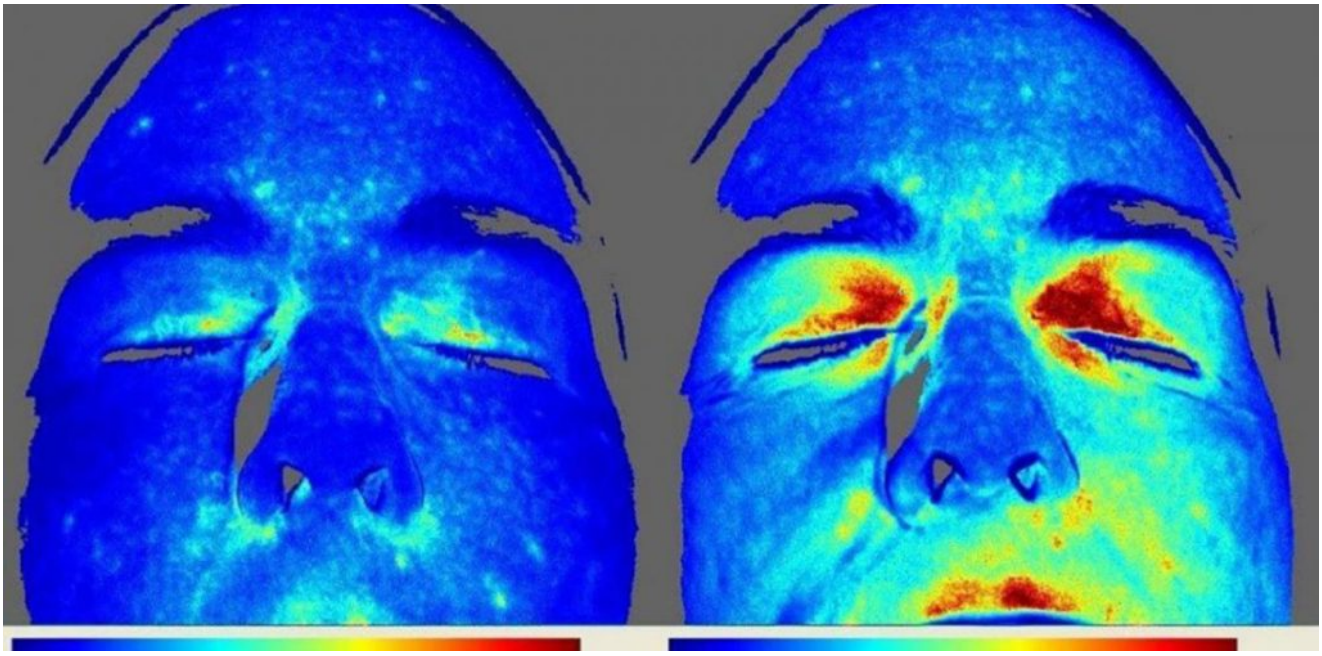
HEALTHY TIPS

# Studies Show: This Happens to Our Body when We Walk Barefoot on the Earth

By bestfolkmedicine · 09/04/2019 · 2 min read



*Have you heard about grounding? Also known as earthing, this is the practice of placing our feet directly on the ground without wearing socks or shoes. The logic behind this practice has to do with the negative charge the Earth carries which is believed to be good for us.*

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*Rich in electrons, this charge theoretically serves as an excellent supply of antioxidants and electrons that have the power to destroy free radicals.*

**Walking Barefoot Is the Key to Our Health?**

Dr. James Oschman with PhD in biology from the University of Pittsburgh and expert in the field of energy medicine explains that subjective reports on how barefoot walking is good for the overall health and well-being are present in the literature and practice of various cultures.

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However, a lot of people rarely walk barefoot outside, unless they are on the beach or on a holiday.

But, in our most natural state, we would not have anything covering our feet and thus, connecting the feet with the ground helps us absorb negative electrons and align our body with the negatively-charged power of the Earth.

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**What Does Science Have to Say about Earthing?**

The study published in the Journal of Environmental and Public Health on the topic of earthing points out that this could be a major treatment for a long list of degenerative illnesses.

According to the findings, a simple contact with the Earth and our feet indoors or outdoors may be a natural way to fight off stress, inflammation, insomnia, pain, and cardiovascular diseases.

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The research supports the idea that earthing is as important for our well-being as sunshine, air, water, food, and physical activity.

Moreover, a different study done in Warszawy discovered that the blood urea levels were lower in the people who walked barefoot while exercising and that grounding during workouts bettered the recovery from the exercise.

Another study conducted by the University of California at Irvine concluded that earthing improves the blood flow. And, several studies point out that grounding is able to minimize blood viscosity which is a major contributing factor to heart illness.

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Grounding is without doubt a powerful antioxidant and may help us lower pain, minimize inflammation, fight off insomnia, better the well-being, and much more. However, a lot of people today, especially in developed country, are rarely barefoot.

**How to Get Earthed?**

Most of the time when we are outside, we wear shoes with rubber or plastic soles. These materials are known to be insulators which insulate electrical wires; however, they also disconnect us from the Earth's flow of electrons.

On the other hand, leather-soled shoes or walking barefoot on grass, soil, sand, concrete, and ceramic tile is the best way to get connected with the earth. Remember, walking on wood, rubber, asphalt, plastic, tar, vinyl or tarmac does not ground you.

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