Earthing Studies

1. The Effect of Grounding the Human Body on Mood
2. Grounding the Human Body during Yoga Exercise with a Grounded Yoga Mat Reduces Blood Viscosity
4. Grounding the Human Body Improves Facial Blood Flow Regulation
5. Differences in Blood Urea and Creatinine Concentrations in Earthed and Unearthed Subjects during Cycling Exercise and Recovery
6. Earthing (Grounding) the Human Body Reduces Blood Viscosity—a Major Factor in Cardiovascular Disease
   Additionally, view the Blood Viscosity Video Clip
7. Earthing the Human Organism Influences Bioelectrical Processes
9. The Neuromodulative Role of Earthing
10. Emotional Stress, Heart Rate Variability, Grounding, and Improved Autonomic Tone: Clinical Applications
11. Earthing the Human Body Influences Physiologic Processes
12. Pilot Study on the Effect of Grounding on Delayed-Onset Muscle Soreness
13. Changes in Pulse Rate, Respiratory Rate, Blood Oxygenation, Perfusion Index, Skin Conductance, and Their Variability Induced During and After Grounding Human Subjects for 40 Minutes
14. The Effect Of Earthing On Human Physiology, Part 2
15. The Effect Of Earthing On Human Physiology, Part 1
16. The Effectiveness of a Conductive Patch and a Conductive Bed Pad in Reducing Induced Human Body Voltage Via the Application of Earth Ground
17. The Biologic Effects of Grounding the Human Body During Sleep as Measured by Cortisol Levels and Subjective Reporting of Sleep, Pain, and Stress
18. Medical Thermography Case Studies on Earthing 2004-2005

Earthing Commentaries

2. Gaëtan Chevalier, Ph.D., The Earth's Electrical Surface Potential A summary of present understanding
3. James Oschman, Ph.D., Can Electrons Act as Antioxidants? A Review and Commentary
4. James Oschman, Ph.D., Charge Transfer in the Living Matrix

5. James Oschman, Ph.D., Perspective: Assume a spherical cow: The role of free or mobile electrons in bodywork, energetic and movement therapies