Introduction to Rob and Grounding

You guys, I cannot tell you how excited I've just been basically talking to Rob I have been fangirling and I told him he's my spirit animal. I almost think to a point you're like who I wish my son will maybe grow up to be.

Like I wished I could drop my sun off with you. He's 18 and i'd be like look I know this guy's gonna say some really inappropriate things but I am a big fan of men helping men transition into who they need to become and we've really lost that in our culture.

So I'm a huge fan. Everybody's watching this. You're inside my course and this is Rob. Now, I've always just called him the grounded athlete. I always call you that because that's your handle on Instagram and I'd been following you there and you're brilliant.

And I didn't even, like, what's his name? I don't know. His name is it's Rob? Oh, my God. Grounded athlete better. So you guys, Brilliant, I can't wait to hear what he's gonna say.

He's just written a book, he sent me early PDF. I've been looking at it, enjoying it. It's broken these four parts. And I haven't gotten to the application part where you get into practical stuff.

So I'm super excited, and I wanna secure some of that. But I want you to tell them a little bit about how you would describe yourself. Because I told you, that I think he has one of the most interesting handles on Instagram.

One of most of interesting accounts for me to follow. He was like such a Renaissance man, right? He's a 12 time American, all American athlete. He is, you know, Lakota, Native American.

he's got this spiritual thing, but he is this bro science dude that knows stuff. I'm like, how do you all this physics at such young age? So I'll let him talk about where you came from, why you did this.

And then we're going to get into this. I would love it because it's going go for this course called Serenity Science that I teach that has been predominantly women, right?

So five or 600, maybe 700 women have taken this and robbed my audience. Shockingly, I attract. So many 60 and 70 year old women come into my courses and are making these radical changes in lifestyle, going carnivore, eating meat again, grounding using lights.

They want to know the physics of things. they want understand consciousness. And they've hit that point in their lives where they're like, these doctors.

They've been gaslit for decades, told that they're crazy and, you know, well you're just getting older, why don't we just put you on antidepressants. This can't be right.

So they come to me and I think they like that I'm very forthright and very blunt. I say things they wish they could say in a way. Yeah, I would never have expected the 60 and 70 year old women to be such fans of my courses and so loyal in my community with me.

They're the ones that have made me make more courses. Okay. What's after this? I like. I don't know. You guys want another one? They're like, yeah. I'm like what do you want to learn?

And I just kept going and kept Going. So this course was built to help women never be gaslit at a doctor's office again and show them all this behind the scenes stuffs like electromagnetic therapies, how to use the earth, How do use light?

How to you sound? I was just a city girl from Detroit. Uh, I, don' have some deep connections to the Earth other than my ancestral connections that have been disconnected that I am trying to find my way back.

to the earth, to mother calling me. I'm like them. So I am teaching them like, okay, I do get some younger, but really it's more 40, 50, 60, 70 year old women.

And I try to get younger doctors to start taking my colleagues who have no idea and understand the brain and brain waves and electrons and how the Earth is in training us.

Like you guys and come take this course and it'll teach you that you're missing the foundation of your patient's fundamental health. You're over supplementing them or you're overdrugging them, or whatever.

You are missing these other nutrients. So there's the foundation of who you are going to be talking to. And from there, you a master at this conversation of the earth and from the electrical and spiritual ways.

and you just a practical guy that also runs. Tell them who are. I just adore you. First of all, thank you. Thank you for the kind words, especially about your son.

That means a lot. I can be very inflammatory, but I try and be for, the most part, a net positive influence on the world. And it's amazing that you have such a powerful influence.

On these women, they clearly hold you in a very high regard and improving their lives. which is awesome. But yeah, going back to what you initially said, it's hard to classify where I'm at on the spectrum with all of these things.

Yeah, so I grew up on a reservation in Rosebud, South Dakota.

From Reservation Roots to Physics

So I've always been in that earth-centric kind of culture. And my elder's mom, my grandpa, who is chief, they always had these sayings for me, these teachings for, you know, stay close to the earth, that's healing, its sacred.

You'll find that in a lot of native cultures throughout the country. But it came full circle for me because as I was a part of all of these traditions, these cultures, Sundance, the sweat lodges, I always wondering why everybody was barefoot.

It's like we hardly ever wore shoes, maybe moccasins every once in a while, but 20 years later, went to school. I went undergrad. Went to graduate school, studied physics.

And I can look back and see. What was going on there? It was an electrical connection, which is a biophysical process, but it was also spiritual too. I was always interested in what was.

Exactly why, why my family, my mom could dance for days and days to these songs and not get tired. And she was grounding. Grounding was a big part of that.

So how I came to grounding? Besides that part was from an athlete. You mentioned the athlete side of things running track. I was basically looking for ways to improve my performance recovery, all those different aspects.

And one day I. Driving home from a session and I heard this podcast with Clint Ober. He was talking about grounding or some people call it earthing, whatever you want to call.

I was really skeptical at first, as most people are when they first hear about grounding or earthing. I'm just like, ah, I don't know. You being barefoot on the earth, it's going to cause all these different changes.

But I am willing to try it. So I started implementing it in my life. I started grounding on my lunch breaks when I had a full-time job spending 30, 40 minutes doing that in between my reps.

When I was doing my track workouts, I take my spikes off and I'd be grounded during those recovery periods. And I noticed immediately, sleeping so much better.

