

HAYP'S

GROUNDING SHEET

If The Formula doesn't Work, Fall Back to Basics.

HAYP
WELLNESS

HOLISTIC HEALTH



RIDHI SIDHI ENCLAVE 8, SRI GANGANAGAR, RAJ. 335001.

A photograph of a person's legs and feet walking on a sandy beach. The person is wearing pink and white patterned shorts. The background shows the ocean and a clear sky. The text is overlaid on the image.

Let's Know About.....

Earthing Therapy

Or

Grounding Therapy

Or

Zero Volt Therapy

RESULT OF
THREE DECADES
OF
RESEARCH

Clinton Ober,
Stephen T. Sinatra,
M. D. Martin Zucker

SECOND EDITION

Earthing

The most important
health discovery ever!



Clinton Ober,
Stephen T. Sinatra, M.D.
Martin Zucker

Foreword by James L. Oschman, Ph.D.,
author of *Energy Medicine: The Scientific Basis*
With commentary by electrophysiologist Gaétan Chevalier, Ph.D.

Praise for Earthing

"This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of the disease, chronic inflammation, poor sleep, and more be the result of this? A brilliant hypothesis well-grounded in science."

NIC HOLAS PERRICONE, M.D., AUTHOR OF AGELESS FACE, AGELESS MIND

"Earthing ranks right up there with the discovery of penicillin. This book is probably the most important health read of the twenty-first century."

ANN LOUISE GITTLEMAN, PH.D., CN.S., AUTHOR OF THE FAT FLUSH PLAN

"Earthing may be as fundamental as sunlight, air, water, and nutrients. 'May the Ground be with you!'"

GARY E. SCHWARTZ, PH.D., PROFESSOR OF PSYCHOLOGY AND MEDICINE, UNIVERSITY OF ARIZONA, AND AUTHOR OF THE ENERGY HEALING EXPERIMENTS

"People have lost touch with the Earth. From a biblical perspective, people who lose touch with the Earth lose touch with God. Earthing reconnects us to the planet, to others, and, in a sense, to God."

GABRIEL COUSENS, M.D., AUTHOR OF SPIRITUAL NUTRITION

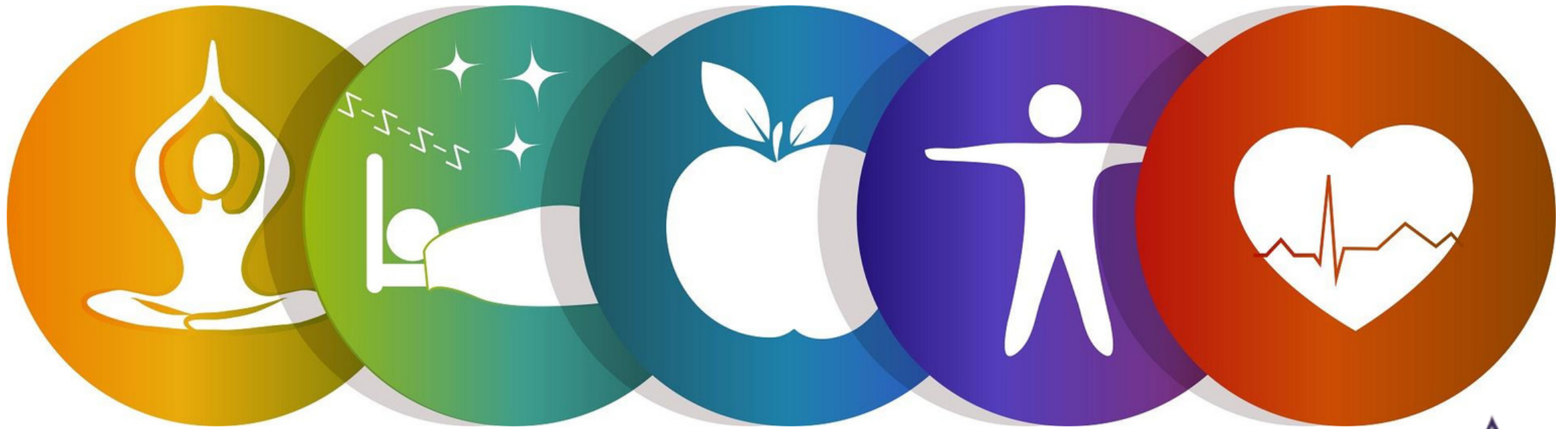
"Hormonal imbalances are so prevalent among women. Earthing has a profoundly beneficial effect in helping to balance the system and reduce symptoms."

AMANDA WARD, N.D., ENCINITAS, CALIFORNIA

"Earthing connects us to Nature and Nature is the ultimate source of health and healing. This book is a manual for one of Nature's 5 great healing secrets."

JOHN GRAY, PH.D., AUTHOR OF MEN ARE FROM MARS, WOMEN ARE FROM VENUS

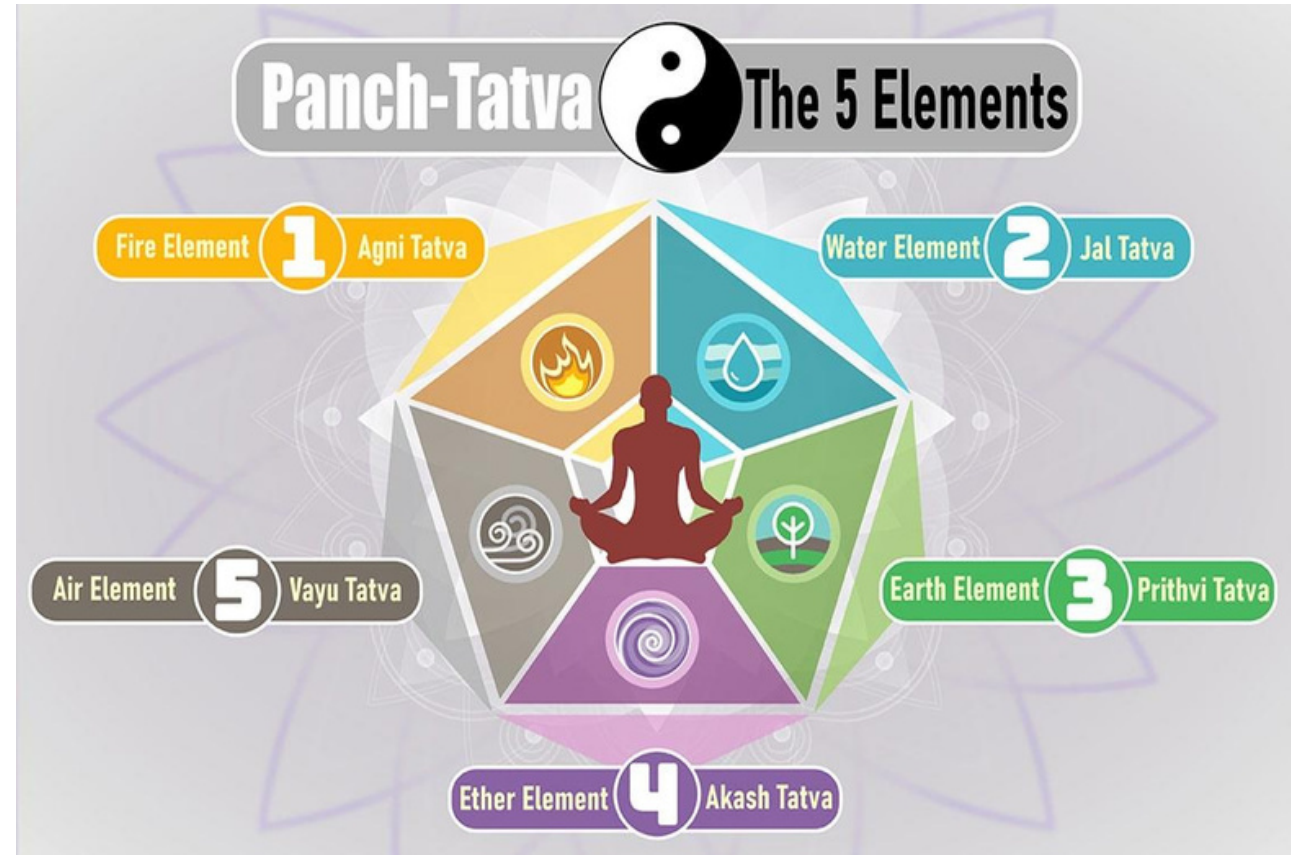
to stay health !



