

# GROUND DOWN

If you identify as a “busy person,” get easily overwhelmed or just have a lot on your plate- This message is for you. A grounding practice can launch you into a better, easier state of being from now on. Grounding (verb)- refers to contact with the Earth’s surface electrons by walking barefoot outside and thereby transferring the energy from the ground into the body.



While not everyone may be eager to begin a grounding or “earthing” practice during the Autumn or Winter when the Earth’s surface is likely frozen- there are many ways we can experience grounding effects to connect deeper and facilitate healing, well-being and immune function.

**1.** Harness the power of grounding scent. Aromatherapy can be traced back more than 3,500 years, but not until 1928 were the first scientific studies conducted by French biochemist Rene-Marice Gattefoscé establishing the healing properties of essential oils for the first time in history. Specifically for grounding- choose earth or wood based essential oils such as Vetiver, Cedarwood, Galbanum or Patchouli to diffuse in your space or dilute in an oil carrier and apply to pulse points.

**2.** Enjoy CCF Tea. This tea is heady, aromatic, great for digestion and can be made with ingredients many of us already have in our spice cabinet. Add Coriander, Cumin, and Fennel to a sachet or teapot and steep in hot water for 3-5 minutes. Sip slowly, breathe deeply, and lean into this brew when the world feels “hard to digest.”

**3.** Utilize PEMF technology. Pulsed electromagnetic field therapy is the process of supplying the body with magnetic waves that resemble the frequency the Earth emits- thus making it very grounding during and after use. Not only does PEMF aid in grounding, but also works to significantly increase local blood flow, waste removal, muscle conditioning, athletic endurance and performance as well as energy and sleep.

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