I'm recovering so. My times in practice are, feel like I am not exerting myself as much in these workouts. From there I, was hooked and from that point on I realized how beneficial grounding is beyond that performance and recovery side of things.

From there, I became hooked and I was just like, more people need to know about this. The fact that people don't really know this practice that's free and is so beneficial for their health was kind of heartbreaking to me.

So I'm gonna start teaching people about these. And how I really got started, that was making these long format videos for people like 15, 20 minute videos, basically breaking down what grounding was doing for the body.

I've been doing that for the last five years now. So that's essentially how I got on this path that I'm on. Eventually we got to the book and different types of footwear that you can wear.

This whole message that i've I been preaching is ultimately free. I don't want to sell anybody anything, but this is a 100% free practice that everybody can see benefit from.

But yeah, that is how i got onto this. There are many things that go into it. My culture goes into, it my spirituality goes, into my athletics goes. My educational background goes into it, but it's all over the place, like you said.

When did it start, when did you make the connection? So it was interesting to hear. You grew up a certain way, But then you went off into the college West.

Again, I raised my son a way and now he's gone off to school. And sometimes he asks, did, you forget everything I taught you? Because he has been so programmed in that culture already in high school, wow, that's not, what I want you to think.

But again, you got to come into yourself. So when you listened to Clint, and you listen to that podcast, it's interesting that even you were like, I don't know if I believe this, when had so much history and education, but nobody probably weren't saying, this is grounding.

This is what we're doing. When did you make that connection of that's what my mother was doing? That's when she, oh my gosh. Cause I know when this synthesis of information happens inside and something must have happened to make that light bulb that you really go on for you.

Yeah, I definitely saw it more so from a spiritual perspective. That was our people being connected to creator. that was one of the ways that you establish that connection, just being close to the earth.

I didn't see it from that biophysical side of things. And really that introduced the biophysical set of thanks to me when I heard that podcast. and yes, i was very skeptical.

i had done my research on it and still today there's not a ton of research I have my own reasoning as to why that is. But yeah, I didn't see it from that biophysical perspective.

I saw it more from the cultural perspective and it's a really cool thing when the two combine. You got spiritual and you've got actual like a lot of physics going on, but it wasn't until I started implementing it.

And really digging a little deeper, the two things meshed for me. And then on top of that, there's a lot of my spirituality and preaching this practice.

Ultimately, I believe that God created this planet to be electrical. He created our bodies to in constant contact with these electrical properties of the earth.

I genuinely believe I'm returning God's people to this plan and the separation the insulation from those electrical properties is leading a lot of people to experience all these ailments, all of this disease.

It was Hippocrates who said that illness is the result of small daily sins against nature. And we have essentially sinned against Nature by disconnecting ourselves from the earth.

Love it, love it. So this is same type of stuff that I teach and I do merge the physics and explain spirituality to them. And we go all kinds of places with the pineal gland and crystals and esoteric stuff.

But I'm like, no, but it's real. My wake up to the real importance of nature back again, was doing neurofeedback. I am board certified in neuro feedback, right?

So I was measuring people using EEGs. Using their brain waves back, you know, recording looking at electrical activity right so I'm measuring electricity explaining it I remember as I am learning this I was thinking, I had no idea what AC and DC current was and I don't want to hurt from a schmertz I can't believe I have to know this stuff now, but.

explaining 7.

Discovering Grounding Through Athletics

83 hertz and alpha and theta and how I wanted a crossover and I'm hooking you brain into the Schumann resonance like the earth and i'm going to put you in your unconscious in a hypnagogic state so I can clear out trauma as I've said the same thing over and over to patients one moment when I just said it I was like what did I Just saying what am I saying I am trying to entrain your brain to go into wait what's like i'm missing the point the earth is right there and the entrainment you know the frequency following response of the Earth And I finally was really able to, then I started going down that path more.

And, I have to explain, the only reason you're in my office and I'm using all this technology is because of how disconnected from nature you've become.

I know it's ironic that I am using technology to undo the damage of technology, but that's what we're doing. You know what I mean? As I sit here and I have my little earthing on the floor I'm like I can't be outside right now because it's loud and it is like teaching people this and we all have to come to it at some point and like, I am not some crunchy granola person.

I don't want to sleep on that ground. And I like air conditioning. So I understand you mama. We still need to start going back to it. And so that's the balance I'm in.

It's like, how am I teaching people who have their nine to five jobs or have the four kids and have to cook and run here and be in a minivan and go to softball practice and baseball and soccer?

How do I get her to go outside? how do i get here to be on the sun? and how that is the foundation of health? And to me, you're an electromagnetic being of light and that We think medicine taught us its chemistry.

I'm like, no, it's not. It's starting here in life forces, electricity. So thinking of like you're explaining this to your mother or not your, I don't know, like your mothers white friend, not in the reservation.

How, how. I haven't gone into the practical stuff, you guys. He breaks this book, so he got a new book and it's gonna be out. So I'm gonna make sure in the description and everywhere I have the link to your book.

You guys, I had an early version. It's beautiful with art. I love that you like beauty as well. Like, art… I was like, what's happening with this city, Voltopolis, y'know?

Like I like… Oh my gosh, he's got this little story, but with science and it's so easy to understand. You've broken it

down into the earth and the body, earth, and water, And then the way to do things.