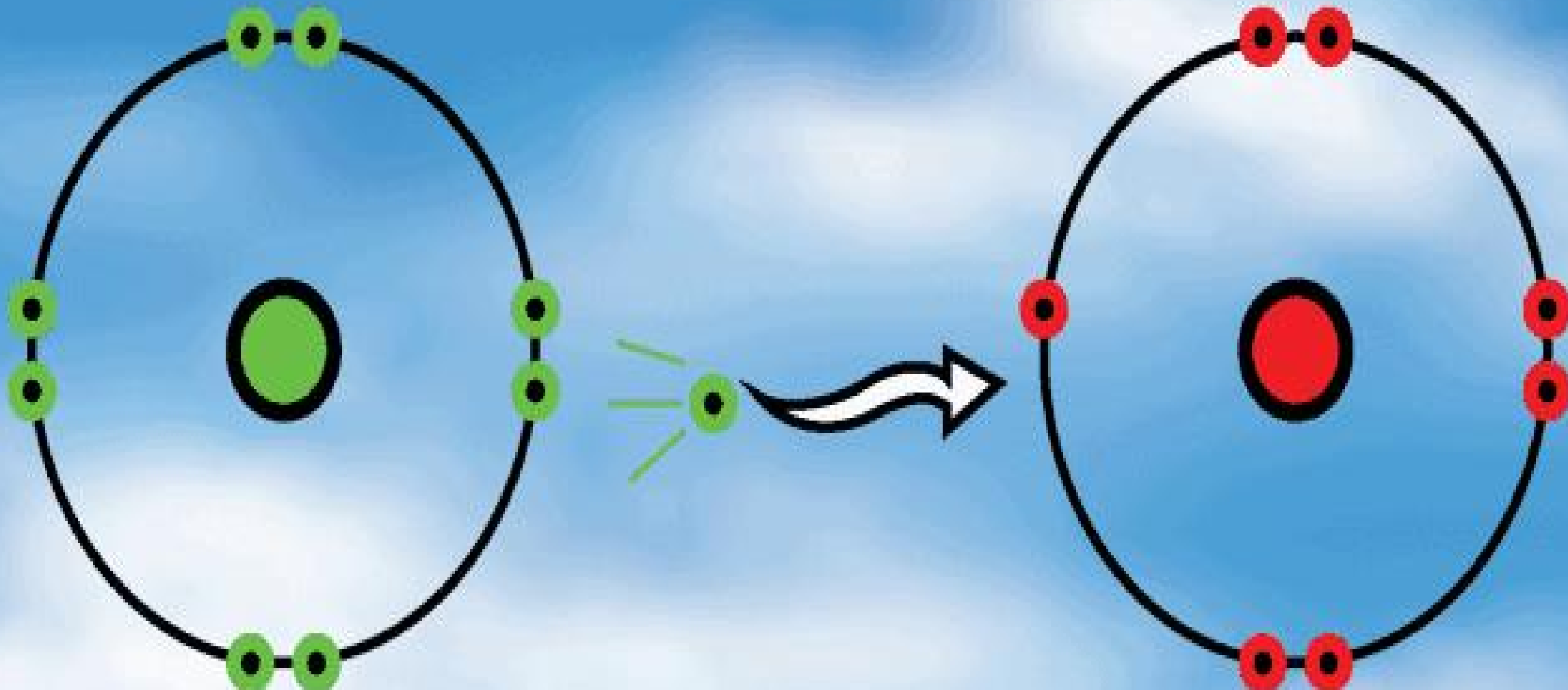
Five Elements and Human Body



If you want to understand the science of your body and want to be healthy then first of all we have to know that our body is made up of five elements. Even after death, it is said that the body of a certain person has merged into the five elements. Out of these five elements, four are sky, water, air and fire, in whose contact your body remains in some form or the other. But out of ignorance, we have cut off our contact with the earth. Our body is not in direct contact with the earth and this has happened more in the last few decades. The study of scientists has even said that the worst invention in human history is shoes which have prevented our body from coming in contact with the earth.

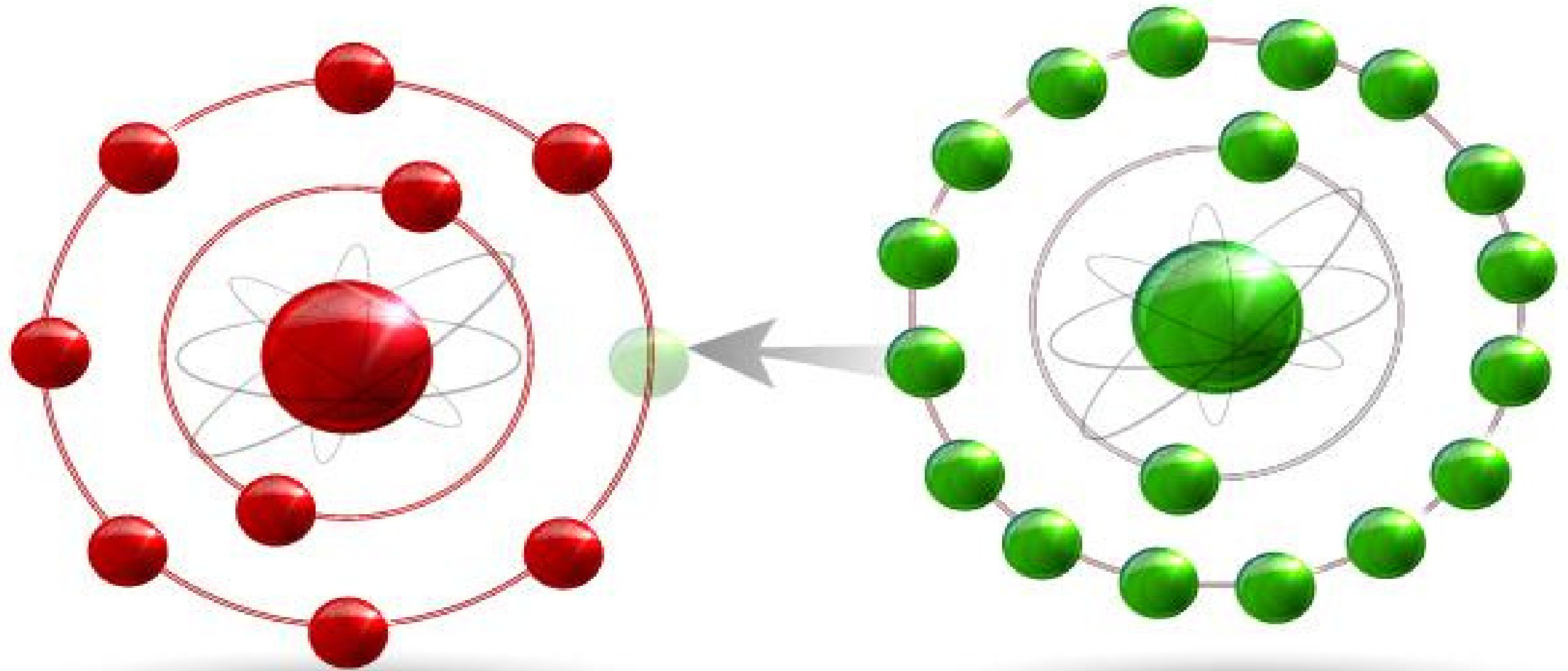


Earth itself is of ANTI INFLAMMATION nature and is also the biggest supplier of electrons. Now if INFLAMMATION goes away from our body and electrons start getting in abundance, then all the physical problems we are facing at present will start getting cured without medicine.



HEALTHY ELECTRON

FREE RADICAL



FREE RADICAL WITH
MISSING ELECTRON

ANTIOXIDANT
DONATES ELECTRON

Electron Moving Freely
Between the Mother Earth and the
Grounded Human Body.

The Earth Itself is The Original
Anti-Inflammatory. And The
Planet Itself is The Biggest
Electron Donor On The Planet.



What Is Inflammation?



Everyone is susceptible to inflammation—from high-performance athletes to nonperformance couch potatoes. It's an equal opportunity hit man. The word "inflammation" comes from the Latin inflammation, meaning to set on fire. Inflammation is the complex biological response of the body to harmful stimuli, such as pathogens, damaged cells, or irritants. It is a protective attempt by the system to remove injurious or threatening agents as well as start the healing process for the affected tissue. In the absence of inflammation, wounds and infections would never heal and progressive destruction of the tissue would compromise survival.

THE ORIGINAL ANTI -INFLAMMATORY

The Earth itself is the original anti-inflammatory. And the planet itself is the biggest electron donor on the planet.

What does this mean to you?

Just imagine negative-charged electrons,

like a mighty unseen cavalry, galloping up through your body from the Earth and mopping up an outnumbered force of positive-charged inflammatory free radicals. Electron deficiency, created by a lack of grounding, is eliminated and a healing process unfolds. The

inflammation, sickness, and pain in your body are but a manifestation-in large part or small-of an electron deficiency.

