

Guillermou

Biochemistry needs bioelectricity to generate energy and to produce brain transmissions or impulses. In this way our body produces hormones, neurotransmitters, etc. All movement is driven by the bioenergy that we store in the body. We receive our energy from the three main sources: air, food (where solar energy intervenes) and water, in addition to the earth if we get in touch with it. All your bodily functions depend on the electrical energy generated by the constant coupling of the molecules of our body that by the metabolic processes are positively charged and the opposite charge of negative ions that enters through food, water, air and the very contact with the earth. This mating is vital in the processes of bioenergy production.

High levels of negative ions, such as those generated by waterfalls, hot springs, seashore forests, would neutralize positive ions by making positive ion levels low. In some offices where there are many computer terminals it was detected that there were no negative ions at all. In homes in large cities positive ions can be 100-500 times more numerous than negative ions due to inadequate ventilation in both office buildings and homes, as well as by the use of electronic devices that generate an electromagnetic field and the materials of buildings, furniture and carpets that emit formaldehyde and other toxic gases.

Chinese medicine the negative ionization process is called Qi and says it comes from the air we breathe, water and the food we eat. The longevity expert Daniel Reid in his book "The Tao of Health, Sex and Longevity", links the term Qi or Prana, as bionic energy driven by negatively charged ions (ionic). The structured water "EZ" has a negative charge, which acts as a battery, stores and releases energy. According to Pollack, the best choice of drinking EZ water is spring water. In the link such as producing structured water and other EZ water sources. articles.mercola.com/sites/articles/archive/2017/01/28/ez-water.aspx

Posted On 01/20/2018

stanleybecker

- hi Gui - here is a link on "how the human body uses oxygen to generate energy" - www.oxygen-review.com/human-body.html

Posted On 01/20/2018

Guillermou

Thanks STAN. Electricity and water could originate life on earth. A team from the Japanese Agency for Marine and Land Science and Technology and the Japanese research institute Riken discovered electric currents of several hundred minivolts generated naturally near hydrothermal vents, 150 kilometers from the island of Okinawa, south of the archipelago. Japan, located 1,000 meters deep on the seabed. "Near submarine hydrothermal vents is the place where life is more plausible, this electricity is the origin of several organic reactions of synthesis of biological molecules, such as amino acids, sugars and lipids," said Masahiro Yamamoto.

The hydrothermal hot water fluid from these hydrothermal vents contains numerous gases, such as hydrogen sulfide, and metal ions, such as iron and copper. The theory that says that life on Earth originates in the deep sea, near hydrothermal vents, already existed, but this research claims that the electricity generated around them played a fundamental role.

(2017) Japan researchers confirm deep-sea electric current, possible origin of life on Earth
mainichi.jp/.../012000c .

www.asahi.com/.../AJ201706140001.html .

(2017) Spontaneous and Widespread Electricity Generation in Natural Deep-Sea Hydrothermal Fields.
www.infona.pl/resource/bwmeta1.element.wiley-ange-v-129-i-21-ange20170..

Posted On 01/20/2018

stanleybecker

very interesting Gui - the primal location for the known prerequisites in the conditions that bring life into being - it's all about ingredients Gui - you can bake a cake and put too much salt in - it's not a cake

Posted On 01/20/2018

RobertSniadach

Pretty funny, isn't it? Grounding... walking barefoot on the ground. All the clear and obvious instinctive lifestyle practices of all animals, including humans, are "suddenly" being found to be so very healthful.

BFO. [www.acronymfinder.com/Blinding-Flash-of-the-Obvious- \(BFO\).html](http://www.acronymfinder.com/Blinding-Flash-of-the-Obvious-(BFO).html)

Fasting, eating raw foods, eating mostly foods that look good, smell good and taste good exactly as they come directly from Nature, getting plenty of sunshine and outdoor exercise, and so on... more BFO. The fact that studies and articles and books need to be written about these earthshaking "discoveries" is laughable... but also pathetic.