So maybe just take us a little bit through the story arc of the book and why you wrote it the, way you. And from there, you're going to be teaching them about charge and.

different things how the planet is how their body is water plays into this and we can leave them with a couple things to do and like you said it is free however a lot of people have the job and they have a schedule and the calendar that they're slaves to and I asked them to go outside for 15. Hey Rob, and that's hard for some people.

Hence why we have these inside devices, hence why have your grounding shoes. We have ways, how can we bring the outside into your house and how when you're out, since you can't be barefoot to walk around, maybe you make an investment in a certain type of shoe.

So why don't we start talking about the book maybe and what you've put into that. Book and then applications. That sounds like a good plan. Yeah. The book's called earth and water, short story of life's matrix.

And it's been a project of mine for the past five years. How it came about was when I was trying to understand everything about grounding and really break it down to its fundamentals.

I had essentially created this Google doc, this big drive of lectures, videos, books. and that was essentially how I pieced everything together. I can create something out of this for other people to use.

So that's really how Earth and Water came about from this gigantic Google Drive, Google Doc of all these different articles from PubMed and all of these things that are all stored on this Google drive.

I just organized it and I created a story out it. And the book is split up into four different parts. You have part one, Earth Introduction, part two, earth and body, Part three, the Earth in Water, and part four, The Earth Application.

So the reason I set it up that way is to really, in the beginning, get people acquainted with the basic physics of what's going on when you're grounding the body.

From there, you can progress to how grounding is affecting these different physiological processes in your body, and then from there we get a little bit more esoteric.

We talk about the water in our body and how groundings has a big influence on the Then part four, we get to the application part, how you can implement this in your life, the easiest way to implement it in life and hopeful future applications of this practice.

But it's a good mix of your textbook style, your science textbook. You get learn everything you want to know about grounding, How it is affecting your heart, and how it affects your brain.

What's going on exactly as soon as you establish that electrical connection with the earth. From there, you also have a story going on throughout the book.

As you pointed out there this Voltopolis city, I have this obsession with pixel art and cyberpunk. So I like this whole world. The book is filled with it.

There's so many illustrations in there. It's this world that I created for this story of grounding to unfold in. And so at the same time, while you're taking in all this information about grounding, You're also having this story unfold with this character called earth poppy.

And it's scary. It's a scary story. I'm glad you said that because as I started, I was like, this is a little bit like post apocalyptic. What's going on here?

It all's like. Yeah. So. If somebody, when they get the book and they look at the illustrations, they're like, oh, this is

like Blade Runner or something like that.

So this whole world came about from a dream that I had. I didn't watch Blade runner or anything. And so the dream was, it was me in this huge patch of grass in, in the middle of this massive colorful neon city.

It was very beautiful. At the same time, it was very eerie. There was no one there. It was just this empty, barren, neon, gigantic city. That's what inspired this whole world.

I didn't watch Blade Runner until after I had created this full setting for the book. And I was like, oh, this is actually really similar to that story, that setting.

Is really cool. Blade runner is now one of my favorite movies because it's so similar. To this world, It's a good mix of your non-fiction science book and eery, scary fictional story going on throughout the It's fun.

I lost a lot of nights of sleep, putting effort and work into this thing. Ultimately it was worth it because I know the people that read it, it's going to help them.

It is something that I think is going compel a lof of people to implement this practice in their life. That's what kept me up on a lotta nights. So I was like, this is gonna help so many people once they read.

Side note, so do you think like do more men follow you than women? Yeah. Is it hard to tell? Do you know? I've never looked at the numbers like demographic wise I don't know how able to but I think it's definitely dudes in their 20s to like late 30s but i also have a lot of women in their forties.

I have a lot of women's in there in 40 and fifties, I don't know if they follow me because they think I'm attractive or they actually like the content.

It's hard to tell, but it's all over the place. Started chopping wood, it'd be like a whole other thing. Have you seen the guy that chops wood? We all watch him.

We're like, you see the guys chopping what? He has a masters. He's actually a smart guy, But wow. Yeah. Chopping wood.

Writing Earth and Water

But actually I think people are so drawn to nature and I they are drawn, the women, Yes, you are attractive, but it's also this, it, your, have this strength and certainty of what you're doing.

And I'm just going to tell you as an older woman, as I said earlier, in my fifties, You're much younger. I am so inspired by a certain group of these young men that are very, very solid and you very kind of chivalrous, maybe.

It's like your old school, grown up with this egalitarian way of thinking of things. But yet there's this. kind of old-fashioned respect and sacredness and way of doing things, and I think you're protectors, I don't think that you have a lot of tolerance for…

I'm not saying this is you, but I know a bunch of guys in this group that I follow and deal with. They're not into porn and prostitution, they're like, that's not a man, actually.

so they have this old they're like no a strong man is like this it's a very different they more into virtuousness like like now we work hard we provide we have good bodies we want to be healthy physically spiritually emotionally the spiritual health is very important to people i have texts from guys like they are good friends that they like can you help me with him because he's like a porn addict and i can't tolerate that in my life i love him But I won't deal with that type of behavior.

So these are like guys in their thirties who were like, this is unhealthy and we won' stand for it anymore. That's not

actually what masculinity is. so there's a lot of that around.

And I think women in your forties and fifties. We're like. Oh my God, how refreshing. Look, they're back. Uh, you know, we don't want to be thrown around obediently told what to do, but.