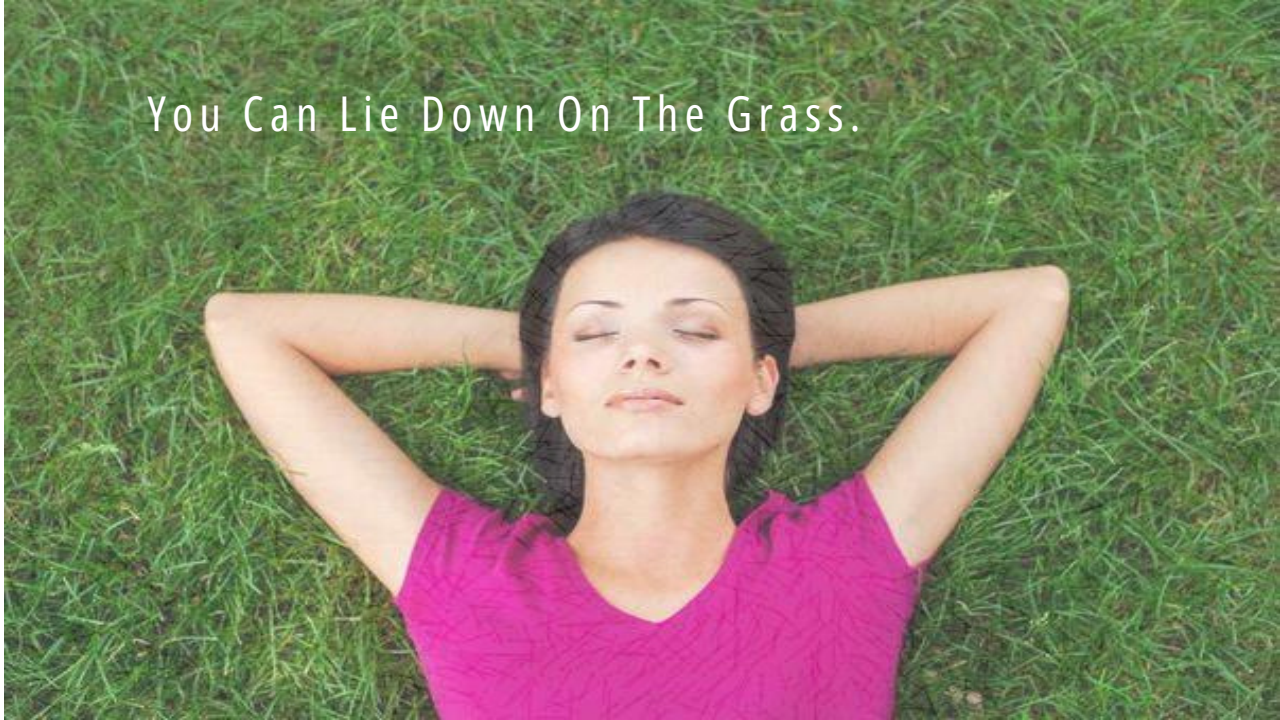
The remedy is as close as the Earth you live on.



You can walk barefoot in the meadow, field, sea or river bank.



You Can Lie Down On The Grass.



You Can Swim in The Sea Or a Natural River Or Pond.



You Can Hug a Living Tree.



In today's busy life, it is not possible that you can follow this routine for six to eight hours daily.



THE “WORLD'S MOST DANGEROUS INVENTION”

David Wolfe, An Author, Speaker, And Outspoken Authority On Health And Lifestyle, Deems “The Common Shoe” As Perhaps The “World's Most Dangerous Invention.” After Fifteen Years Of Nutritional And Lifestyle Research, He Incriminates The Shoe As One Of The “Most Destructive Culprits Of Inflammation And Autoimmune Diseases” In Our Lives Because It Separates Us From The Healing Energy Of The Earth. “Put A Shoe On,” He Says, “And It's Gone.”

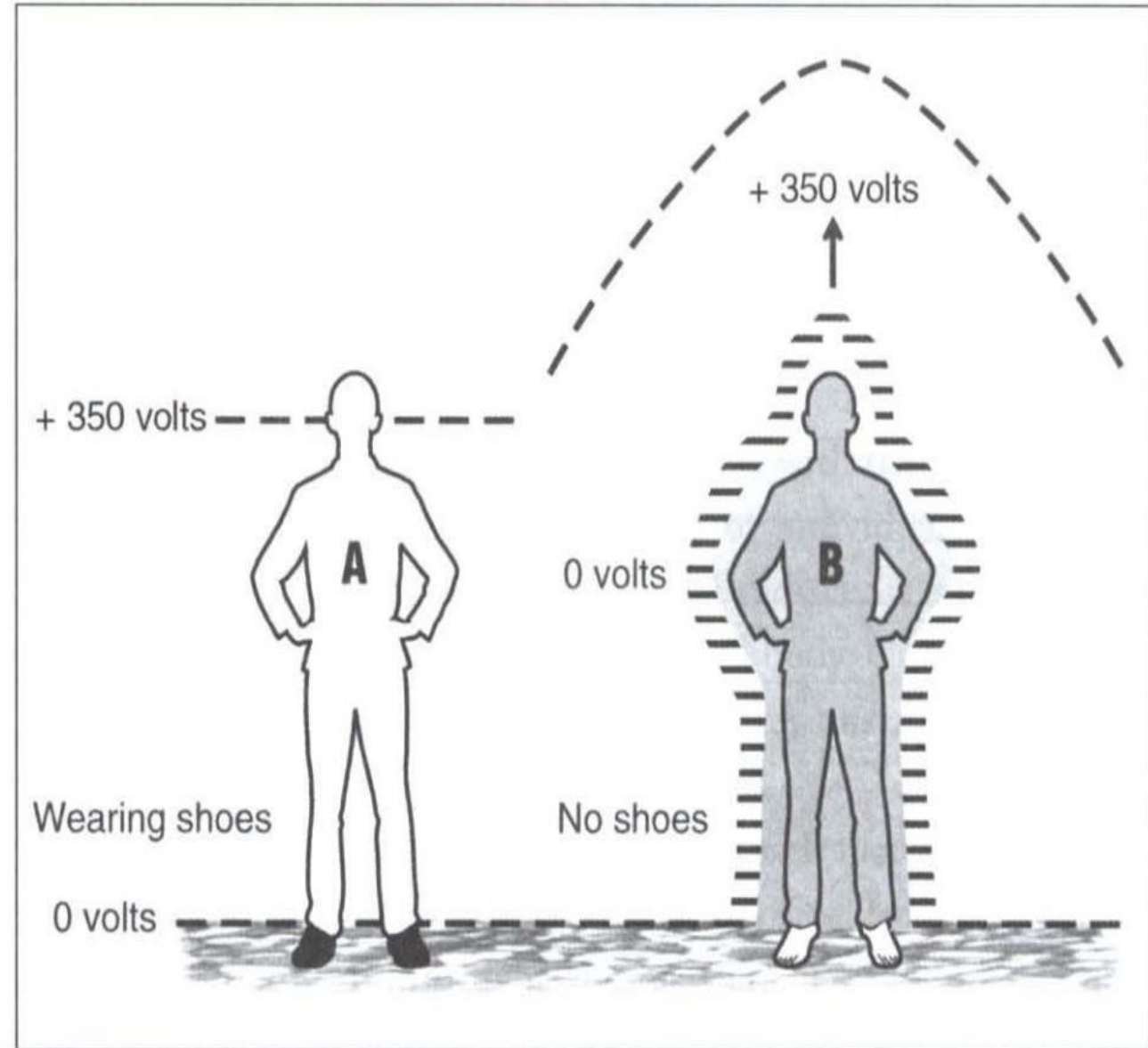


**GROUNDING THERAPY IS
EFFECTIVE IN SOLUTION OF
THE FOLLOWING
PROBLEMS BY REDUCING
INFLAMMATION**



The Umbrella Effect of Earthing

The Applewhite study showed the protective effect of Earthing against environmental electrical fields. Another way to think of this is as an umbrella effect. Let us look for a moment at the electrical properties of the Earth's surface and the way the Earth's energy influences our biology. In his classic Lectures on Physics from the early 1960s, Nobel Prize physicist Richard Feynman describes the Earth's subtle energies. The surface, as we have seen, has an abundance of electrons, which give it a negative electrical charge. If you are standing outside on a clear day, wearing shoes or standing on an insulating surface (like a wood or vinyl floor), there is an electrical charge of some 350 volts between the Earth and the top of your head (see drawing, left) if you are 5 feet 9 inches (1.75 m) tall. Keep in mind it is about zero volts at ground level.