Posted On 01/20/2018

seg

Senor Roberto hola amigo, you're dropping some huge atomics..." Everyone" today wants to rule the world..Reinventing the wheel, the incessant quest for power to rule, to dominate, to enslave has been a never-ending battle with the MORONS on the very top These are the people that have been running the show for thousands of years..They have created these evil wicked systems to ensure the riches stay within the "family/bloodlines," whilst the poor continue to stay poor.

Every one answers to them, whether you're a banker, top government official, head of the armies , in short everyone from the Captain to the cook dance to the beat of their drums... and if you don't , then you are "removed" very easily.. Evil is very much alive and kicking...

Posted On 01/20/2018

Robert Sniadach

Hola Seg - Like you, after years of reading about and studying the people and their egos on this planet, and how it all seems to work, in the final analysis I see no way out of the conundrums. As long as people insist on being slaves to their superficial desires, and refuse or are incapable of going even just below the surface to see what makes them tick, then it will continue to be one clusterf*ck after another, until a really major one takes it all over the edge into terminal status.

You know, it appears to me that up until about 70 years ago (chemicals and synthetics in agriculture), humanity by and large ate and lived at least reasonably organically. I mean "organically" across the board, in all spheres of life, and esp re: biological health. So for all the generations >70 years ago, even when the sh*t hit the fan in some region of the planet, people still - more or less - had their brain working reasonably well, and were reasonably physically fit. Because they functioned fairly well, they could understandably hold good hopes for the future... because they had every reason to believe that the majority of people were sane, healthy and would naturally gravitate toward doing "the right thing."

It just ain't so any longer. Billions of human brains and bodies underfed or overfed with garbage; thus, brains not working. Billions of human bodies obese or emaciated. Billions of humans totally occupied with getting their next ego desire fix. Billions of humans getting more and more addicted to their electronic virtual realities. And the planet is incredibly polluted and being knocked increasingly out of whack every day.

Those of us who are older can clearly remember and relate to the attitude of "There's always hope; never give up." And while it is good for one's personal sanity to recite that affirmation over and over again, it seems to me that reality is gonna bite down hard. What do generations X, Y, and Z think and feel? en.wikipedia.org/.../Millennials

Posted On 01/20/2018

MarvelousMilly

Yes , I tend to agree but some 'natural, normal' things need to be pointed out because some cultures have lost their connexion with nature. As I child I went barefoot all the time, winter and summer,in the house and on grass and beaches ! In France most school yards are paved with concrete so the children do not take off, are not encouraged to take off their shoes. The schools are rarely adjacent to large playing fields so the children never get to run around madly on the grass as they should. They do get good school meals though which is something! That whole lack of space and freedom must also have psychological as well as physical effects. If you go to buy school stationary in France all the exercise book pages are covered in squares like graph paper - perhaps it aids writing but it also constricts flow in thinking...

Posted On 01/21/2018

2iceblest

My mother went barefoot all the time, weather permitting, her entire life. While that didn't save her from the mistake of consuming copious amounts of soy products each day (soy milk, soy nuts, edamame) and getting breast cancer at 78 (look up Dr. David Brownstein and soy) which eventually took her life at 85, she did live to 85 and would have lived much longer but for her one terrible mistake: believing soy is good for you.

Posted On 01/20/2018

blueberre

Barefoot on the beach near an ocean.....ahhhh.....

Posted On 01/20/2018

All in this article is just the beginning of what I suspect is a new field of science that is opening up. Years ago I helped a friend sell auto's when he went on holiday. There I noticed that when I get a static reaction from the the vehicles, I react to a cold/flue infection about three days later. If I walk over an underground water conduct, water pipe and possibly water vein under the ground, three elements react with me. If I hold a 90 degree bent brass rod in each hand, or with a small bottle filled with water on the palm of my hand, or with a willow branch shaped like a chicken breast wish bone, they all react to such an extent that I cannot control them.

