in the 50s. Television came along and then we started carpeting the floors. And then we all put on leather, plastic, sold shoes. And so over a period of just a few years, we disconnected from the Earth. We lost our electrical ground. It'd be like me going into the head end of a cable system and unplugging all the grounds.

And then all of a sudden you're going to have noise and static and chaos and bad pictures and lots of service calls. Yeah, that makes a lot of sense. Okay, I've got so many questions I can't wait to ask you. All right, the first one is and just so we explain for viewers what is happening now, you know, what exactly happens when you step onto the Earth barefoot?

There's an electron exchange. What's going on there? Okay, as soon as you first of all know that the Earth maintains a negative charge, the word negative, meaning no charge, and an excess of free electrons that can quickly, at speed of light, in some cases, travel and reduce charge, like lightning, for instance.

Boom. So the earth is electrical. Well, it maintains a natural electrical charge, and this charge can absorb

so the Earth can give up electrons freely, or it can absorb electrons, because the Earth is infinitely large, especially compared to a human body. Human body is infinitely small. So when you stand barefoot on the Earth, if your body is short of electrons, it will absorb instantly begin absorbing electrons from the Earth until it reaches a point where the Earth and the body have the same electrical potential, meaning no charge difference.

And as long as you are barefoot on the Earth, you can't have charge in your body. It's not possible. You'll still have oxidation. You'll still have oxidative bursts, all those kind of things. That's natural, that's normal. But you won't have the collateral damage because the free electrons from the Earth ground or mop up all of those excess radicals and prevent the immune system from going astray.

So before,

as we've developed as a society and a culture and all that,

our ancestors, of course, slept on the ground.

They would walk barefoot or maybe wear leather sandals. Right. Leather shoes. So leather,

they they can ground through the leather, right? Yes. Leather even yes, even primitive houses? Well, not necessarily primitive, but let's say conventionally framed houses where you have wood piers going into the Earth, and then you have a wood subfloor and hardwood flooring.

Would you be grounded in a house like that? Generally, no. Okay, so the wood acts wood is acting as a buffer. Yes, it is. Okay. So as soon as we started building houses off the ground yeah, as soon as we started elevating homes, it was primarily the know, the early

know. It's like Native Americans. They all slept from the many in China today, even most of the people sleep within two inches of the Earth.

What about concrete? Do electrons flow through concrete? Yeah, concrete. Generally, it's earth. If it's laying on the earth, it's made of earth and material, and it holds moisture. So, yes, it will be electrically conductive. It'll have some resistance. But it is like standing barefoot on the Earth. That's interesting.

Okay. We know that stone is of course. Yes. So if you were barefoot in the mountains right, on stone, as long as it's all connected to the Earth,

you're in the grass, you're at the beach, you're in the water, there's a free flow of electrons between your body and the. Earth. But when you got shoes on right, especially rubber sold shoes, which is most shoes, or if you're indoors in a house, most houses, buildings. Can you even think of an example of a building where you could walk around barefoot and be grounded?

Yeah, any building that has a concrete floor. If it's a concrete foundation and a concrete floor, yes, because there's rebar tying all the concrete together, and then

just anything connected to the earth is going to equalize with the Earth. Well, there's people watching this that may have a stained concrete floor, which was a trend for a while, and they're probably really excited right now because they didn't realize how beneficial it was. Of course, most people wear their shoes in the house.

We actually don't. But you'll have to start taking your shoes off in your house. That's step one. If you have a stained concrete floor, unfortunately, we have a concrete slab, but then we have wood on top of it. So I guess we really have to go outside to ground.

Yes. I'll tell you something that I've noticed. I had some inflammation. I'm a chronic exerciser, and I had some inflammation. Both my elbows, the tendons flared up. They call it golfer's elbow, but I don't play golf. But I've noticed since the weather has warmed up, I've been outside a lot more, walking around in the grass.

I've been grounding, and I wasn't doing that in the winter

just a few weeks ago. Over the last few months, I haven't really grounded at all during the day outside, barefoot. And I've noticed my inflammation has improved dramatically. In fact, I don't have any right now. And just from our conversation, I'm like, oh, yeah. And also one other factor.

I have a grounding sheet on my bed

and bought it years ago from Earthing.com,

but we've moved, and in the course of the move, the sheet got lost, and I haven't replaced it. So I haven't been grounded at night either. And I'll mention I have a grounding pad here. That my can you see that? Yes. Yeah, this is a grounding pad that my keyboard sits on that my hands are in contact with when I'm working at my computer.