You might ask, "If there really is a voltage difference of 350 volts from head to toe why don't I get a shock when I go outside?"

The answer is that air is a relatively poor conductor and has virtually no electrical current flow. If you are standing outside in your bare feet (see drawing, right), you are Earthed; your whole body is in electrical contact with the Earth's surface. Your body is a relatively good conductor. Your skin and the Earth's surface make a continuous charged surface with the same electrical potential. Also notice in the drawing on the right that the charged area is pushed up and away from your head if you are grounded. Any object in direct contact with the Earth—a person, a dog, a tree—creates this shielding effect. The object is essentially residing within the protective umbrella of Earth's natural electric field. This protective phenomenon also occurs inside your house or office, if you are connected to the Earth with an Earthing device like a bed pad.

Deep Sleep Without Medication



DEPRESSION
ANXIETY
NEGATIVE THOUGHTS



MAIGRAIN



VERTIGO



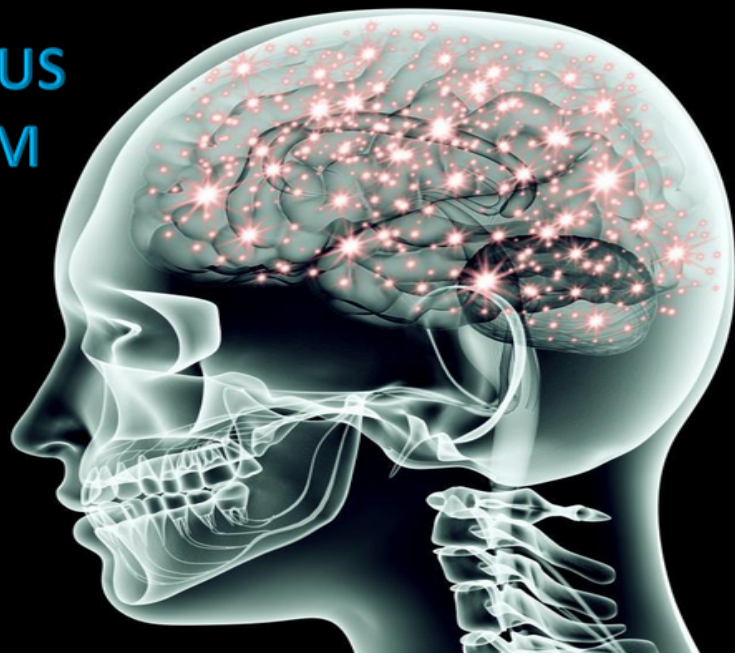
INSOMNIA



EPILEPSY



**NERVOUS
SYSTEM**



ANEMIA



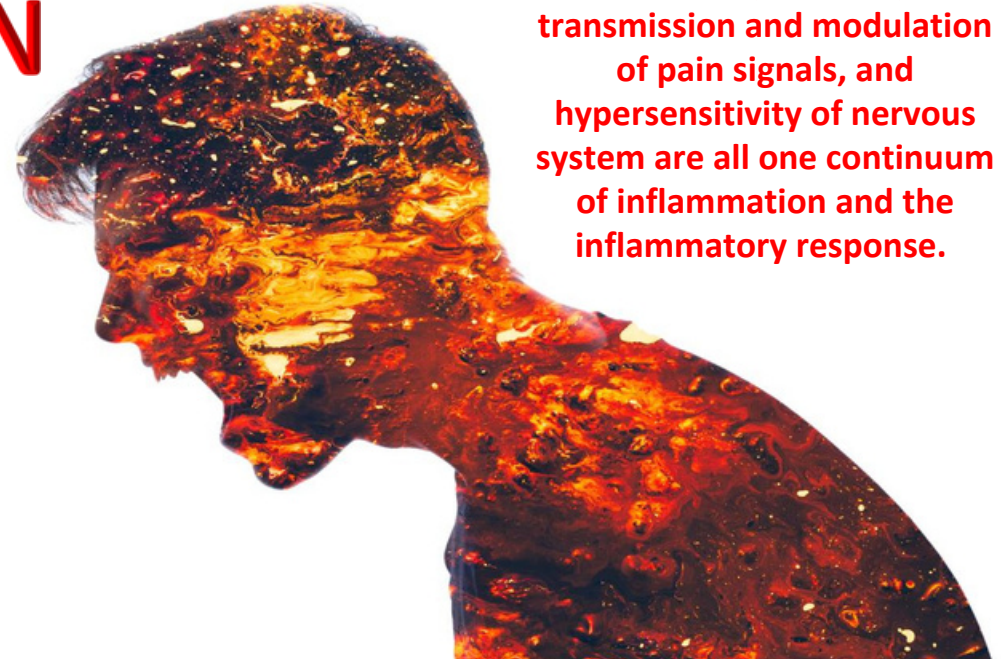
**Cervical
Spondylosis**



STIFFNESS



PAIN



**Activation of pain receptors,
transmission and modulation
of pain signals, and
hypersensitivity of nervous
system are all one continuum
of inflammation and the
inflammatory response.**

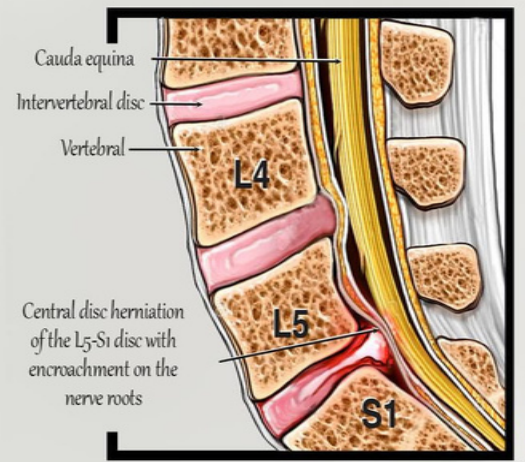
ARTHRITIS

Chronic inflammation destroys joint cartilage and inhibits the release of lubricating and cushioning fluid in the joints.

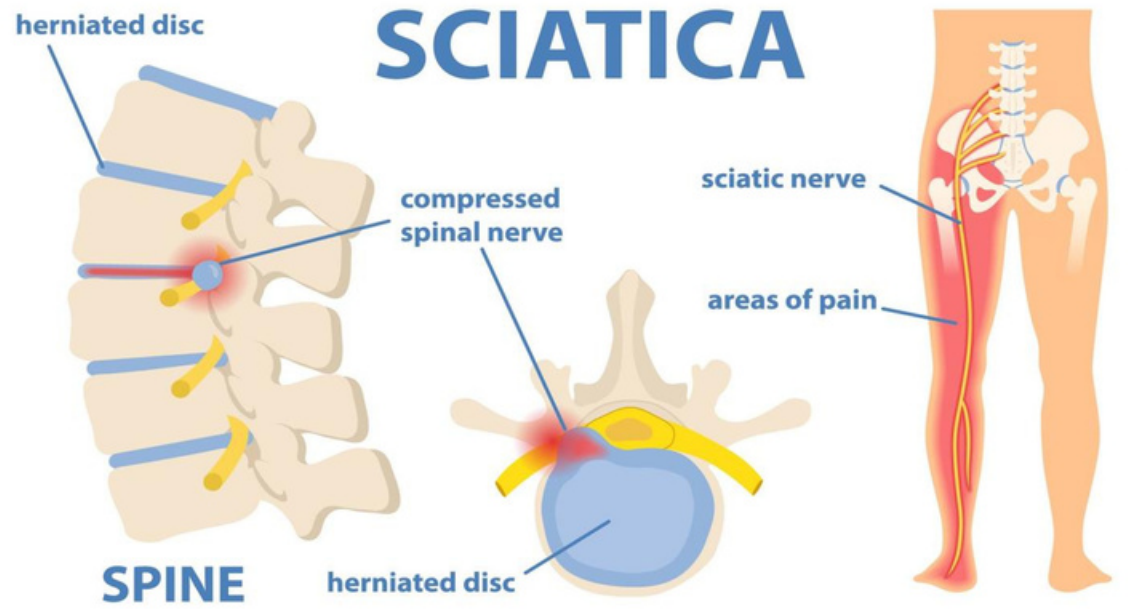




SLIP DISC



SCIATICA



PREVENT PARKINSON'S DISEASE



VARICOSE VEINS



Natural Blood Thinner
Without Pills !