I. Think women are really missing men who have some physical and mental prowess to them. You certainly do bring that and it's refreshing. It's written, I like that though because it has this very young masculine feel and good because young guys need to know this.

The younger, the better, right? Because you have a whole crew that just want to sit around in the dark basement playing video games on Pornhub or whatever else they're doing who don't see the sunlight, who full of God knows how much static electricity and discharge.

I see their brain maps and it's a mess. They're running way too fast, very inflamed, high beta, can't think well, Very low dopamine. So it is an uncomfortable life for them, but it makes sense that they're addicted to everything when they don't know how to get out of it.

Yeah, so you guys who are listening, women, I'm enjoying it, trust me, it just was a little bit like, ooh, this story. It felt like a comic book kind of a thing.

What's happening here? I felt I was reading Oh, my son reads those books, like the cartoon picture books. I'm not saying it right. Manga. It's not like that, but it felt like a little bit to me.

Did you do the artwork? Yeah. So I use three different software to basically put all this stuff to everything you guys. And I told them before, I love his website.

Say your website, this is groundedathlete.com. Yeah, yeah. If you just Google search the grounded athlete, it'll be the first thing that pops up. Yeah, I think we were talking about how I could sometimes be inflammatory on social media, but really I don't need anybody buying anything from me.

It's awesome if you want to buy the book and if, you wanna buy, the sandals and everything, but my personality will always be a big part of what I do.

I want people that actually like me and enjoy my presence. And I, want those people supporting me. Don't need everybody, I don't, need, everybody buying things for me, that's not what, what do I essentially is this free message.

You don, t have to pay for anything. All you do is take your shoes off. you go outside and you establish this connection with the earth. or you go buy a $30 grounding mat.

You don't have to support anything that I do, but it's definitely nice, yeah. That's nice to have sales on the book. People put a lot of work into stuff and writing books is not easy, especially when you start bringing in the physics.

So is your master's in, what is you master in? Physics. I went to undergrad and graduate, studied physics Wow. Okay. Looking at what you studied in school, right?

Because it certainly took some physics in What was that like translating textbook physics into then looking at the earth and those systems? It made it way easier.

Electrical engineering is what it comes down to and having a solid foundation in physics allows you to better comprehend this branch of physics, which is electrical engineering.

But it's also more on the application side of things, but it definitely allowed me to really break this stuff down a bit more. For me, it was easy to understand.

And what I essentially try and do is I try to break it down even further for somebody that just, you know, they come to me and they don't know anything about biology or chemistry or physics.

I give that information to them in an accessible way. That's what earth and water is too. So what then you think is the most, it's probably in the book, but maybe the.

Surprising thing that you find yourself or other people about. Earth and grounding in body or the electrical engineering of the body, let's say. Hmm. The most surprising thing I think to somebody that isn't me, I.

People that haven't really learned about grounding or earthing, probably all of it. I don't know if there's anything particularly that's surprising to me.

It all makes sense, it all make sense from a physics perspective. Nothing really stands out where I'm just like, oh, that is absolutely crazy. What physiological process or physiological impact, body impact would you say that, do you think maybe most people go, I had no idea.

Yeah. Yeah, I think so. How I start part two of the book is something called the big three. And that's essentially all of these benefits that you see improvements in vagal tone and cardiovascular health and immune system function.

I, think these all stem from these three core mechanisms. One is that when you ground, so really quickly, what is grounding people out there? It's just establishing electrical connection with the surface of the earth.

You can do that by direct contact, just being outside, being barefoot on the conductive surface, or you can it inside with your grounding mat there, grounding sheet.

There are many different products you could utilize. But what it comes down to is just having that electrical connections to the Earth. Um, but so what's going to happen when you round this big three, number one is that the density of negative charge is going.

Increase in your body that contributes to your bodies of electrical homeostasis, because as you said earlier, your is electrical. That is your default state.

It's your factory settings, if you will, cause humans have evolved for most of our time here on earth in direct electrical contact with the surface of the earth.

It's only in the last hundred years that we disconnected ourselves from that, from those properties of the earth. So number two is that it's going to attenuate the excessive inflammation, excessive oxidative stress response.

And if you really look at what's killing people all around the world, we try and find common denominator between what's killing everybody in the world, which is chronic non-communicable disease, cancer, diabetes, neurodegenerative disease cardiovascular disease.

You look for the common nominator amongst these things. And what do you find? You find excessive inflammation, excessive oxidative stress. So what I'm saying is that grounding isn't the one all be all cure to disease but If we can influence this oxidative stress, this excessive oxiditive stress side of things, we, can by proxy influence, the inflammation side things.

And so where grounding comes into the picture is essentially moderating this, excessive, oxidated stress response in the body. So that's number two.

The Big Three Benefits of Grounding

The number three is that it charges this water protein matrix battery in your body that more of an esoteric side. But that a big part of the grounding process.

You're essentially charging up this battery. in your body that's charged up by the earth, it's charge up the sun, light. But yeah, those are the things that I usually start with when I'm describing these benefits to people about grounding.

There's a lot that goes on in the body, but it can all be traced back to these kinds of mechanisms that are going on. Yeah. And we covered them a lots and with my patients and my courses, everybody always wants to just talk about food, food impact, which I understand because we have to eat a ton.

but then they seem to want to forget that we live in this matrix of this electromagnetic field all the time. And there's energy moving. There's invisible energy, light, sound, heat, radio waves, microwaves, gamma rays, all moving through us all time, right?

