

# Free Healing Outside Your Front Door

"Now I know the secret of making the best persons. It is to grow in the open air, and to eat and sleep with the Earth." Walt Whitman

by Dr. Robyn Benson

**W**hat is perhaps the single most important thing you can do daily to improve your health? Reconnect to the Earth. The Earth produces a low-frequency electromagnetic field on its surface. Every living thing on this planet depends upon that field live. In the words of Nobel Prize winner Professor Werner Heisenberg, "Electromagnetic energy is the elemental energy in which all of life depends."

Unfortunately, modern living has separated us from this field, as we spend most of our lives indoors in houses, working in buildings, driving in cars, and walking in shoes. Plus, industrialization of the western world over the last 130 years has created much more of a dramatic separation from this life-giving field, as well as increasing our daily toxic load. Consider these facts: Each day we are exposed to thousands of chemicals (in the products we use, our living and working environments, the food we eat, the water we drink and the air we breathe), and there are now approximately 30,000 reported diseases worldwide. Equally alarming, we are now bathed 24/7 in high-intensity, artificial electromagnetic frequencies in the form of general electricity, radio, television, microwave telecommunication signals, cell phone signals and now Wi-Fi. Make no mistake; there is no escape from these high intensity frequencies.



## Electricity

For more than a century modern western medicine has viewed, studied and worked to treat illness and disease on a chemical level, as evidenced by the tens of thousands of prescription and non-prescription medications now available. Yet look at the level of sickness and disease we experience. Luckily, we are now beginning to clearly understand our bodies are first and foremost electrical in nature. It is electricity that fires our nervous system and drives the chemical process of our cells. The chemical process is actually

secondary. We are now beginning to realize that health starts first at the cellular level, and reconnecting with the Earth's electrical field can enhance health. In the words of Clinton Ober, a pioneer in this field, "Connecting to the Earth...restores your body's natural internal electrical stability and rhythms, which in turn promote normal functioning of body systems, and shifts the nervous system from stress





dominated mode to one of calmness."

In basic terms, the Earth's surface is covered in negative electrons. The human body is made mainly of water and minerals, which are excellent conductors of electricity. Free radicals in the body are positive-charged molecules that can wreak havoc on

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**Werner Heizenberg**

our health. By simply touching the Earth with bare skin, your body is, literally, instantly grounded, which means free radicals are neutralized. Foremost, this promotes excellent health in a person's 70 trillion cells.

## Reconnecting

How do we reconnect to the Earth? Simple. Spend time each day sitting, standing, or walking with bare feet in contact with the Earth, or consider acupuncture, massage, Tai Chi, Reiki, and Qi Gong. If this isn't practical due to busy daily schedules and urban environments, a number of devices have been developed during the past two decades which mimic or connect to the Earth's electromagnetic field.


Without a doubt, healthy food, clean water, exercise, adequate rest, and time in nature are vital to maintaining our health, but without proper cell function, supported through life-sustaining electromagnetic fields, we will never be truly healthy.

This is energy medicine, and it is the future of medicine now. ☸



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