Earthing as a Traditional and Modern Holistic Health Practice

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Abstract: Research has emerged that shows that grounding oneself to earth through walking barefoot is one of the essential and foundational practices towards proper health and wellbeing. This practice called *earthing* refers to walking barefooted on soil, grass, sand or any natural surface. However, this is not a new health practice. From Māori to Aboriginal cultures, the practice of walking barefoot has been around for almost all of history. However, with the advent of modern lifestyles, many humans have lost their "electrical roots" and are naturally disconnected from the constant electrical earth connection that keeps us healthy. In addition, societal pressures have forced cultures to replace traditional hide leather or barefooted options with synthetically soled shoes that insulate us from earth's natural source of electrons and electrical fields. Studies have demonstrated how *earthing* can improve blood flow, protect our bodies from inflammation, change the electrical activity in the brain, stimulate dopamine and serotonin release, increase the surface charge of red blood cells throughout the body, and regulate the endocrine and nervous systems. *Earthing* is a practice I utilize with most of my clients and recommend to most practitioners I work with, under the context of eco-therapeutical and eco-psychological healing techniques. *Earthing* reminds practitioners that we cannot full heal without connecting to our established natural roots. Humans are one with earth, not separate, as much of anthropology and academic science suggests through linguistic barriers that present nature as the "other". Through case studies from indigenous peoples to modern New Zealanders, we can provide substantial, qualitative data that can help shape our lens on why *earthing* is essential to traditional and modern holistic medicine. However, some important questions still remain, how we can proceed within the limited scope of academia and the blockades of modern western science? Will language limit the findings if there is a deeper terrestrial connection with communicational barriers? How can we include this healing technique in clinical and alternative environments?

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