I really have trillions of dollars moving though me right now. I'm sure if we move it back and forth from Dubai and wherever else, because it's all just code and it is all this frequency, And they want to forget about like that.

And I have to remind them light is a nutrient, sound is in nutrient. Everything's about, we're pulling electrons, protons off of things like, Oh, so I take it down to that so they learn these little basic things.

Remember that horrible chemistry class you had. It actually matters. I talk a lot about mitochondria. So they know it enough to be like oh, like we are not doing the Krebs cycle that they need to understand is 32 ATP and blah, blah.

Nobody cares. But let's understand what's going through the inner, you know, membrane it's electrons and why. Right. So I think the water thing is actually, I don't think it is esoteric at all.

I Teach them your life force is how much battery is. Are you a nine volt or are you at two volts? You're like, you know, where's your aliveness is based on how charged that battery.

And with mental health issues, if I can't get the brain to hold the charge, I have a problem. Like I often fix it, but then there's also can hold it. That's where maybe nutrition comes in where I'm like I need enough cholesterol, enough saturated fats.

I needed these substrates in there, guys. But the substrate without the electrical flow, Light, sound, earth, the electrons. What's the point? So the two are important together.

So I try to, in this course, I'm like, let's stop talking about the food, you guys. I've been talking to you about this over here. And so I'd love you to talk about that and the water.

Let's talk that. How we are a copper top. Neo had it right in the matrix. They were calling it copper-top. Yeah, that's what you are. That's recharge you.

and I think death is just when we can't recharge the battery anymore. You know? this electric nutrition side of things. It's vitamin G, if you will. Yeah.

But yeah. So there's part, part three of the book or earth and water. Essentially you have this whole body redox system that's distributed throughout your body.

I refer to it as the matrix. And there are people out there that have different definitions of The Matrix. My definition of, The matrix is this continuous semiconductor network that's distributed throughout your entire body that consists of the semiconductor proteins along with the coherent water that organizes itself around these proteins, along the ground substance that is distributed through your body's extracellular matrix.

And so over time, as you're insulated, the longer you are insolated, These electrons stores that so I'm going to talk particularly about this ground substance that's in your extracellular matrix.

So what is this? Ground substance before we get to that actually when you have somebody like if I look at you. If

I'm just somebody that was trying to break you down from a biological standpoint, you're like, this person's made of cells.

They're made mostly cells, they're not made, mostly of sales. It's actually the space in between cells that they are mostly made up. That's extracellular matrix.

So that's a mixture of ground substance, collagen fibers, and a few other different components. But ground substances is a big part of that. And what ground-substance is.

is this collection of glycosaminoglycans, proteoglycan that are heavily sulfated, they trap a lot of water and they're also negatively charged. So what you have is essentially these storage sites of negative electrical charge that is distributed throughout your body.

When these become depleted, the longer you're insulated, your whole body can't pull from this whole-body redox system. and utilize it for what have you, energy production and mitochondria, oxidative stress resolution by donating electrons to these reactive oxygen species, reactive nitrogen species free radicals.

And what do free radicles want? They want electrons, they want to stabilize themselves. That's how antioxidants work. So grounding really is your number one most efficacious source of antioxidant.

We can talk about that if you want, but that's what this battery is. It's this semi-conductive whole body redox system, and it's a battery. And what do batteries need?

Batteries need to be charged up. How do you charge this What's really popular right now, what everybody talks about is light and sunlight. And where I've been trying to squeeze things in is with the grounding side of things.

Grounding is also a very important part of that. So you're essentially charging this body battery by being outside getting direct sunlight and being in electrical contact with a surface of the earth.

Those are two big parts of how these electrons stores in your body get charged up. But to me, that's how I define this matrix, this battery in your body.

And there are various different little intricate components of that, but that is the gist of what this system is. You're looking at it from all over. like everywhere that extracellular matrix, as well as, like, I think of specific systems like glycocalyx.

To me, that was always how I understood what the glyco-calyx is, is that's the number one grounding system of the body. But maybe that not true. Maybe it's just like what you're calling that whole grounding kind of system, how the fascia kind is like this whole thing that is bigger than everything we realize.

We didn't really give it credit for what it is. and the glycocalyx, which is a net negative charge inside the vasculature lining. It's like, wait, that's the grounding system?

What? And that being devastated. There's so much to this. That's just a fascinating. I think that gelatinous water battery can net-negative charge is holding so many capacity.

And it's something no one's taught about. Yeah, I did not learn this in grad school. A single doctor that has taught this at school, we all come to it much later.

accidentally running into a two by four. What did you just say? And then we have to go down some rabbit hole of DC current AC voltage. You know what I'm saying?

Did you like you? Just go. I didn't even know I was going to be looking at this. And I'll tell you, every doctor pretty much avoids every healthcare worker, you avoid physics.

Everyone's, oh God, y- you're telling you to push physics off because you don't want to ruin your GPA so you can get into medical school. And it's like, Oh, push that off to junior year.

That's the thing everybody does. Cause that's going to be your hardest class. It's approached that way. Like barely you. Don't care about the physics, which is so wrong.

Once I took it, I said, I should have been a physics major, not a biology major. This was a major mistake. You know what I mean? Cause I saw that's the foundation of it.