BLOOD PRESSURE

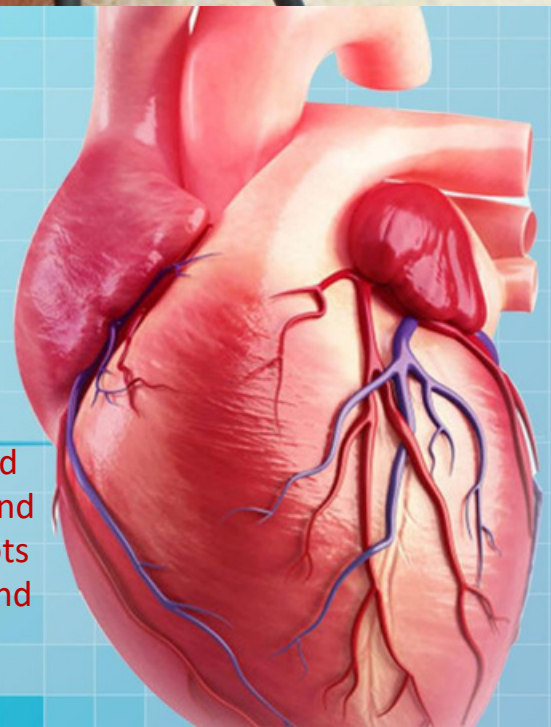


**How to Prevent a Heart
Attack at a Young Age?**



**CARDIOVASCULAR
DISEASES**

Inflammation Causes Thick, Unhealthy Blood and Arterial Disease, Leading To Blockage and Plaque and Increased Risk of Dangerous Clots in The Blood Vessels That Feed The Heart and Brain; Inflammation Also Damages Heart Valves.



HORMONES

PROGESTERONE
TESTOSTERONE
CORTISOL



PROLACTIN
ESTRADIOL
LH
FSH

PCOD/PCOS



Allergies

Inflammatory messengers stimulate release of histamine, leading to allergic reactions.



ALZHEIMER'S DISEASE

Inflamed brain tissues develop plaque; chronic inflammation kills brain cells.



ASTHMA

**Inflammation
leads to blocking
of the bronchial
passages.**



AUTISM

Brain inflammation is present in most autistic children.



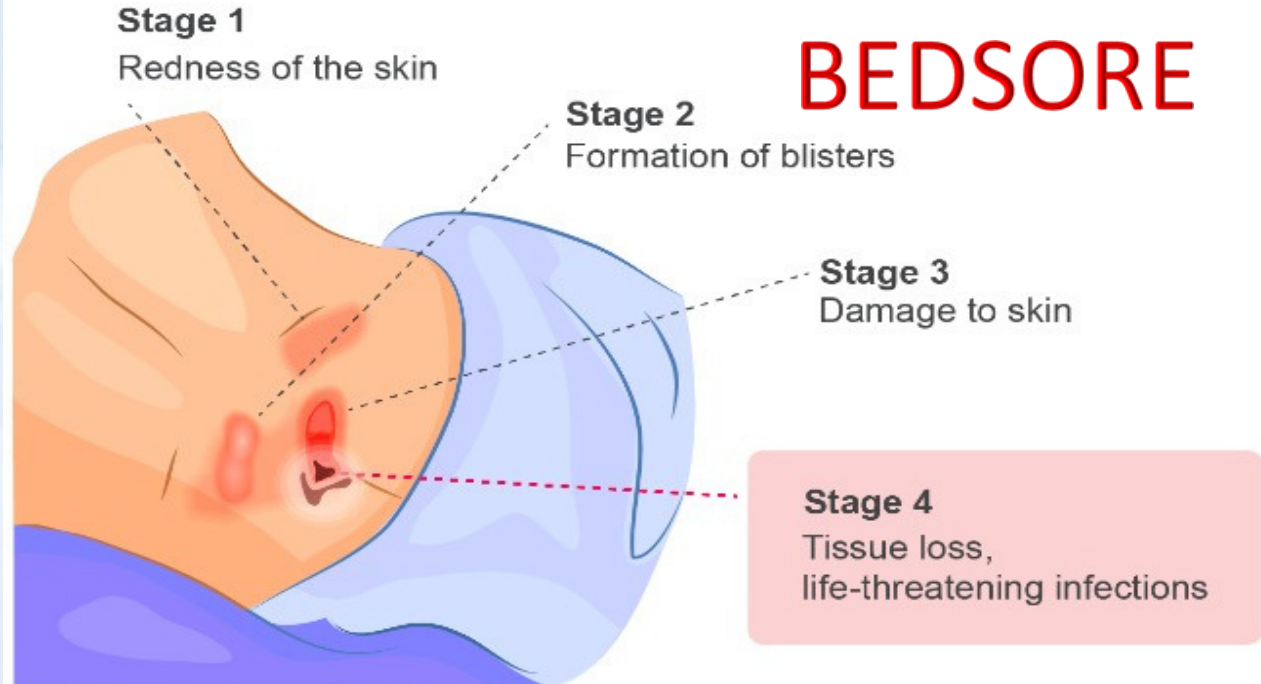
PARALYSIS



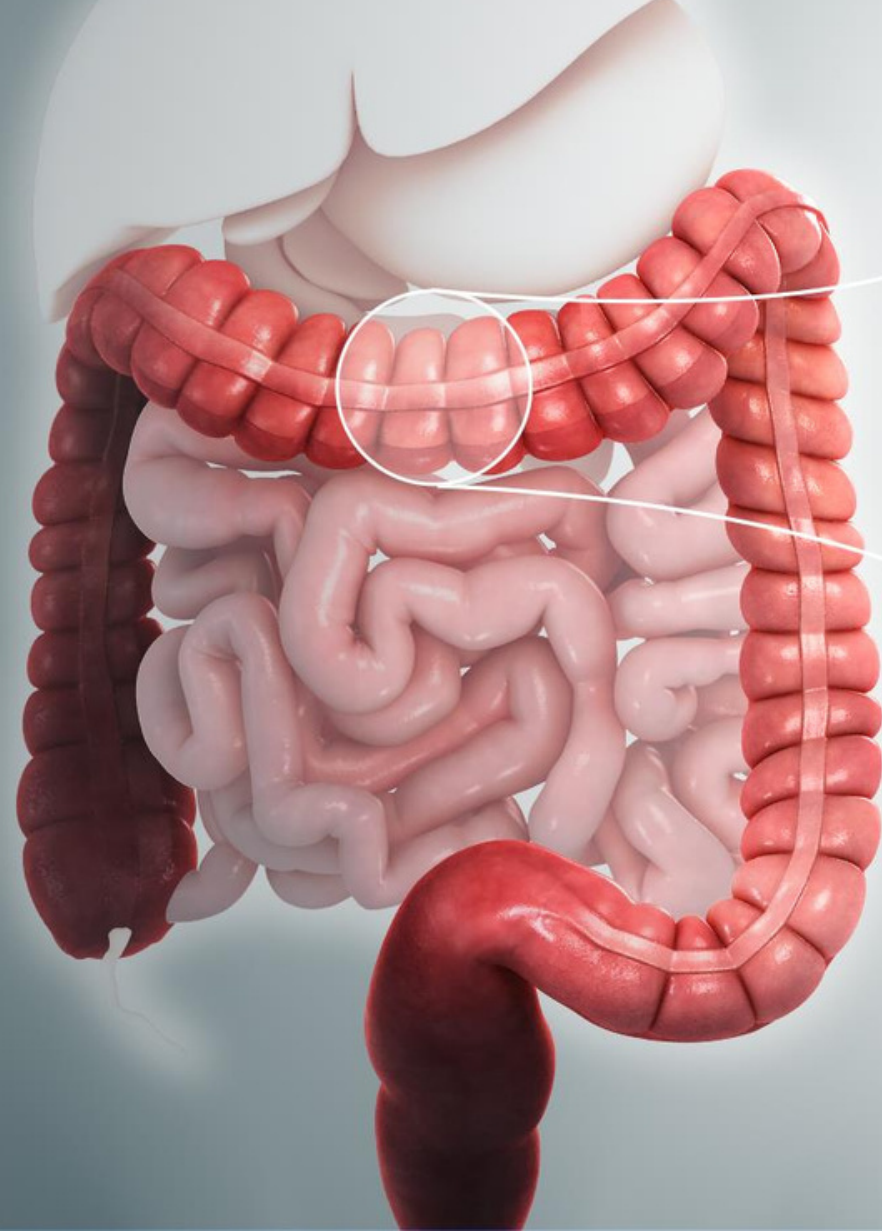
COMA



BEDSORE



Ulcerative colitis is a chronic inflammatory bowel disease (IBD) in which abnormal reactions of the immune system cause inflammation and ulcers on the inner lining of your large intestine. Ulcerative colitis can develop at any age, but the disease is more likely to develop in people between the ages of 15 and 30.



