



Earthing: The Most Important Health Discovery Ever!

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

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'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

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