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***Earthing / Grounding References & Resources***

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**WEBSITES/ONLINE INFORMATION:**

* Healthline
  + [Grounding: Exploring Earthing science and the benefits behind it.](https://www.healthline.com/health/grounding#_noHeaderPrefixedContent)
* Ultimate Longevity LLC
  + [Grounding Research Study Summaries](https://www.ultimatelongevity.com/docs/grounding-research-study-summaries.pdf)
* The Earthing Institute
  + [What is Earthing?](https://earthinginstitute.net/what-is-earthing/)
  + [A brief (and certainly incomplete) history of Earthing](https://earthinginstitute.net/brief-history-of-earthing/)
* Better Earthing
  + [What is Earthing/Grounding and can it transform your health?](https://betterearthing.com.au/what-is-earthing/)
  + [Free e-book](https://betterearthing.com.au/ebook/)
* Harmony 783
  + Is there a science behind grounding? Myths debunked.
* Earthing Vitality
  + [Scientific Research on Earthing/Grounding](https://www.earthing-vitality.org/scientific-research-on-earthing-grounding/)
* Grooni Earthing
  + [The complete guide to earthing & grounding: Harnessing the Earth’s natural energy for health and wellness](https://grooniearthing.com/). (Free e-book)

**MORE MAINSTREM PUBLICATIONS**

* A recent article (2022) from USA Today: [Have you heard of ‘grounding’ or ‘earthing’? What it is and why it’s getting attention.](https://www.usatoday.com/story/life/health-wellness/2022/08/10/earthing-grounding-what-to-know/10264397002/)
* The U.S News & World Report (2017): [Grounding: Hype or healing?](https://health.usnews.com/wellness/articles/2017-11-03/grounding-hype-or-healing) provides a fairly respectful overview.
* [This article from The Wall Street Journal )](https://kanebridgenews.com/stand-outside-barefoot-for-better-health-i-feel-like-an-oddball-but-if-it-works-it-works/) (2014) briefly describes concepts of it, but certainly from a skeptical perspective.

**QUESTIONS & COUNTER REFERENCES**

In an attempt to be as transparent as possible, it is worth noting the articles, researched opinion articles, and other sources which urge caution, feel more research is necessary (which is accurate) or are just very counter to supporting its benefits:

* Dr. Andrew Weil, a well-respected health and wellness physician, discusses his observations on the topic [here in this blog post](https://www.drweil.com/health-wellness/balanced-living/healthy-living/is-there-anything-to-earthing/) (2022), suggesting that more research is needed to be able to more fully ascertain what benefits there are.
* This is a post which is important to consider when it comes to grounding in the home using grounding products titled [“Is Grounding Good For You?”](https://www.emfanalysis.com/is-grounding-good-for-you/) The author goes into a number of factors which should be taken into consideration when using products that connect directly into the ground plug of a house outlet. It is a bit technical but provides important elements when deciding the best way to try and ground when contacting the Earth directly or when using a grounded rod is not possible.
* [This article from Ohio State University, The Psychology of Extraordinary Beliefs](https://u.osu.edu/vanzandt/2018/04/18/body-earthing/) (2018) which is a group of “ordinary students exploring extraordinary beliefs”, goes deeper into the concept of grounding’s popularity is more about confirmation bias and the placebo effect than what science can (currently) support.
* [The author of this piece](http://chadorzel.com/principles/2014/05/28/earthing-is-a-bunch-of-crap/) (2014) certainly has some qualms about the concept and, even from the title of the article (“Earthing” Is A Bunch of Crap”), he demonstrates a clear bias of opinion. This is a good example of the challenge of trying to find unbiased information—from either point of view—at times.

**GROUNDING/EARTHING PRODUCTS**

Like many things, there are products which are certified in terms of quality testing, consistency of product development, honored return policies, customer service, etc. For more respected Grounding/Earthing products, they should have Earthing® or Ground Therapy® logo:

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These companies are certified distributors of Earthing/Grounding products:

* [Earthing](https://www.earthing.com/) (Clint Ober founded and original Earthing® products)
* [Grounded](https://grounded.com/) (Dr. Stephen Sinatra founded, cardiologist and renowned Grounding/Earthing researcher)
* [Groundology (U.K.)](https://www.groundology.co.uk/) (official UK distributor)
* [Sleep Grounded (Canada](https://sleepgrounded.ca/)) (official Canadian distributor)
* [Ultimate Longevity](https://www.ultimatelongevity.com/earthing-grounding/products/) (official supplier)

The following are companies which have products which are knock-offs and may or may not provide quality products. Many companies have recognized the potential marketplace for selling products in this area since they do not require regulation by the FDA or any other governing organization. Many have become increasingly more sophisticated in their advertising, marketing, etc. so may seem to be a credible organization but may be the opposite. They are producing and/or selling inferior products, poorer quality, missing certain components, may contain toxic materials, etc. Proceed with caution:

* Grooni (most popular on this list, seemingly respectable and has a moderately decent score on [ScamAdvisor](https://www.scamadviser.com/check-website/grooni.com), but some unknown elements to their business and poor customer service), Bio Energy Products, Earthing Original (earthingoriginal.com), Earthing Power, Earth and Moon, Earth Wellness, Groundluxe, Grounding Brand, Grounding Official (groundingofficial.com), Grounding Therapy, Med Bed, Real You, Talc, Therapy Grounding, Vital Reaction