Ulcerative colitis

HELPFUL IN WOUND HEALING



Venous leg ulcer

- Common in elderly
- Result of chronic venous hypertension
- Persistent inflammation
- Hemosiderin deposits
- Lipodermatosclerosis



Arterial ulcer

- Reduced blood supply
- Ischemia, necrosis
- Little exudate
- Atrophic skin
- Common in diabetes
- Pain

Diabetic foot ulcer

- Common in diabetes
- Hyperglycemia
- Micro-/macroangiopathy
- Neuropathy
- Infection
- Foot deformities



Pressure sore

- Area of tissue necrosis
- Caused by prolonged soft tissue compression
- Local ischemia, moisture
- Multi-morbid and elderly

Hypertrophic scar

- Rapid growth
- Generally regress <6 months
- α SMA⁺ myofibroblasts
- Collagen fibers parallel to skin surface
- Vertically oriented blood vessels



Keloid

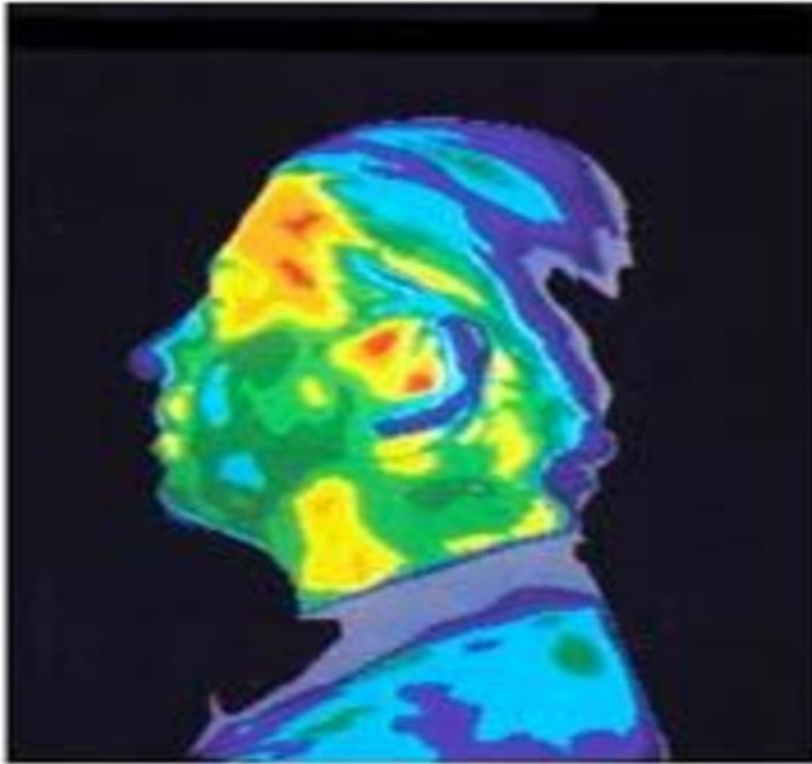
- Constant growth
- No spontaneous regression
- Extend beyond margins of tissue damage
- Genetic predisposition
- Thick, haphazardly oriented collagen bundles



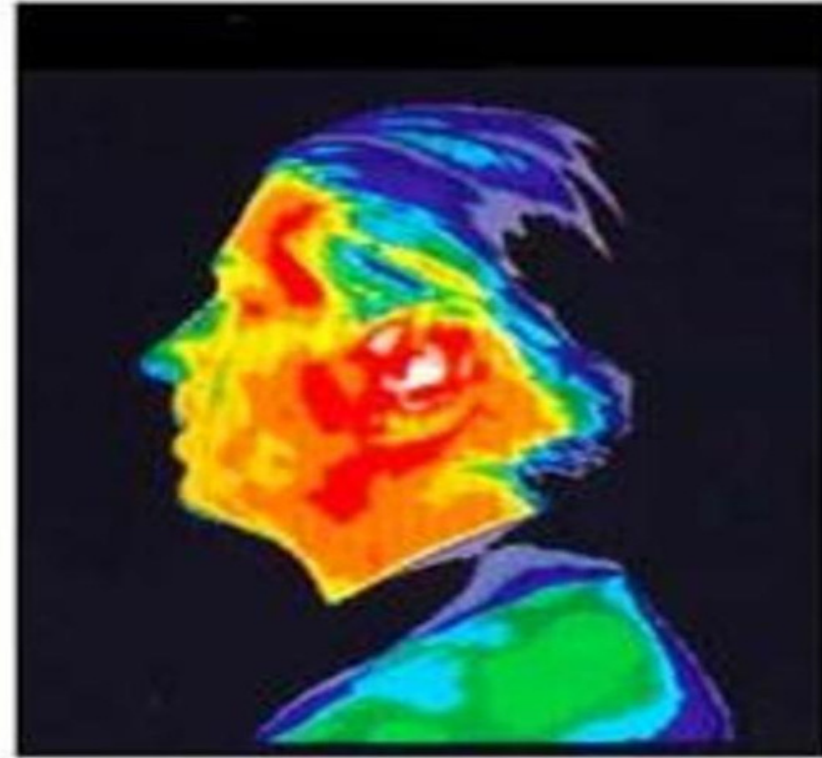
Harmful Effects of Mobile Radiation on Human Body



Harmful Effects of Mobile Radiation on Human Body



Thermographic Image of the head with no exposure to harmful cell phone radiation.

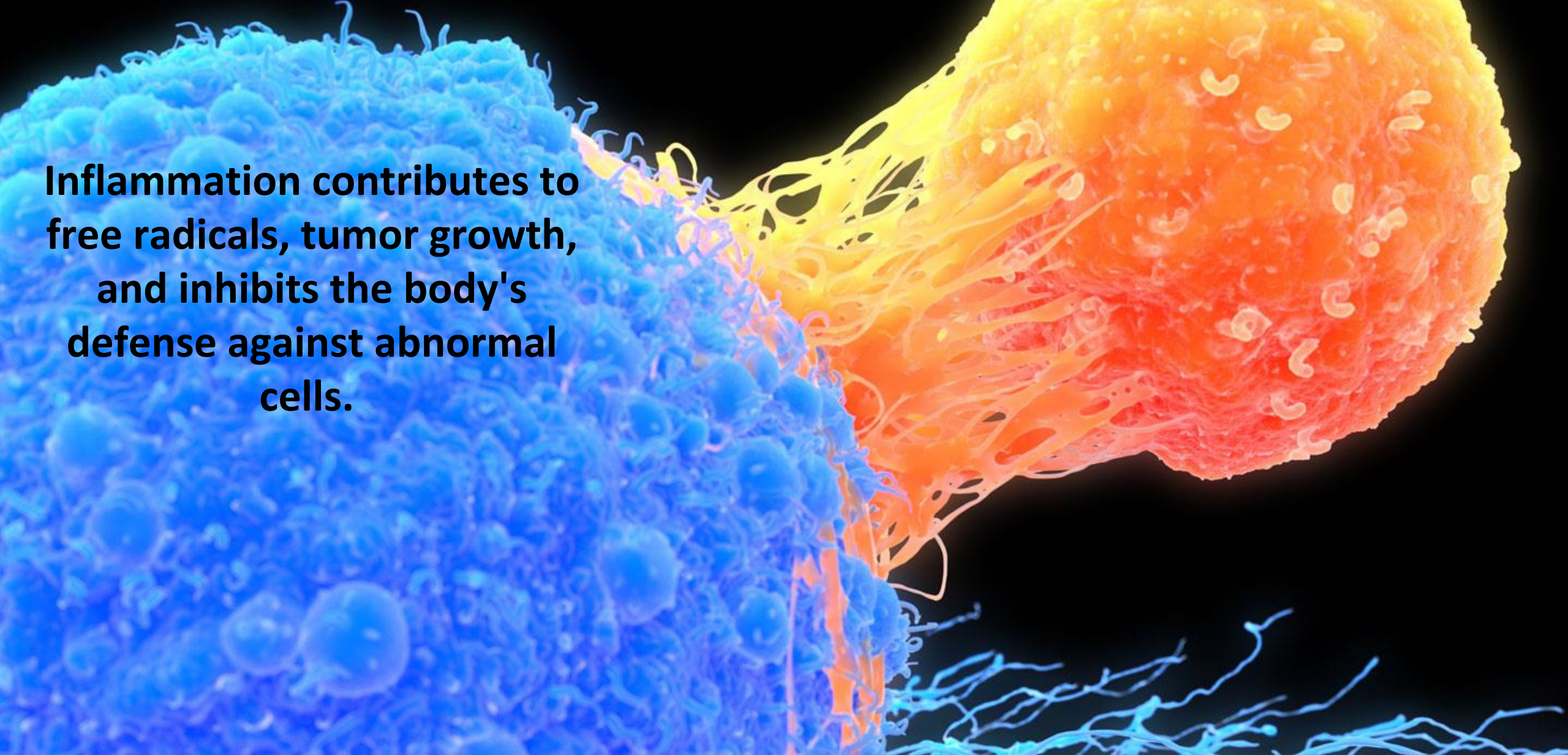


Thermographic Image of the head after a 15-minute phone call. Yellow and red areas indicate thermal (heating) effects that can cause negative health effects.



