

Short Communication

Prevention and/or recovery from corona virus infections

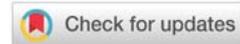
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Received: 15 July, 2020
Accepted: 01 August, 2020
Published: 03 August, 2020

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The sudden onset of a viral pandemic has led to an urgent situation in which health professionals are looking for something “out of the box” to remedy the crisis. This article describes a novel intervention that is extremely easy and science-based: Earthing or electrically grounding your body to the Earth. COVID-19 has ushered in a plethora of medical claims concerning the use of natural products to prevent and/or treat the pathogen. The Federal Trade Commission (FTC) has been clamping down on bad actors, and those well-intentioned but under-informed about problems with extravagant claims. The sudden arrival of the pandemic has not given us time to set up a large-scale clinical trial of Earthing or have an evaluation by the Food and Drug Administration (FDA). The critical reader will ask how we can recommend Earthing in the absence of the “gold standard” randomized clinical trials and FDA certification. The reason is simple: extensive study and feedback from those who use this approach have revealed that Earthing makes a dramatic difference in situations of respiratory distress, including those caused by severe asthma, allergies, COPD and flu. For example, feedback from a lawyer whose wife developed coronavirus symptoms: “A grounding patch on her chest has helped her immensely” (Figure 1). Dozens of research studies have revealed that Earthing brings virtually all measurable physiological and biochemical properties toward balance [1]. This is important because of observations of widespread systemic effects of the virus. Reduction in blood viscosity is an important effect, since virtually all cardiovascular disorders have been associated with elevated blood viscosity [2]. Endocrinologists will be interested in the fact that Earthing normalizes the day-night cortisol rhythm, thereby reducing stress. It is hard to sleep if your nighttime cortisol is higher than normal [3]. Several studies have shown improvements in vagal tone as well. The approach is so natural, simple, safe, and free of side effects that anyone can try it to see if it is effective for them. It is as easy as going outside, removing your shoes and socks, and sitting with your bare feet and/or bare hands

placed directly on lawn or bare earth for 15-30 minutes. And methods have been developed to bring the equivalent benefits of Earthing inside the home (Figure 2) or office (Figure 3).

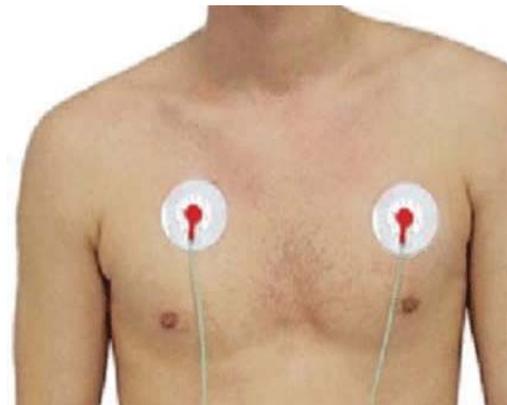


Figure 1: Fast relief from severe respiratory distress by placing grounding patches over each lung. Wires plug into ground port of electrical system.



Figure 2: Grounded sleep system consisting of a conductive carbon pad connected to an electrical earth ground.



Figure 3: Working at the computer with bare feet on a grounding pad connected to an electrical ground.

Stating the problem

Covid is an inflammatory respiratory virus, so if you have any of the so-called pre-disposing conditions (asthma, COPD, high blood pressure, heart or lung conditions, weakened immune system, diabetes, sleep apnea or hypertension) as reported by the Mayo Clinic [4] we suggest that you try Earthing. And the disease has several challenging lingering after-effects, including endocrine disruption [5]. On July 24, the US Centers for Disease Control and Prevention reported that Covid-19 can be a prolonged illness, even among young adults without underlying chronic medical conditions. Note that the same pre-disposing conditions mentioned above are also frequent severe after-effects that can follow recovery from the virus. The only wellness “claim” for Earthing is that you are likely be pleasantly surprised when you try it. At the end of the article we explain how you can participate in our research.