See, it's got this well, I don't have enough. I can't show you the cord where it's plugged in because it's not long enough. But anyway, so, yeah, grounding has been I've been sort of obsessed with it for a long time. And in the winter months, I realized, yeah, this past winter, I didn't have a grounding sheet on my bed.

I haven't grounded outside much at all. And, yeah, maybe it makes a lot of sense why I've had some inflammation issues. Anybody who is not grounded, 24/7

anytime your body is not grounded, your immune system is forever functioning. And. It's constantly

defending against pathogens and viruses and you name it. So it's active. 24/7 every breath of air you breathe, your immune system has to deal with all of that.

So anytime you are not grounded, then you are vulnerable to inflammation. Manifesting that inflammation may start out very slow help. But if you go chronically ungrounded, then all of a sudden the aches and pains start to increase and then anxiety, irritability, and then it goes into a host of autoimmune related health disorders and it's just the immune system.

It's 1960. About 90% of the visits to a practitioner were for infectious disease, acute injury and childbirth. Today, 99% of all health disorders are inflammation related. Cardiovascular disease, lupus, Ms, autism all of these are inflammation. Now and we've only learned this in the last few know, like autism. John Hopkins came out and said it's inflammation related.

Cancer, of course, inflammatory. Yeah, well, cancer of mean. Cancer is

mean. I could go on. I work with a lot of people all the time and the main thing to do is you have to ground the body and stop the inflammation first. The number one thing you have to do is reduce the inflammation. And the only way you can do that is you have to have a blueberry drip.

And I'm not sure that would do it. Or stand barefoot on the earth. Barefoot on the earth. Then in just 30 minutes it's going to change how you feel, how you look, your energy is going to come up, your pain is going to come down. And the immune system can then go to work, clean up the damage it created, and then eventually go back to maintaining health and restoring health.

That's the thing I try to get across is health is the most natural state. You see it in nature everywhere you go. If you don't have health, if you do not have health, then something in your environment is interfering with your immune system's ability to maintain health. Because the immune system only knows to do one thing return the body to normal.

And I could go on and show you pictures of people who had gnarled, crippled up arthritis and five years later they're pretty much back to normal. So the immune system knows what it's doing, the body knows what it's doing. It's got millions of years of knowledge that makes so much sense and it really is amazing.

And I think a lot of folks have a hard time wrapping their brain around it, much like the researchers that you first talk to where they say, oh, that's just too simple. It can't be it right. That can't be it right. Something so simple and so easy to do.

How could that possibly be helpful or be the cause or the lack of be the cause of so many problems in human health? But the good news about grounding is, like I said earlier, it's free. It costs you nothing. You just have to make the time to get in contact with the earth.

Now, you could invest in some things that help you ground, like a grounding sheet for your bed, which I think is a terrific thing to do, obviously, because I bought one. And use it end. And like a grounding pad. This mat that I use, you can put it under your feet while you work, or you can put it under your keyboard.

So there's things you can invest in for very little amount of money to help stay grounded throughout the day, because we can't all hang out outside barefoot in all our waking hours of the day. Right. Unfortunately, I'd like to ask you about some of the studies. I know there's been a ton of them, but

some of the most memorable studies that you've done or are aware of. I'd love to hear you talk about just some of the results of those studies. In terms of grounding with humans, what was measurable changes that were measurable in humans in a certain amount of time, like ten minutes of grounding or 30 minutes of grounding, what did they find happen in their body?

Well, people can mostly relate to pain.

I started out trying to find subjects in the

late 90s, early 2000, and the only people I could get to give me subjects were Rheumatologists,

and they were primarily

the Ms, the Lupus ladies and so on, because there's not much they could do to help them back then. I don't know if there is today either, but anyhow, so they said, you take them, we can't help them. So they would give them to me, and I would be able to ground them.

The number one thing that I learned, the first thing I learned was with Ms,

is I could ground a woman with Ms, and within 15 to 30 minutes, I mean, her color would change,

she would have more control over her muscle, but her respiration would just everything changed. She looked ten years younger, just within 15 to 30 minutes. And so what happened is you had improved circulation. But the number one thing I learned from them is I could take an electrode patch, an EKG patch and just stick it in the palm of the hand on the side where she may have had more issues than not.