CANCER

Inflammation contributes to free radicals, tumor growth, and inhibits the body's defense against abnormal cells.



PANCREATITIS

Pancreatitis is inflammation of the pancreas. The pancreas is a long, flat gland that sits tucked behind the stomach in the upper abdomen. The pancreas produces enzymes that help digestion and hormones that help regulate the way your body processes sugar (glucose)



DIABETES TYPES 1 & 2



Type 1 diabetes, inflammation induces the immune system to destroy pancreatic beta cells; type 2 diabetes, fat cells cause the release of inflammatory messengers, leading to insulin resistance.

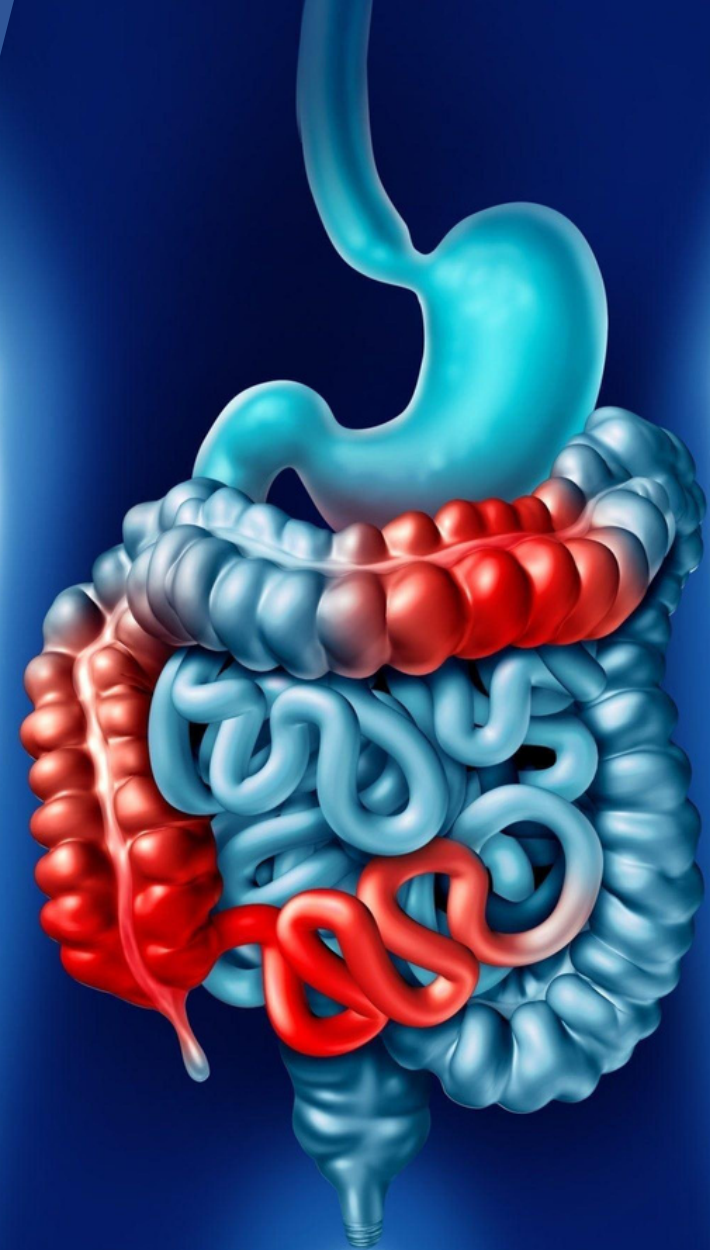
COMMON INTESTINAL DISORDERS

Crohn's Disease, Irritable Bowel, Diverticulitis, and Other Intestinal Problems Involve Inflammation That Causes Pain, Interference With Digestion and Assimilation of Nutrients, and Damage to The Sensitive Lining of The Digestive Tract.

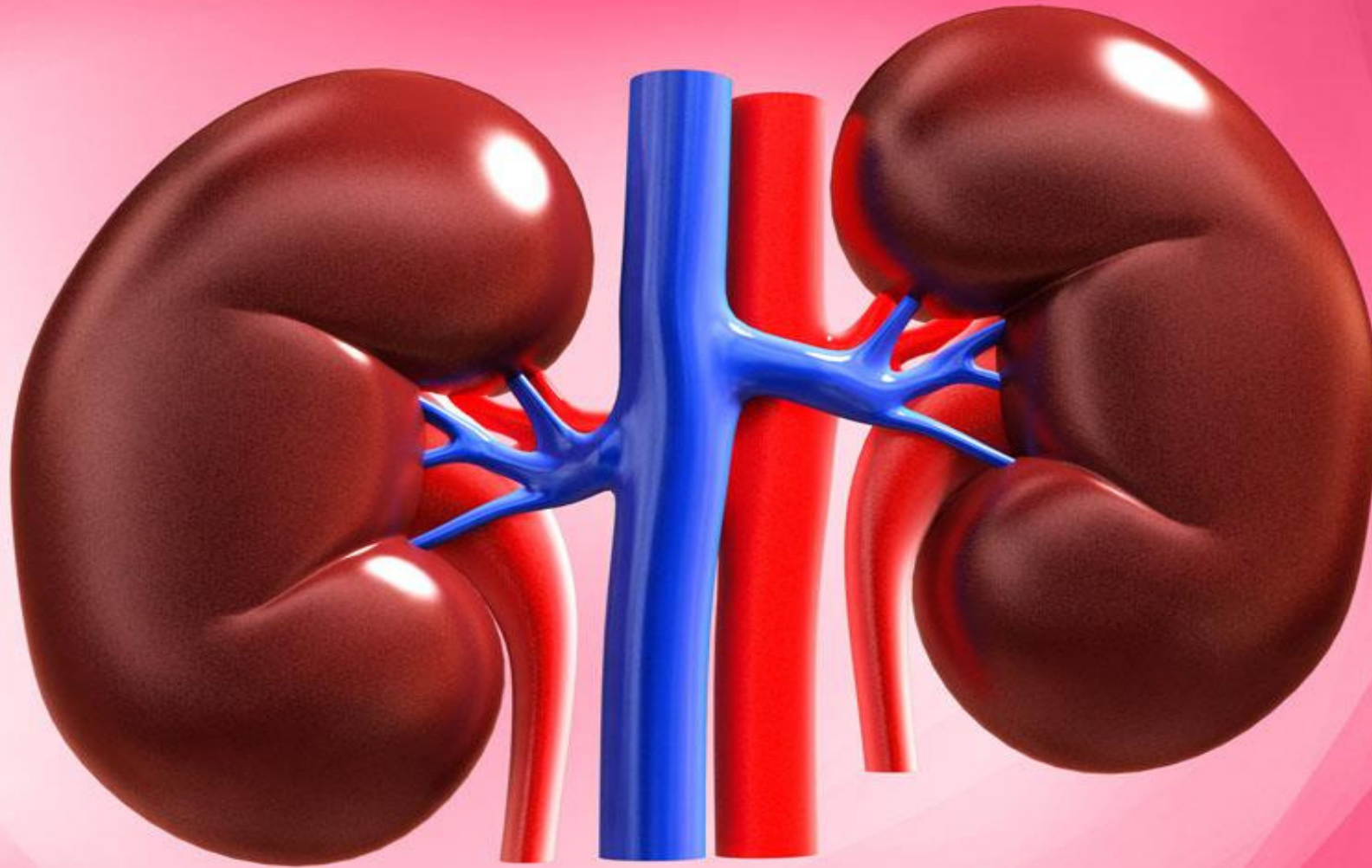
IBS

CONSTIPATION

ACIDITY



KIDNEY FAILURE



Inflammation restricts circulation and damages kidney cells that filter blood.

**Make
Pregnancy
Easier**



Have a Healthy Baby



Earthing While You Sleep

Earthing while you sleep is a revolutionary way to reduce stress and improve sleep quality. Earthing naturally rebalances cortisol (a hormone that helps us feel alert in the morning and sleepy at night).