Background

One of us (Ober) spent 30 years in the cable television industry, pioneering cable and satellite distribution of digital services to personal computers. This led to the formation of the largest cable installer in the United States, specializing in proper grounding of cable systems for electrical safety and good TV signals. It is well known that grounding (connection of the metal shielding around the cable to the Earth) is essential for TV signal stability. After retirement, Ober became curious about what would happen to people if they were grounded or Earthed. In a simple experiment in 1998 he placed an electrically conductive tape on his bed and connected it to a wire that ran out his bedroom window to a metal rod inserted into the Earth. He had the surprising experience of falling asleep immediately, without taking the pain medications he usually used to help fall sleep. Wondering if others would have similar experiences, Ober invented a simple sleep system consisting of a mat made with conductive carbon fibers that could be electrically connected to the surface of the Earth. This was the beginning of a line of Earthing products that enable people to be grounded both by day and by night (Figures 2 and 3) [6]. The latest sleep system is a leatherette-like material that is extremely rugged

and conductive. Ober gave away hundreds of the first Earthing systems to people who had difficulty sleeping to see what kinds of experiences they would have. The feedback was astounding. Many fell asleep faster, slept more soundly, and felt great the next day. The most common experience was reduction in aches and pains caused by inflammation. Medical infrared imaging confirmed very rapid reduction of “hot spots” caused by injuries and subsequent inflammation [7]. Earthing allows hormonal systems in the body to be directly synchronized by the day/night and seasonal rhythms in the Schumann resonance, the oscillating electrical field of the Earth, which is thought to be the zeitgeber or time-setter for hormonal rhythms, mediated by melatonin/serotonin balance, which has widespread effects [8].

In the year 2000 Ober published his first report on the effects of Earthing [9]. The same year, Ridker from Harvard Medical School published the first of a series of large clinical trials documenting the use of an inflammatory marker for determining the risk of heart attack and stroke [10]. He coined the term “residual inflammatory risk” to describe the amount of smoldering or silent inflammation present in a person. This is important because doctors are currently mystified by the way the coronavirus strikes some people and not others. Inflammatory risk varies from person to person, as does their vulnerability to chronic diseases, including the risk factors for catching the coronavirus. These risk factors coincide exactly with the wellness effects that appear to be provided by Earthing, as has been discovered by dozens of studies summarized at the web page of the Earthing Institute [1]. A book on Earthing [11], which has been translated into many languages and an Award-winning film [12], have helped spread the word about Earthing. Practicing Earthing has become a growing international movement — causing people to shed their shoes and electrically connect themselves to the surface of the Earth both day and night. Thousands have sent enthusiastic feedback supporting the research findings. About two dozen scientists have researched Earthing and published more than 25 scientific reports on the topic. For example, in 2007 Oschman pointed out that It is well established, though not widely appreciated, that the surface of the earth possesses a limitless and continuously renewed supply of free or mobile electrons. Electrons from the earth can be rapidly semiconducted through the body and act as antioxidants that quickly reach inflamed tissues [13,14]. In case of respiratory distress, consider using Earthing patches (available at www.Earthing.com, Figure 1). Place a patch on each side of the chest about 6 inches below the collar bone and 2 inches out from either side of the breastbone. Rapid relief often results, as the antioxidant effect of the earth’s free electrons naturally reduce and calm the inflammatory activity in the lungs. These are the same patches used by doctors when they record Electrocardiograms (EKGs). If you try this, help us with a survey being conducted to evaluate Earthing [15].

Conclusions

Research and experience indicate that Earthing or grounding the human body may help in both prevention of significant symptoms and help in recovery if utilized early enough in the



disease. Earthing probably will not prevent the coronavirus infection itself, but can ameliorate both the so-called pre-disposing conditions for infection and reduce the after-effects of infection, including cardiovascular and endocrine disturbances. Two main effects have been documented: electrons from the earth serve as potent and quick-acting antioxidants; and a connection with the Earth helps entrain or synchronize daily and seasonal hormonal rhythms with comparable rhythms of the Earth's electrical field.

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Citation: Ober C, Oschman JL (2020) Prevention and/or recovery from corona virus infections. *Int J Clin Endocrinol Metab* 6(1): 022-024.
DOI: <https://dx.doi.org/10.17352/ijcem.000048>