We've got it wrong. this is so stupid that they make us study all this biology when we should be studying all these physics. And you did it the right way.

Even though you aren't taking care of people in a clinician way, you're doing it a different way you understand it from a way that the most of us don't.

Okay. I'm just going to tell you, that is the reality. feel like I've been playing catch-up in the last 10 years to go, wow, I missed it. Because I'm trained to think in terms of a certain way of the nervous system.

And even though you're talking electrical conductivity there, you really still don't get it, right? You don' really get. So make that practical for somebody.

Cause I want to tell you the listeners like, okay, so what are they saying with the ground matrixes again? What is that? And I heard protein and collagen.

So should I take collagen? I promise you that's what somebody is thinking. How can they get more of that? Are you saying they just go ground? They're going to get Yeah, that's essentially what contributes to a healthy matrix is just keeping it charged through sunlight, sunlight and grounding.

But what you said earlier, there are many different aspects of this whole matrix system. I try and see it from more of the main constituents of it.

The Body as an Electrical Matrix

For me, direct physical contact, this direct highway of proteins from the nuclear matrix through the cell to the extracellular matrix, which is this. Direct highway from into the DNA to outside in the extra cellular matrix along with the water that organizes itself around these structures.

There are various different components of it, but now you don't really need to supplement anything for this. You just need maintain it. And it's super easy to maintain.

If you go outside, you get some sunlight. I don' know if you wanted to go this way, really how I try and teach people about grounding is I usually point out a wall outlet right off the bat because that gives people something like, oh, this actually is a thing and it is utilized.

Explain it! Explain what happens to the appliances in the house and why we know about this like this thing. Yeah. So if you take a look at a wall next to you, you'll see an outlet.

That outlet is composed of the neutral wire, the hot wire. And the ground connection is that bottom little circle hole, The bottom port of, of The wall outlet you can Google search it.

You'll know exactly where, I don't know if I'm describing it very well, but on the bottom of outlet, But so what's going on there is, that there's a wire that's connected to that part of.

The outlet to the, ground outside to a grounding rod. or a grounding plate. And why is that there? That's there because in the case of a ground fault, a short circuit, if there's lightning that strikes your home, your building, that

essentially gives that, straight current, excessive current a place to go into the ground.

It dissipates it. So it's the same process with your body. You have this buildup of charge on your, body the static electricity, this imbalance in your bodies electrical homeostasis.

And what grounding is doing is it dissipating that excess of electrical charge that's built up on, your and it is letting it go into the earth because the Earth is negatively charged.

It's maintained by various different atmospheric cosmological phenomena. but that is what the earth is, is it's this net negative surface charge. And when you connect to that, so this pole grounding practice is well known.

It's well established in the electrical industry. it is just the biological side of it. That's not very well-known yet, but this is an actual process that people utilize to not only keep people safe, to keep equipment working correctly, keep it from being damaged in case of short circuit or ground fault.

This is very much a well-established practice in the electrical industry. Yeah, when we started having refrigerators and things like that, you guys, they were blowing up, basically.

They realized, oh, we have a problem. And then they're like, well, what's the solution? The earth, it's building up static. It's basically your refrigerator is getting stressed out with too much, and this is how we feel.

We get the same way and we blow out. Blows out your nervous system, your relationships. You might come off the handle a little bit more. It's very different.

That's something I've noticed that people talk about is again, their sense of peace, calmness, relaxation. I just feel so much better. And like their ability to handle the stress in their life, the resilience factors goes up so.

Because I have a cup, right? You can only handle so many cups of stress and it's going to overflow. So as the real electrical Energy, static, builds up.

It just keeps coming. And so the way to do it is to go out, be barefoot, use brown, match, ground, and use different ways. Let's talk about some of the practical stuff.

I keep saying bare foot. There are exceptions to this and ways to it. People ask, does it count if you're on cement? Does it have to be in the dirt? What about sand?

what about water? Yeah. I have to do it. So I'm going to tell you, everybody, okay, can we stop going for the minimal effort involved? But they always want to know these things.

Why don't you roll it out? This is some of the practical stuff and what matters and doesn't matter. Yeah, so this is what you'll find in part four of The Book Earth Application.

Those are the two most common questions I've gotten in the last five years. Am I grounded here or how long do I need to ground? AKA, how little can I get away with that?

Right, right. It's always. But what grounding comes down to is essentially electrical conductors and insulators. So what an electrical conductor is, is it's a material that holds onto its electrons very loosely.

Electrons can pass through it, electrical energy can past through, and then insulator are the opposite. They hold onto their electrons really tight, the electrical can't pass though it.

What it comes to when knowing if you're grounded or not. if I'm grounded in this particular setting on this surface, is what that surface is made of. Is that a surface made up of a conductor or is it made out of an insulator?

Let's take two examples. We have cement on one side, we have asphalt on the other side. These are the really

common ones I get, am I grounded in these settings?

So if we look at what cement is made of, it's mostly mineral and water. It's conductive, especially if you get it wet, its conductives. On the other side we have asphalt.

What is asphalt? It is mainly this petroleum based polymer. Its more synthetic, so that makes it more insulating. The cool thing about this is that it's just an easy Google search away.

What am I standing on? Concrete. Let me look up what concrete's made of. Oh, is it electrical conductor? Yeah, it is. I'm grounded here. It's that easy.

