

# RECHARGE YOUR HEALTH WITH GROUNDING

## Other Benefits of Grounding Mats

Aside from boosting your electron levels, grounding mats offer a range of benefits, including:

- Improved blood circulation
- Decreased inflammation
- Enhanced sleep quality
- Reduced pain, especially in muscles and joints
- Balanced cortisol levels, which can decrease the feeling of being stressed out
- Strengthened immunity (to help fight cold/flu and also decrease allergic reactions)
- Decreased sensitivity to electromagnetic fields (EMF)
- Reduced free radicals, which can help slow the aging process

## Contraindications of Grounding Mats

You will need to ask your doctor if it is ok to use the grounding mats if you have a medical device implanted in you such as a pacemaker. Even though most medical devices work well with grounding mats, your doctor can tell you the specifics. Also, you will want to plug the grounding plug into the grounding port of your outlet to ensure the best safety.

## Where to Find Them

Ready to recharge? Visit [www.hoogahealth.com](http://www.hoogahealth.com) for grounding mats and more. Use code AZVT12 for a 12% discount on your purchase.

## Scan the QR Code

Scan the QR code to visit our website directly.

## Invest in Your Health Today

With grounding mats, you can boost your health and well-being in more ways than one. Don't miss out—get grounded today!