Somewhere I read that it is now possible to measure the strength of the impulses flowing between the left and right brain lobes ! That that could possibly be a new manner in which to assess I.Q. more accurately. Psychologists still do not know how creative thoughts come about. I have created 10 practical patents, one which mechanical engineers have not solved in just about a 100 years. I have always found that solutions to problems more often than not just " pop" into ones head totally unexpectedly. I wonder whether this relates to electrical or chemical conditions of the body. One realizes that being " naturally" inquisitive and/or emotionally motivated is a " driving " force. An emotional disposition is very definitely a force in creating art.

The question is really tho, what exactly is that emotion ? Why does one person have it and the next one not ? I read that the Canadians are " catching" particles from outer space, that apparently pass right thru us and the earth, in dams with something like "white water ", in underground water reservoirs. What else is there filling outer space and us ? If we have this electrical "unit" all round our globe, does our globe have other elements, in space, all around it ? How do animals with hooves experience this? Are leather soled shoes conductors ?

Posted On 01/20/2018

Guillermou

Good morning ACS. Non-conductive or insulating materials that do not allow the flow of electrons through their structure, are leather (except hydrated, due to the own wear that adsorbs the water, allowing its conductivity), plastic, rubber, glass, among others. The electrically conductive soles are espadrilles with hemp, esparto or rope soles. Some companies manufacture leather shoes that will allow the connection to earth after having been used enough to absorb the humidity of the environment. Conductivity increased with wear, as the shoes absorbed more moisture over time. Among this type of soles is the ox skin and the suede sole. Earthing Shoes
www.amazon.com/.../9qcbkdawatnh6xd

Cognitive innovation is a fundamental strategy that has developed in people, in the need to adapt flexibly to the changing pressures of existence. Creativity is nourished by the rewards unleashed by the internal recognition of novelty and the cultural and social links between individuals. Creative thinking involves the cooperation between brain networks associated with spontaneous thinking, cognitive control and the mechanisms of information retrieval through semantic memory. The arts and humanities in a form of expression, which lead to stimulating discussions in the neural base that fosters creativity. Creativity is related to divergent thinking and involves all areas of the brain. It is the construction of these processes that involves different brain activation patterns that make creativity such a fascinating human skill. Almost everything that surrounds us is due to human creativity

(2017) Neural Foundations of Creativity: A Systematic Review. www.redalyc.org/.../80652006009.pdf

(2017) Cognitive Innovation: A View From The Bridge

pearl.plymouth.ac.uk/bitstream/handle/10026.1/6693/Punt_Denham_Cogniti..

Posted On 01/20/2018

stanleybecker

hi acs - in response to your query as to "why" some people are "creative" and others are not - my "take" is that we are all potentially the same - but obsolescence factor implies that "not using" certain aspects of our potential will render them "obsolete" - in our present "specialized" society conformation is encouraged - creativity is viewed with suspicion especially by Big Money that views "CONTROL" as being contradictory to "CREATIVITY" - hence our education systems disapprove of human capacities for problem solving by discouraging the young from thinking independently - this is "verboden" [= German for "forbidden" - a term widely used by Nazis] - if your motive is to destroy the problem solving ability of your young then society is engaged in SELF DESTRUCTIVE pathology - certainly not ART

Posted On 01/20/2018

stanleybecker

here is a link acs with regards to your question - " if we have this electrical "unit" all round our globe, does our globe have other elements, " en.wikipedia.org/.../Dark_matter

Posted On 01/20/2018

acs4457

Hi Guii. Seems next time I will have to buy leather sole shoes and soak them in salt water !? Hi Stan. Of course all of this, re dark matter, is a little over and above someone with no real background in Maths and Physics but one sort of gets the gist of all of it if you read consistently, although you just do not have the time to attempt getting into the detail. What I found interesting was a Prof Edward Witten who almost shyly, explains that he sees reason to theorize that there is not actually something such as time. If I understood him correctly. Which then makes one wonder about Einstein's other theories.