Again, you can do it inside with these conductive mats and these conducted sheets, but some common conduct of surfaces, soil, grass, sand that's close to water, not too far away from the water because really dry surfaces.

They hold a lot of air. Air is very insulating. But soil, grass, concrete, these are all very grounding surfaces. Insulating surfaces, wood, glass, usually synthetic stuff like man-made stuff, Wood, Glass, Asphalt, really dry surfaces those are very insulating.

If you can identify if what you're standing on is an electrical conductor or insulator, you'll know whether you are grounded or not. can also use these conductive like a mat that you have which is made of these conducted fibers which connects to that grounding port that we had talked about earlier which has connected to the ground outside if you're going to be using those products i always tell people you should test them there's two things that You can get to test these products and they're not very expensive at all one's an outlet checker and the other is a multimeter so you plug the outlet Checker into the wall it's got this series of lights on it Those lights will pop up on there and that'll essentially will tell you if your building's electrical system is properly grounded.

From there, step one, done. You plug in your grounding mat. then you use your multimeter to check your body voltage. When you touch that grounding product, that grinding sheet, the grounding mat, you should see a body-voltage drop on that multimetre.

That tells you that the product is working. So those are some pretty common ways to ground and it seems kind of hard. Let's talk about socks and shoes and stuff.

There's a lot, I'm in the South and some people are like, It's like parasites. You let your kid go barefoot. I'm like, oh my God. Yes, I do. Always have.

And aren't you worried about stuff? No, not going the creek too. So again, we have a highly germaphobic society and it's gotten nothing but worse. Yeah.

People might be like I don't know how I feel about that. What if I step on something and hurts my toes? And like older people sometimes are like look, look I am diabetic.

Don't want to have an injury. Socks, shoes, say something about that for people. Yeah. There are ways that make grounding more convenient like footwear, like the grounding mats, but the grounded foot wear essentially is conductive footware.

It allows you to ground. You can test them with the multimeter. I have sandals that you can wear. Boots. Sneakers. How all my footwork works is through a copper plate, copper rivet into the actual shoe.

there are versions of grounding foot where that use kind of a carbon based sole. I don't like the carbon-based soles as much because there are more variables in play when you're wearing those.

Everything has to work correctly for them to walk and ground you. The copper in the shoe is kind of a surefire way that it's going to ground. If you are wearing socks, will it work?

Yes. So most people, even though they say they might not sweat, you ARE sweating at a very minuscule level. That's gonna add to the conductivity of the sock that you were wearing.

going to seep into the sock that's going help with the electrical conductivity. It might take a little bit longer for that conductivity to be sufficient enough if you're wearing more synthetic clothing, like the spandex socks, but cotton socks are going to be the best natural fibers.

Those are more conductive, leather works just fine. Leather is what shoes were made of for a really, really long time. And those are conductative and those grounded a lot of people.

Practical Grounding Methods and Footwear

We only really introduced rubber sole shoes in the last hundred years, But the more natural fabrics you can wear the better and not just socks but just in general, you want to wear more organic cotton wool and all these different things.

It's those. synthetic materials that make things a little bit more difficult they seep into your skin they get into you guys. I think we've all been a.

Little mind blown to find out those synthetic things are plastic let's be real clear. And they're going into our bodies, disrupting our hormones or endocrine disrupt in chemicals.

And we're finding microplastics in us because of the under spandex night. Like this was a mind blowing concept to be like, wait a minute, the yoga pants are going up in my crotch.

Yes, honey. So I've changed all my stuff and bought organic cotton. I want my underwear to be a certain, I'm like, Oh no, my son wears merino wool underwear.

My ex-husband was mad at me for like $35. It said, look, it's worth every penny. On him. Because it matters. Like that's his life force genitalia. This is that we're really poisoning ourselves.

And then it goes in when you wash all those clothes. They go into the water supply, microplastics. It's a much bigger issue and it's ruining you many ways.

In addition to the electrical conductivity, you have your ability to discharge electrons, grab electrons. and discharge protons on static charge. So that's a really big point.

I want to make sure you just didn't like skirt over it too fast. Yeah. The electrical side of things as far as wearing them and like conductive footwear and stuff is the least of our worries when it comes to synthetic materials.

But yeah. And the second question you had asked, how long can I ground? I have to give you the most annoying answer I could possibly give. It depends.

it depends on how long you've been insulated your whole life. It depends if you're dealing with certain ailments, what kind of inflammatory state you find yourself in.

Ideally 24, 7, 365, that's how your body is meant to thrive in constant electrical contact with the earth. But there's this concept, it's called inflammatory preparedness.

That's essentially how, going back to the matrix a little bit, how saturated your bodies with free electrons. And that when you do run into something, it, your body is better able to manage it.

Some kind of chronic condition, you're body's able pull from these electron stores in your because your bodies in a state of high inflammatory preparedness.

Dr. James Oshman talks about this a lot and he's been a big inspiration for me in my writing. But yeah, it really depends. Something is better than nothing.

I don't have an exact timeframe for people. Start with five minutes a day, build from there. And the easiest way to do this is to get a grounding mat or a rounding sheet, test it, put it on your bed.

That's seven, eight hours right there, very easy, done, over with. You don' have to think about it. Stick a grounding mat underneath your computer use it as a mouse pad.

