

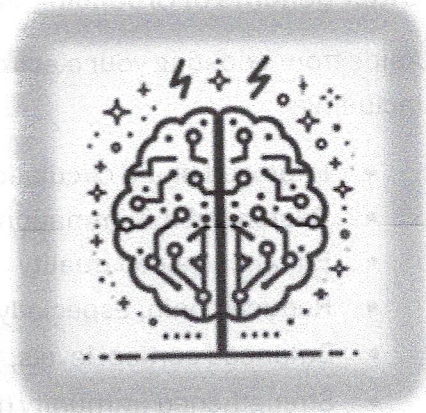
RECHARGE YOUR HEALTH WITH GROUNDING

Why Your Brain Needs Electrons...

Your brain needs plenty of electrons to grow and heal effectively. Unfortunately, daily stresses and activities can deplete these vital particles.

What Steals Your Electrons?

From brain injuries to stubbed toes to loud noises, various insults to your body rob you of precious electrons. Even everyday activities like watching the news or using your phone can drain them away.



Replenishing Your Electron Reserves

Our ancestors knew the trick—nature provides! Grounding yourself by walking barefoot on grass or dirt, eating fresh fruits and vegetables, or petting animals who have walked outdoors can replenish your electron stash.

Modern Life Provides Very Few Electrons to Our Bodies

But modern life keeps us from nature's electron buffet. Rubber-soled shoes, raised beds, and screen time disconnect us from the Earth's electron flow, leaving us lacking.

Grounding Mats

Thankfully, technology has bridged the gap! Grounding mats bring the Earth's electrons to you, with very little effort on your side. Simply place one on your bed and plug it into the grounding part of your electric outlet near the bed for a constant electron boost, ideally for at least 6 hours a day.

Take It Slow, Feel the Flow

If you've been low on electrons, ease into it. A sudden influx can feel strange, like wearing an itchy shirt. Start by using a grounding mat on your lap and placing the skin of your hands or arms directly on the mat, gradually increasing the time of the skin contact until you can comfortably use it on your bed for over 30 minutes.