Better Earthing Handcrafted Grounding sheets

Our range of bedding is designed as handcrafted grounding sheets that sit underneath your regular cotton sheet that you sleep on. This means less washing and less wear and tear on your earthing product. Plus you can still use your favorite fitted sheets.

You are given the perfect size of 27 inches wide and 60 inches long. We take orders of any size as per your convenience and requirement and ensure immediate supply.

About Better Earthing Indoor Products

As a manufacturer, we are committed to producing long-lasting, well-designed earthing products that you can make part of your normal daily routine. Our products are generally designed to work through clothing (they don't require skin contact), and can be used at night while sleeping or during the day when you are stationary at a desk or relaxing on the sofa.



HANDCRAFTED GROUNDING MAT



SIZE- 27X60 INCH

BEST PRICE = 4999

HANDCRAFTED GROUNDING MAT



SIZE- 27X18 INCH

BEST PRICE = 2499

Experience Earthing with Peace of Mind

12 Months Repair Guarantee. If you are not satisfied Within one full year of purchase, we will refund your money All, or a large portion, of what you paid. see our Website guarantee page for details.

Longest Warranty. Our products are the most Durable and reliable around the wor we support With the longest warranty worldwide – up to 5Year.

Best Price Guarantee. If you find another brand(or "no-name") equivalent compara product Our quality with low recommended retail price(i.e. non-sale or fire-sale price), we will beat it20%.

Durability is important. With earthing, you should Top up regularly for ongoing ben and maintenance. The benefits you experience first A poorly made product may disappear wears out and breaks with regularity Washing. Earthing sheets are often low cost Sold with a written warranty of zero to 1 year or Gives a guarantee. You will probably need to replace them already. Our innovative product designs are built to last. For example, our sleep system is designed to A foundation that protects it from wear and tear Requires washing every 2-12 months. this is just One reason why we can confidently guarantee Durability.

THERAPY BENEFITS

Without Medicine



FIRST WEEK RESULTS

- ✓ Relaxation/Deep Sleep
- ✓ Insomnia
- ✓ Depression/Anxiety/Stress
- ✓ Cervical
- ✓ Body Pain
- ✓ Migraine
- ✓ Swelling
- ✓ Blood Pressure



15 DAY RESULTS

- ✓ Back Pain
- ✓ Immune Disease
- ✓ Digestive System
- ✓ Anemia

ONE MONTH RESULTS

- ✓ Cholesterol
- ✓ Hormonal Imbalance
- ✓ PCOD/PCOS
- ✓ Thyroid

Work for many other diseases

BUY NOW
Rs-5000

CALL FOR ORDER
9892122607

www.haypwellness.com

Benefits of Sleeping Grounded

CONNECT TO THE EARTH FOR THE 8+ HOURS YOU'RE IN BED

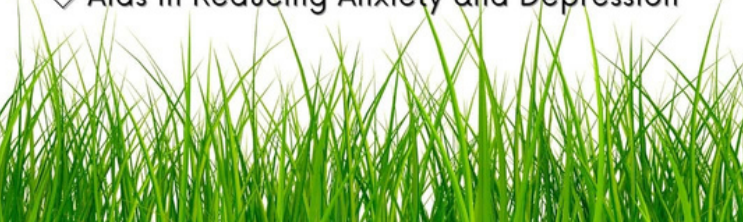
- ▶ Reduces Inflammation & Pain
- ▶ Improves Sleep
- ▶ Improves Energy & Mood
- ▶ Balances Hormones
- ▶ Improves Circulation & Wound Healing
- ▶ Reduces Free Radicals & Cortisol
- ▶ Boosts Recovery & Athletic Performance



Natural Healing

BENEFITS OF EARTHING

- ◇ Decreases Levels of Inflammation and Pain
- ◇ Reduces Stress Levels
- ◇ Improved Circulation
- ◇ May Improve Cardiovascular Health
- ◇ Improve Symptoms of Sleep Disorders
- ◇ Aids in Reducing Anxiety and Depression



HEALTH BENEFITS OF Grounding

- REDUCE PAIN
- IMPROVES MOOD
- REDUCE STRESS
- IMPROVES SLEEP
- REDUCE JET LAG
- IMPROVES IMMUNITY
- REDUCE INFLAMMATION
- IMPROVES WOUND HEALING

GROUNDING OR EARTHING REFERS TO DIRECT SKIN CONTACT WITH THE SURFACE OF THE EARTH.
@jenniferacomando




8 AMAZING HEALTH BENEFITS OF GROUNDING

- REDUCE STRESS
- CONTROL INSOMNIA
- REGULATE BLOOD PRESSURE
- BOOST ENERGY LEVELS
- REDUCE CHRONIC PAIN
- IMPROVE OVERALL POSTURE
- IMPROVE MENTAL HEALTH
- BOOST IMMUNE SYSTEM




we love when you love it

GROUNDING MAT BENEFITS

 Increase your day time Energy

 Reduce inflammation in body

 Heals your wounds Quickly

 Reduce Arthritis


 Enhances your mood


 Save from Harmful EMF
Radiation

 Reduce Stress, Depression

 Reduce Anxiety

 Reduce in PCOD, PMS problems


 Regulates Heart rate & Blood Flow

 Balances bone calcium


 Stabilize diabetes (Blood Sugar)

 Reduce Doctor Visits

 Reduces Painful Joints

 Improves your Metabolism


 Reduce Swelling in legs


 Influences thyroid gland function

 Improves Anti aging effects


 Detoxifies the Body


 Increase your Immune System

 Improves Cholesterol


 Best for Pain Management

 Regulates Hormonal Rhythms

 Balances autonomic nervous
system

 Regulates your Blood Pressure

 Reduces Osteoporosis

 Reduces Muscle tension & damage

Earthing

The most important health discovery ever?

Clinton Ober
Stephen T. Sinatra, M.D.
Martin Zucker

Foreword by James L. Oschman, Ph.D.,
author of *Energy Medicine: The Scientific Basis*

TABLE 6-1. CONDITIONS RELATED TO CHRONIC INFLAMMATION

DISEASE	HEALTH EFFECTS
Allergies	Inflammatory messengers stimulate release of histamine, leading to allergic reactions.
Alzheimer's disease	Inflamed brain tissues develop plaque; chronic inflammation kills brain cells.
Amyotrophic lateral sclerosis (ALS)*	Damage to motor neurons causes the body to launch an overzealous inflammatory counterattack, killing the motor neurons.
Anemia	Inflammatory messengers attack red blood cell production.
Arthritis	Chronic inflammation destroys joint cartilage and inhibits the release of lubricating and cushioning fluid in the joints.
Asthma	Inflammation leads to blocking of the bronchial passages.
Autism	Brain inflammation is present in most autistic children.
Cancer	Inflammation contributes to free radicals, tumor growth, and inhibits the body's defense against abnormal cells.
Cardiovascular disease	Inflammation causes thick, unhealthy blood and arterial disease, leading to blockage and plaque and increased risk of dangerous clots in the blood vessels that feed the heart and brain; inflammation also damages heart valves.
Diabetes, types 1 & 2	Type 1 diabetes, inflammation induces the immune system to destroy pancreatic beta cells; type 2 diabetes, fat cells cause the release of inflammatory messengers, leading to insulin resistance.
Fibromyalgia	Inflammatory compounds present in the body at an elevated level.
Common intestinal disorders	Crohn's disease, irritable bowel, diverticulitis, and other intestinal problems involve inflammation that causes pain, interference with digestion and assimilation of nutrients, and damage to the sensitive lining of the digestive tract.
Kidney failure	Inflammation restricts circulation and damages kidney cells that filter blood.
Lupus	Inflammatory compounds spark an autoimmune attack.
Multiple sclerosis	Inflammatory compounds attack the nervous system.
Pain	Activation of pain receptors, transmission and modulation of pain signals, and hypersensitivity of nervous system are all one continuum of inflammation and the inflammatory response.
Pancreatitis	Inflammation induces pancreatic cell injury.
Psoriasis and eczema	Inflammation-based skin disorders.

**Scientific
Proven**

Healthy Without Medicine



HAYP WELLNESS



HOLISTIC HEALTH

If The Formula doesn't Work, Fall Back to Basics.

all season comfortable
easy to install
long lasting



HAYP WELLNESS



HOLISTIC HEALTH

If The Formula doesn't Work, Fall Back to Basics.

Brings to you scientifically
proven grounding sheet.



ORDER NOW



How To Order / Questions and Support

Care..

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+91 94 620 19 290 For Order(Mon to Sat)

+91 77 048 60 110 Help For Install

+91 98 282 33 300 (Consult)



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www.haypwellness.com