Especially as to my mind, the Scriptures are so soundly based that it seems to tell the actual story of evolution correctly (I can logically explain this) and then also says that " what is was and what was is ". (I seem to have a habit of extracting little bits of info from all different sources and trying to fit them together like a jigsaw puzzle). This seems to say plainly that there is no such thing as time, as apposed then to Einstein. So if the gent was a little incorrect there, a re think might be advisable. Matter does consist of energy but what now wants to come to ones mind with all these practical, verifiable info, is that electricity, or what we think is electricity, seems to be all over the place and this makes one wonder. First is, are there different forms of it and then how far into the cosmos is the form we know, spread around and to what extend and how are we really connected. All this also because the guide says " Seek and you will find" and " Today as tho in a mirror but one day..... "This mirror story really being a very abstracted concept to me ?

Posted On 01/20/2018

stanleybecker

well acs - first about Einstein, having read some biographies at some time or another - oh my gosh, [ha ha] I mentioned that word "time" or as Einstein liked to call it Time - if you negate and destroy Time then all research since the Time of Einstein must be wrong - all the Big Bang stuff/ Expanding Universe Theory - all out the window - there are always naysayers, acs - but the likelihood of Time being relevant is high - Glyphosate or no Glyphosate - cheers

Posted On 01/20/2018

iamblessediam

Hi acs4457 -- Leather-sole footwear ARE conductors with no need for any form of treatment - that according to Clinton Ober - considered the "Father" of the earthing concept. I'd suggest you read Clinton Ober's book - co-authored by Dr. Steven Sinatra and Martin Zucker - "Earthing: The Most Important Health Discovery Ever?" to understand the concept of grounding. Another approach is to do a search of "earthing websites" - you'll get about 240,000+ results in under a second. Dr. Laura Koniver - featured in the article - is another starting point: [www.intuition-physician.com]. About creativity...me thinks Einstein summed it up best by stating ~ "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. He to whom the emotion is a stranger, who can no longer pause to wonder and stand wrapped in awe, is as good as dead —his eyes are closed. The insight into the mystery of life, coupled though it be with fear, has also given rise to religion. To know what is impenetrable to us really exists, manifesting itself as the highest wisdom and the most radiant beauty, which our dull faculties can comprehend only in their most primitive forms—this knowledge, this feeling is at the center of true religiousness." Be well! Love, blessings and peace!

Posted On 01/20/2018

acs4457

Hi iam. Those are beautiful words you quoted of Einsteins. It clears up one's instinctive thoughts and feelings to oneself. One can just wonder what the gent would have come up with had he still lived today ? Science is progressing at such a rate that it seems really stunning when you sit and think about matters 40 years ago.

I agree with Guii but don't quite get Stan. But the issue has two interesting aspects which are that we do generate energy ourselves but there seems to be existing energy working in on that that we generate. There are definitely constants in the universe (as per the mathamatical concept, piano's keyboard) and it seems that ones brain (mind ?) has an intrinsic inclination to want to pick up on it. That seems to be the reason why, as science resolves problems/questions, more questions seems to arise. Best.

Posted On 01/20/2018

Guillermou

STAN, you have commented on realistic aspects, however I want to clarify the importance of teaching in the field of education. There is a phrase that says "man the more he knows is when he is able to create"

Educational reforms in much of Europe, implemented in education, focus their attention on introducing improvements in the development of skills through constructivist learning, emphasizing the role of the teacher as the main responsible for promoting the development of potential intellectual and creative of their students. The aim is the need to respond successfully to the demands of an increasingly demanding and changing society, guided by the challenge of competitiveness in a globalized context.

In the constructivist educational model, the learning of superior cognitive skills focuses on autonomous work, and the development of creative abilities. The protagonist is the student, being the teacher a guide to their learning, where the emphasis lies in the production of new syntheses cognitive in the student and not in the acquisition of finished information, which is only possible through the stimulation of curiosity and inventiveness.

