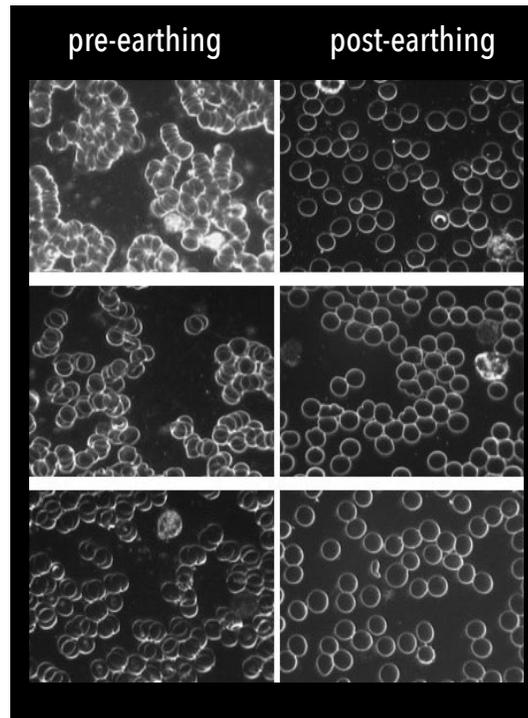


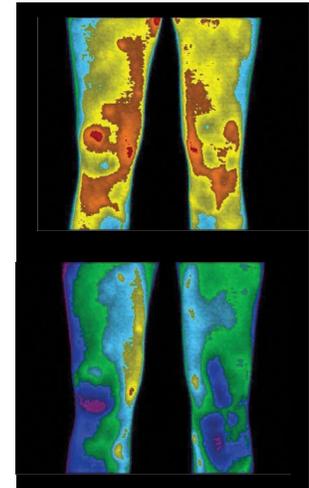
We all know the earth is filled with energy. Many people are drawn to the beach, and others, parks and mountains. Earthquakes happen when the energy of the planet becomes chaotic. So, we all agree the earth has energy. Space studies have found that our cells show significant improvement after just 15 minutes of being 'barefoot' on the earth. Touching mother earth, without a rubber sole under our feet.

Digestion, growing our hair, nails, bones, bodies, hormone balance and so much more (actually everything!) happens at the cellular level of our body. So when studies looked at a drop of human blood under a microscope before, and then after, 15 minutes on the earth, the cells looked much improved! – 30 minutes, 2 hours, why not? Consider it a free healing session, a battery recharge (just like our devices!) all by mother nature. Wow! Now, bottle that up and put it into a bedsheet, a blanket, a pad for my chair, and double wow! Now we can 'earth' and 'heal' while working and sleeping. This is revolutionary! And it's a **Simple Solution** for our health, which stimulates the Biofield and hence induces **Limitless Healing** so it is a must share at Julie E Health. We want you to be Earthing in your sleep, especially if you live in a city or a location where there is no earth to touch daily. ❤️

The Effects of Grounding on Blood Cells



Grounding Reduces Inflammation



The medical infrared images show inflammation in both knees before (top) and the reduction of inflammation that occurs after (bottom) sleeping with subject's bare feet on a grounded Earthing pad.

"When I am grounded I am resetting my entire biological clock so that it is in harmony with universal, cosmic rhythms and that is the basis of healing."

~Deepak Chopra, MD

"When I added Earthing techniques to my practice, everyone started to heal faster. When we have 15 minutes of earth energy, The BioField starts to expand, and this is the premise of limitless healing, preventing disease and feeling joy. When we sit or sleep on the earth for hours, the cells of our body become fully charged and rejuvenation is in process. Why are surfers addicted to the water?...because of the peace, calm of the energy they feel. Earthing products are the short cut to this cellular state while at home."

"Why wouldn't we use a short cut to the earth while at our desk or in our bed?"

"We use earthing products in all our sessions and offer some for sale. If you can't find any on our site, please give us a call, email or text!"

"I have been sleeping on an earthing bed and sheet for almost a decade and most people say 'wow' when they sit on the bed for even just a second. It feels like I'm laying at the beach and it's heavenly."

~ xo Julie E