And then just connect it to an electrical ground. And then just sit there and just visit with her. Explain. Tell the story. And within usually five to ten minutes, the hot burning pain stops. That's the oxidative pain. That's the unground good reactive oxygen. That process stops. Then there's. Damage that's been done.

That pain is more subtle, but it doesn't have that burning and that hot

acid type feel. So after years went on, I could tell most of all of the ladies with Ms, I said, ten minutes, 15 minutes after grounding, you no longer have Ms. You have damage from Ms. And it may take a long time for that to heal up. In some cases, not as long.

But as long as you stay grounded, you cannot have

ms is

the reactive oxygen species are oxidizing the mylon sheath, and there's a chain reaction. There's not enough redox potential or free electrons to stop the process. So it just keeps on going and keeps on going. And it's a slow process, but it happens over years, and then it explodes. Anyhow but grounding these women, I could honestly say after a few years that you no longer have Ms.

What you have is just the damage. And if you stay grounded, that means and I learned with them, they have to be grounded 16 to 18 hours a day in order to keep that under control, depending on the damage. And they can get away with a few hours, but as soon as the pain comes back, you have to get grounded.

That's one of the most profound things, because those people are really struggling and really suffering.

But to give you the technical background on it, I have to go to the blood. The most important study that we did was the blood viscosity study. So we can take a person or a group of people, put them,

draw blood, and take a look at and measure the thickness of the blood. And there's a technical way to do that. And then we would ground them for 30 minutes or 40 minutes. And by putting electrode patches on the bottom of the feet and connecting them to the Earth, trying to mimic standing barefoot on the Earth, the number one thing that happens within, almost instantly, your blood viscosity decreases, meaning the blood becomes very thin.

And then how it does that is, when you're not grounded, your blood gets kind of thick and sticky. Everybody's is cells clump together too, right? Yeah, clumps together. Rule or formation, or they're stacked up like coins and so on. And then blood is thick and sticky. Can't get in and out of the capillaries properly, can't oxygenate the tissue.

But as soon as you ground, then the red blood cells, on the average will go from five millivolts negative to about 20 millivolts negative. So you increase the negative charge on red blood cells by 300%. This huge.

Now the blood is like red wine. Pain very thin, and it can go in and out of the capillaries and oxygenate the tissue. You can see the person pink up, you can see the circulation. I tell the average lady that this is really a beauty product because you're going to look ten years younger in about 30 minutes.

And they all do because the color comes up, the pain comes down, demeanor changes, they smile, they're happy or happier. Um, but but anyhow, so the fact that grounding alone, normalizes blood viscosity, the thickness of the blood

is remarkable. Now,

it took us a long time to get it published. Nobody understood it, nobody believed it, but we ended up getting it published. But the significance of it is

it's hard to measure. You can't go into a doctor's office and say, I want to measure my blood viscosity. It's not really practical to do. It's not affordable to do.

The only way you can tell is there's other ways they can tell. People have thick blood, and that's why so many older people are on blood thinners.

Imagine you can measure blood pressure, right? There should be an improvement in blood

pressure if the blood is thinner. No, we have Dr. Alkin, who did a cardiologist, who did a nice little study on blood pressure, and it's significant.

When the blood can move, then you reduce the pressure.

I hope I explained that properly, but just going and standing on the Earth is going to normalize your blood viscosity, the thickness of your blood. And then the blood can get in and out of the capillaries. And blood cells can only go into the capillaries for one single file, one at a time.

And if your blood is thick and sticky, that's what impedes that process. And that's why so many people look gaunt or their color is not good,

their energy is low, their fatigue, chronic fatigue, all these things. Anyhow, that's why the most important thing to do, and what I try to encourage everybody do, is take 30 minutes out of your life, go outdoors,

hopefully there's a little bit of sunshine or indirect sunshine. Because the other problem that's just as problematic as loss of grounding is loss of loss of sunshine. We live in roofs, under roofs now. We no longer get our vitamin D, so everybody's supposed to go take vitamin D tabs, that's okay, that's all good.

But the point is, we have screwed up our environment. But anyhow, put your bare feet on the Earth with sunshine above up and your body's a fuel cell. I mean, you're breathing oxygen. You have negative charge from the Earth, you have positive charge. It's much different than we think.

But people need to experience that. They need to feel it and they need to notice the change that occurs. And then if you really feel good, if your health is really compromised, then you need to spend more time and grounded barefoot on the earth or however you do it, you have to stay grounded until the pain stops.