Creativity is based on the knowledge acquired by the student who has dedicated his time to learning not to memorize. Teachers must teach "learning to learn" and the student learns within a constructivist model. This is the basis of true learning and creativity. It can be summarized that this learning is like new design of the student's mind. Reality is the responsibility of the teacher.

Posted On 01/20/2018

stanleybecker

Gui - I appreciate your pedagogic stance/ standpoint - in response I would like to quote the great writer/ novelist/ critic/ social commentator Anthony Burgess whose main academic interest was Joyce's *Finnegan's Wake* - Burgess claimed that "no one chooses to be an artist - Art chooses you" - having earned my crust of bread through the medium of Art - which I did not set out to do - I accept what Burgess proposed as true - this is the Apollonian discipline that the ancients differentiated from the Dionysian disposition - paradoxically, the Apollonian temperament is the intellectual attitude/dysposition while the non artistic Dionysian temperament was the emotionally driven typos - en.wikipedia.org/.../Apollonian_and_Dionysian

Posted On 01/20/2018

Guillermou

According to a large part STAN, I have only put the educational relief. It is born and made. In terms of education, it is considered that the mind can be modeled to acquire creative competences. I can resemble genetics and epigenetics. Genetics has a value, but epigenetics much more.

Posted On 01/20/2018

stanleybecker

here is a link on "epigenetics, Gui - www.whatisepigenetics.com/fundamentals

Posted On 01/20/2018

butterburn

Love the idea of grounding by walking barefoot --but--- my beach is 30 minutes drive away and walking barefoot in my suburb of Geelong would mean exposing my feet to glyphosate and heaven knows what else...Is there any footwear that can solve this problem---otherwise i am walking in a small circle on the lawn of my back yard or just sitting there and really cant achieve 80 minutes...need a practical solution. Any ideas?

Posted On 01/19/2018

welsbyparade

Yes I would be interested in a grounding pair of shoes, must be available seen there are grounding mats.

Posted On 01/19/2018

stanleybecker

hi there - footwear like leather or cotton are God made and will conduct current - man made synthetics in the exercise shoes that are popular today will not conduct current - while replying to you the following quote floated back into my head from many years ago - "Where would I find enough leather To cover the entire surface of the earth? But with leather soles beneath my feet, It's as if the whole world has been covered." — Śāntideva - author of "The Way of the Bodhisattve"
www.goodreads.com/.../29132._ntideva

Posted On 01/20/2018

Guillermou

The electrically conductive soles are espadrilles with hemp, esparto or rope soles. Some companies manufacture leather shoes that will allow the connection to earth after having been used enough to absorb the humidity of the environment. Conductivity increased with wear, as the shoes absorbed more moisture over time. Among this type of soles is the ox skin and the suede sole. The leather very worn due to wear itself adsorbs the water, allowing the conductivity. Earthing Shoes

www.amazon.com/.../9qcbkdawatnh6xd

Posted On 01/20/2018

jeanpet

Grounding mat for the feet. I have one under my laptop/desk. Buy the grounding cable to go into the ground, it's the real deal.

Posted On 01/20/2018

winlink

I saw a question about why don't birds get electrocuted sitting on electric lines. The answer that was provided is because they are not grounded. That is totally incorrect. Electricity flows along the path of least resistance. Birds don't get shocked when they sit on electrical wires because they are not good conductors of electricity. Their cells and tissues do not offer electrons an easier route than the copper wire they're already traveling along.

Posted On 01/21/2018

IBHIPRU

Grounding on indoor tile has the exact same effect as grounding on outside concrete as long as the tile is affixed to a concrete slab. I've tested it with a meter

Posted On 01/20/2018

Baalamb

Quite besides the points in the article above, walking barefoot, especially around the house is good for foot bones and muscles which get lazy when supported by shoes.

