

# LOW TOX LIFE®

## ALEX CHATS WITH MARTIN ZUCKER

Hello Martin Zucker.

You're an author across numerous topics in the holistic living space and you have a journalism background.

**Alex: As a journalist, did you actually used to write across other topics other than health and how did you move to health?**

Martin: I worked in news, I worked in sports. I found my way to the health field. I thought it was really fascinating particularly alternative medicine and nutrition- all the things you're pretty much interested in. I've enjoyed that and have been doing that in more than 3 decades and it got me to Earthing.

**Alex: On the topic of Earthing, can you just tell us how it works?**

Martin: There's a natural, negative, electric charge on the surface of the Earth. On the ground, ocean, lakes and when we come in contact that is the skin of our body with the skin of the Earth, there's a transference of energy. What we have keep in mind is that in the modern times, we have insulated ourselves from this energy by wearing rubber, plastic soled shoes, we don't sleep on the ground anymore so we disconnected ourselves from this energy.

The science is showing that this energy, when we really connect with it, it flows into our body, transfers in our body and it reduces inflammation, helps us sleep better, gives us more energy, improves blood flow – wonderful holistic things. Such a big time across the board holistic systematic impact that they were now just starting to get a handle on from the scientific standpoint, from the research standpoint but the feedback from people all over the world that there are major benefits that people get by reconnecting the Earth. They can reconnect by being barefoot outside, swimming on the ocean, walking along the beach, walking on the grass field park, sleeping, working, relaxing inside in contact with conductive sheets, mats, bans and patches that essentially are barefoot substitutes. They plug on the ground part of your electrical outlet or ground rod that you put outside your window. That brings energy to the Earth.

**Alex: So this would be really good for someone in a really good climate or people with mobility issues and is it as good as the real thing like side by side?**

Martin: We haven't done a head to head study on that but most people as you probably know go outside barefoot certainly not when the weather is bad. They're not gonna do it on a sustained level. Most people aren't gonna go outside barefoot but if they do, they're getting a natural treatment. If you lay on a sheet in your bed and that sheet is conducted and it's connected by a wire to the Earth, you're gonna get a treatment while sleeping.

**Alex: When have you guys in your research seen that there are obvious conditions, improved by or symptoms improved by Earthing and what would those symptoms be?**

Martin: The first Earthing study was done in the year 2000. You can find those full range studies in our website [www.earthinginstitute.net](http://www.earthinginstitute.net).

Immediately right after that, we found that people slept better. Many people have insomnia or sleep difficulties and many of them have pain issues. Earthing by reducing inflammation, by reducing, normalizing the stress hormone cortisol, people are gonna sleep better. They'll have less pain, sleep better, and be calmer. These are some of the benefits of Mother Earth.

**Alex: An epiphany that I had while I was on a workshop was that there are two things that cure most bad stuff and that is going back to nature and choosing love. Going back to nature just fixes so many things whether it's the food you choose, the way you spend your time – it's the answer it seems.**

Martin: For sure it's being happy, being loving and doing for others, being of service. That's a beautiful effect on one zone health of wellbeing. Getting plenty of sunshine, eating good food and physical activity and finding a way to reduce stress. I would add in our book, Earthing, the most

# LOW TOX LIFE®

important health discovery ever I would say you have to add this contact with the Earth because we abandon so many aspect of nature. These discoveries Earthing research would seem that the benefits are huge for people that reconnect to the Earth. It's healing nurturing energy. We believe that's part of the formula.

**Alexx: Is there a particular case study when you are doing your research that really stood out or someone who's reached out to you since the book came out that was just beautiful story and you really saw an amazing change in that person's life because of the work you've guys have done?**

Martin: There's a beautiful story in Australia. There's a doctor in New South Wales who has found that Earthing, reconnecting people to Earth's energy has resolved 25 out of 25 cases of diabetic neuropathy. These people have come to his office, he'll put an earthing patch on the sole on their feet and will connect them with the wire to the ground port of his wall power outlet. Within an hour, each and every one of these people had various degrees of improvement. He's been able to resolve diabetic neuropathy, numbness of feet for which there is no remedy in conventional medicine.

**Alexx: What do you say to people who cry bogus?**

Martin: You have some pain, you have some stress. Go out to the backyard, take your shoes off, put your feet on the ground and sit there for half an hour or 40 minutes and see how you feel.

**Alexx: I did a long haul trip last year and Earthing was my number one strategy for jet lag recovery and it really made the most dramatic difference. Simply by finding a patch of grass and getting on it barefoot as soon as I could, it was incredible!**

Martin: What you're doing is that you are synchronizing your body with frequencies of the Earth with the location you are on. The best healer is nature. You just have to go back to it.

## About Martin Zucker

Martin Zucker has written extensively on natural healing, fitness, and alternative medicine for more than thirty-five years, including more than a dozen books. Among his latest books are Earthing (Basic Health Publications), Move Yourself and Reverse Heart Disease Now (John Wiley & Sons), Natural Hormone Balance for Women (Pocket Books), The Miracle of MSM and Preventing Arthritis (Putnam/Berkley), and The Veterinarians' Guide to Natural Remedies for Dogs/ Cats (Three Rivers Press). Zucker has written hundreds of magazine articles on a wide variety of health topics and contributed to Smithsonian, Readers Digest, Los Angeles Times, Cook's Magazine, Vegetarian Times, Muscle & Fitness, Men's Fitness, and The National Enquirer. He is a former Associated Press newsman in Europe and the Middle East.

