**Are you getting enough Vitamin G?**

**By Andrea Raischel, RN**

Do you remember when you were a child how much you enjoyed running barefoot in the grass, playing in the mud after a good rain or the absolute joy of making sand castles on the beach? I sure do. When I was young I was barefoot more often than I wore shoes. It didn’t surprise me when both of my children preferred being barefoot, as well. Even my animals, although always barefoot, love stretching their body out in the grass on a warm sunny day. What is it that makes all of this so enjoyable?

In recent years researchers have discovered what our children and animals seem to know intuitively: Connecting with the earth is good for your health and wellbeing.

Scientifically there is a long, complicated explanation for how this all works, but simplified it goes like this: The Earth is an electrical planet, and we are bioelectrical beings living on this electrical planet. Our body, our heart and nervous system all function electrically. Direct contact with the ground allows you to receive an energy infusion, compliments of Mother Earth. This explains why we feel so good after a barefoot walk on a beach or after working with our bare hands in the garden.

Grounding, or “earthing” as it is called, refers to the discovery that connecting to the Earth’s natural energy is foundational for optimal health. When we make direct contact with the surface of the Earth, our bodies receive a charge of energy that makes us feel better, fast. The benefits of earthing include better sleep, reduced pain, improved blood viscosity, reduced inflammation, improved cortisol levels, and reduced effects of stress. Just like the sun creates Vitamin D in your body, the ground below provides you with, what some researchers fondly call, Vitamin G -- a kind of “electrical nutrition.”

Dr. Stephen Sinatra, a cardiologist at the HeartMD Institute and co-author of [Earthing: The Most Important Health Discovery Ever!,](https://www.amazon.com/Earthing-Most-Important-Health-Discovery/dp/1591203740?ie=UTF8&imprToken=KmPXEMHz39g4iKYXbZ-bLA&linkCode=w43&linkId=f63bc01e225d0d7639b60a303f05d097&ref_=sm_n_ma_dka_US_pr_pub_1_0&tag=httpwwwgrou0a-20)says “Earthing can restore and stabilize the bioelectrical circuitry that governs your physiology and organs, harmonize your basic biological rhythms, boost self-healing mechanisms, reduce inflammation and pain, improve your sleep and promote feelings of calmness. When these things happen, you feel better in a big way.”

According to Dr. Joseph Mercola, an internationally known physician and best-selling author, “your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by barefoot contact with the Earth. Research indicates that electrons from the Earth have antioxidant effects that can protect your body from inflammation and its many well-documented health consequences.”

Historically, humans have always had contact with the Earth. It is only recently, with our more modernized lifestyles and the widespread use of substances such as asphalt, wood, rugs, insulating rubber and plastic soled shoes, that most people have disconnected from the Earth’s beneficial surface energy.

As Dr. Sinatra shares, “Most of us don’t walk barefoot nor do we sleep on the ground as we did in times past. This physical disconnect from the Earth may be a totally overlooked cause of abnormal physiology and may actually contribute to inflammation, pain, fatigue, stress, and poor sleep experienced by so many. By reconnecting to the Earth, many common symptoms are often relieved and even eliminated. People tend to [sleep better](https://heartmdinstitute.com/alternative-medicine/how-to-get-more-sleep) and have more energy.”

Mercola also points out that earthing can help slow down the aging process. “Modern science has thoroughly documented the connection between inflammation and all of the chronic diseases, including the diseases of aging and the aging process itself. It is important to understand that inflammation is a condition that can be reduced or prevented by grounding your body to the Earth, the way virtually all of your ancestors have done for hundreds, if not thousands, of generations” says Dr. Mercola.

One of the great things about earthing is it is absolutely free! All it takes to reap the many benefits is a little time and a willingness to go barefoot. Ideally, you want to make earthing a part of your daily routine. Here are a few recommendations to help you get more Vitamin G on a regular basis:

* Go barefoot for 20 to 30 minutes and notice the difference it makes on your pain or stress level.
* Sit, stand, or walk on pesticide-free grass, sand, dirt, or concrete − preferably wet, for greater conduction of the Earth’s electrons. Wood, asphalt, and vinyl are not conductive.
* Play barefoot with your children or grandchildren in the sandbox, on the beach or in the mud after a good rain.
* Get dirty. Plant in the garden, the flower beds or in pots, preferably barefoot.
* Walk to the mailbox barefoot. Forget slipping on your shoes as you run out to the car for something. Eat outdoors barefoot whenever possible.
* Play with your pet in the yard in your bare feet.

An important word of caution: Avoid walking barefoot on chemically treated areas such as golf courses. Your feet, and those of your pet, will readily absorb those chemicals, which can make both of you quite sick.

So what are you waiting for? Spring has sprung and summer is on its way. It’s the perfect time of year to head outdoors, strip off those shoes and socks, play in the grass, and reap the many health benefits from a good dose of Vitamin G.

*Andrea Raischel, RN and Whole Self Wellness Coach, is now offering services at Pathways to Healing, including Stress Management, Body Talk – Symptom Analysis, Wellness Strategies and Prescription Arts. You can reach her at 970-903-6047 or by email at* [*andrea.raischel@gmail.com*](mailto:andrea.raischel@gmail.com)*.*