

# Download Grounding

Grounding, or earthing, refers to connecting electrically with the Earth. A growing body of research is finding numerous health benefits as a result of the physical body being grounded.. Unfortunately, with our modern rubber or plastic soled shoes and insulated sleeping arrangements, we no longer have a natural electrical connection to the Earth, unless walking barefoot. Define grounding. grounding synonyms, grounding pronunciation, grounding translation, English dictionary definition of grounding. n. 1. a. The solid surface of the earth. b. The floor of a body of water, especially the sea. 2. Soil; earth: level the ground for a lawn. 3. The grounding mat (or sheet) is an amazing invention that allows you to do earthing while you're inside a building. It just plugs in to the grounding wire port of a normal 3-prong outlet or a grounding rod (US and Canada only). The earth's natural electrons flow right up through the ground wire and onto the mat, even if you're in a high ... Grounding after moderate eccentric contractions reduces muscle damage. Brown R, Chevalier G, Hill M. Open Access J Sports Med. 2015 Sep 21;6:305-17. doi: 10.2147/OAJSM.S87970. 2. The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases., Grounding .

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