Because if you have pain of any kind, you have chronic inflammation. So in order until you stay on the Earth long enough or stay grounded long enough, when the pain stops, then it's okay to get up and go ungrounded for a while. As soon as the pain comes back, your body's on fire, get back and get grounded.

Put the fire on. So it's really that simple. But anyhow, I could go on and on.

I don't ever want to give false hope to anybody because if you're going to be dependent on grounding, then

you have to seriously incorporate it into your lifestyle. But you also have to eat well and you have to think well and all of that. And because we're talking about cancer,

I have some experiences with cancer and a lot of people with cancer. And the thing that I've learned over the years and I have to tell a little story. I hope we have time.

When I was a young boy, sitting on that horse sometime and riding the cattle, some years you had tall grass and an infestation of jackrabbits.

And these jackrabbits, they do nothing except there sit there and eat grass all day. But the coyotes, they eat rabbits. So anytime you have an infestation of jackrabbits, you're going to have an infestation of coyotes. So out in the pasture, you have this game going all the time, the jackrabbits and the coyotes.

And so Jackrabbit is sitting there eating grass like nothing's going on. And then all of a sudden he gets a whiff of a coyote. And the coyote will spring or jump. The rabbit will spring up in the air about 10ft. And then the rabbit will zigzag back and forth across the pasture and the coyote running doggedly behind and eventually he will run out of energy and he'll just sit down, drop the rabbit will run just a little bit further

and stop. Conservation of energy, they do not waste energy.

And then as soon as the coyote either heads off a different direction, then the rabbit will sit there. But if the rabbit you can see he's shaking because he's just had his body is charged with cortisol to the limit and he's sitting there shaking. And then when the coyote wanders off, then the rabbit will have a big visceral shake like that.

Then it'll go back to eating grass like nothing ever happened.

It now, humans, I usually talk to women on podcasts or whatever.

I try to tell them, your lives are filled with I mean, you're full of coyote juice because what happened, you get up in the morning and you got the kids running around and you got to get them off to school and you got the husband or whatever. And you've got all these things and everything is

kind of many crisis, chronic mini cris, getting everybody off out the door and whatever. And then when they're all gone, then you got to sit and take a moment and then recoup. Then you got to get yourself ready. And if you're working, then you have to go get in a car, drive to work.

And all this time you're not grounded and you get in the car. By the time you get in the car, your body's full of cortisol. Every little thing that goes on is going to put a little bit squirt, a little bit of cortisol into your system. And then you get into a car and start driving.

Then all of a sudden, road rage and all of these things. And then you go to work. You sit

underneath fluorescent lights, on carpet and whatever. So your body is completely charged. And so your body is just full of everything is

fight or flight. And so the body's full of cortisol. And so what I try to do is try to leave them with one thing. That no matter what you learn from this, no matter what you believe, you've got to, at the end of the day, go outdoors, take your shoes off, put your feet on the earth, and ground out the coyote juice just like the rabbit does.

Because if you don't, that cortisol will eat your body up. You'll start us out with anxiety, irritability, at, offtimes, depression, then to fibromyalgia, then to lupus, to Ms, to cancer, cardiovascular disease. They're all connected. They're all one disease. They're all related. They show up differently in different people based on your mental because something up here is driving a lot of that cortisol also.

So it's bigger than one thing. Grounding is just going to reduce the charge in your body and keep it level. Yeah. Get you out of that sympathetic dominant state and into parasympathetic dominance, which is the rest state and not the stress state. Right. Right. Well, clint ober. This has been amazing.

Just thank you so much for your time. I could talk to you all day. Unfortunately, I have another interview. We got back to back interviews today. I want to make sure people can find you and connect with you and learn more from you. As I've said, you wrote a book called Earthing, which is fantastic.

People can find you@earthing.com. Any other links that we can share? Well, the Earthing movie on YouTube. It's free. It's an hour long. It's an award winning documentary on grounding. The Earthing Institute is where all of our research is, and it's all free to the public. And, yeah, we're available out there.

Look for us if you need us. If you have any questions, be sure and send them in. Boha we always answer everything. That's fantastic. Thank you so much again. Thanks for watching, everybody. Please share this video. Help us reach more people. Grounding or earthing is free. It's incredibly powerful.

Start doing it today. Please report back in the comments how it's affected you. If you notice a difference in your pain or your inflammation or your stress, if you start spending time barefoot outdoors, it's not hard. You just got to make time for it. So do it and let us know how it helps you.

Thanks for watching. I'll see you on the next one.