Posted On 01/20/2018

comments

Grounding in professional Cricket! Professional Australian coach Justin Langer:
www.dailymail.co.uk/sport/cricket/article-7226147/Justin-Langer-gone-n..

Posted On 07/09/2019

orgorg

I used to get angina under my arm and I still do if I eat chicken, (type AB blood). I knew that my blood was clotting up like clumps of grapes. I saw a video on the supplement, MSM and it's effect on blood through a dark field microscope. I tried the MSM and it worked great every time to relieve the angina. I take MSM twice every day. The sulfur compound puts electrons on the outside of my blood cells which makes my blood cells free from each other and pushes them away from one another. They no longer clump together. No more angina. The grounding pads probably do the same thing by supplying electrons to the outside of the blood cells. If you are in an airplane and cannot ground yourself, I would use MSM to supply the extra electrons.

Posted On 01/21/2018

Shasha

articles.mercola.com/sites/articles/archive/2013/10/19/grounded-docume.. See about the airplane in this article.

Posted On 10/27/2018

Brian1

Appliance metal chassis tend to be ground too. Look for desktops, range, washing machines, clothes dryers, and other appliances with earth ground. You can attach alligator clips to the appliance chassis and a metal plate that you touch.

Posted On 01/20/2018

ann4070

should a person walk barefoot outside if they have pets in the yard? Do they risk picking up parasites?

Posted On 01/20/2018

dorisemma26

The article on grounding is great, but seems to assume grounding methods are available to people as if they live in a warm climate near the ocean. I am 1800 miles from salt water and have no safe clean enough places to walk outdoors on grass, etc. Plus, at least 7 months of the year, it's too cold to do that. What's left? Just a grounding pad? Can it be made with regular materials?

Posted On 01/20/2018

tgjames

I am in India. The walking surfaces are very uneven, to say the least. Surprisingly, there is not that much broken glass in the street to avoid. Shall I walk on the concrete streets and the dirt beside? Secondly, I do live in a highrise. We have beautiful polished marble floors. I dont believe the marble is painted. Is marble a good grounding surface?Thanks, Dr. Mercola, for all your great knowledge!

Posted On 01/20/2018

IBHIPRU

Standing on tile or marble is an effective ground but only if the marble or tile is affixed directly to the ground via a concrete slab. Look for instructions on the Internet on how to construct an economical grounding pad using an electrical outlet that is itself grounded. If the outlet is not grounded I'm afraid you will have to spend some time at ground level on earth, grass, tile or concrete.

Posted On 01/20/2018

Georgium

I walked barefoot very often for I have been living full time on my boat for 8 years and now 5 years in Thailand where most of the time I am barefoot but after reading this article maybe I will walk barefoot in the street too in Thailand nobody will care, I cannot believe the tons of information on the Mercola website for our health and sincerely I am very grateful.

Posted On 01/20/2018

ianmac

In Australia, I walk everywhere barefoot. I tried doing the same thing during a visit to Glasgow, Scotland. Apparently, though not illegal, the police got so many calls about me that they asked me to stop walking barefoot. I finally found a pair of heel-less leather shoes. Heels cause you to land heel-first as you walk, removing the shock-absorbing effect of landing on the ball of your foot.

Posted On 01/19/2018

stanleybecker

hi ian - what you are describing is a "Clash of Civilizations" on a micro scale [" storm in a teacup"] - have the Glaswegians nothing better to do than complain about dress codes that contradict their norm? - reminds me of my "take" on fat, flabby gross [often tattooed] bare torso'd men walking in the streets/ beach promenade - almost always tourists - and highly unattractive even to a heterosexual - ha ha

Posted On 01/20/2018

ianmac

The annoying thing is that the Glaswegians were NOT complaining. They were doing their best to look after me, as I must be escaped from a lunatic asylum to be walking barefoot in the snow.

Posted On 01/20/2018

stanleybecker

barefoot in the snow??

Posted On 01/20/2018