You can do it while you're working very easy way right there, but also get some time outside barefoot in some sunlight. That's a big part of the whole grounding process to and why people feel better is they're just out in nature, they are not being polluted by all of this.

non-native electromagnetic interference. But it's a lot more accessible and it is a little more easy than people think. A few very cheap investments will take you a long way as far as this cold grounding thing goes.

If you were to average all of these studies on grounding, it ranges from instantaneous effects in the body to they're grounding for a whole night of sleep and then they are seeing these benefits, but it would probably be like two or three hours or something like that.

Really, the more the better but something is better than nothing. And I think that's probably the most obvious answer I can give. I love it. Yeah, that it's that same kind of answer.

Unlike you guys, it supposed to be again 24 seven so anything less than that you're depriving yourself so You go from there, what you can figure out how to do.

And sometimes it's just, you know, sitting is such a hard thing on the system. So I'm like, if you. Set a clock every hour to at least you need to get up and move some lymphatic system, If you go outside for five minutes, walk around your grass, barefoot, do a little bit of shaking out little Qigong.

What a difference you're going to feel. You will not be as fatigued. It's extraordinary what people say. They're like I can't believe this simple thing.

Morning sunlight, Barefoot. It's probably, they're spending 20 minutes in a day. There's not even that much, but I think even breaking it up often at times is if you've got 20, I'd rather five minutes be spread around because it helps builds up so much.

I have a blanket on my couch. It is grounded. it's like all over the place. Cause I had my whole office like this. So I just, so everything was grounded, people would come in.

They had no idea what was happening, rugs and all the stuff. I'm going to ask you one last question because this is a personal question and I haven't been able to figure out the answer.

I tell them like, I don't know. There's a few of us that are like this and i've tested it. Done all that testing to know, so I have grounding sheets and.

Can't sleep on them. They get me very activated. And so, and sleep and had two other people that like that. Then I like you have that too. And they were very fit.

There are two, the other two were men, very, fit guys. And the like, girl, that kept me up all night. I can't keep, I keep trying it, but I feel like I'm buzzing.

So what's that all about? Do you have an answer? Why some of us are like this or is it the product? Like I've tested, can figure out, you know what I mean?

What happens with me? Grounding is such a subjective thing for a lot of people. How it's going to affect one person isn't necessarily how it is going affect another.

So, and you tested your products. Yeah. It doesn't do that to me except at night. Yeah, there's so many factors into that too. I'd have to look like what's your electromagnetic environment like?

What's you non-native electromagnetic environmental like because that's going to be a big part of that, too, but I would say for me, what I've heard mostly is that people dream a lot more vividly when they're sleeping grounded.

I haven't heard of people ever mentioning to me that they can't sleep when their using a grounding mat or a ground. Just me and these two guys that I know and we all went through it.

Well maybe we have dirty electricity in this house. Maybe there's this, maybe there is that. And I could never, the ports test and the things to everything tested.

So I don't know what it is about that. It's made me, in this house, I've actually never even, i've been afraid to try it. But my son would sleep dramatically better.

He's at a teenage age, he doesn't want to sleep on that sheet. I'm like, why are you not sleeping on this thing anymore? Yeah. Again, that's why I would give them off to you for a hot dinner.

It's such a subjective thing because for example, like when you're looking at some people, when trying to assess like what's going on with the nervous system when your grounding, if somebody's in this hyper sympathetic state or if someone is in a hyper parasympathetic state, grounding is going to affect both of those people differently.

Its just going pull them more towards the middle. But yeah, it's such a subjective thing. That's why it so difficult to say this is going to affect you a certain way with grounding and just really, I don't know.

I have a suspicion of how it is. And I came in like, dude, this, I would think I'm going home and going to bed and I up all night, like ready to, so full of so much like vibrant, full energy.

And the guy goes, Oh, you're one of the 10%. I said, what? And he goes I that too. He goes. We find that some people are basically so stressed out. The nervous system is under so tension.

that you get so relaxed and it freed up so much energy off of you. Basically we took like a hundred pounds off you, but you didn't even, you were so tired.

You didn' even know you where that tired, so I have to do sensory deprivation tanks in the morning and freeze me up to be like an animal that day. I had so energy.

So I suspect it's like that, that my nervous system is actually more tense than I'm aware of, inner tension. and this is dropping that. And so it energizes me.

Like, oh, I'm free to do a bunch of stuff now. So it's interesting. I do most of it during the day and I don't do it at night. Very different than when I am outside though.

If I was camping or something, that's a completely different situation, right? Because I think it is more natural and who knows what the situation is, but I sleep and sleep well.

That's my suspicion. That makes sense. It makes to me. That's what I think. I'm just that high, strong, or whatever. You're built different. Yeah, that's right.

My tension is tight.

Personal Experiences and Where to Find Rob

All right, so Rob, tell them, drop the handles, the websites, whatever they need to do. And I am assuming the book will be there. Just tell him how to get everything and get a hold of you guys.

He does, let me say this. Buy his book, buy his shoes. I just found out he has more than sandals. I didn't know this. And it's a long story, you guys. I don't even own them yet, because he and I were back and forth.

Because he custom makes these sandals. Wait, are you going to make it based on my shoe, my measurements, and all this stuff? He's like, yeah. What? And I just have poor follow-up.

But I am begging you after this, I must have some shoes. and i can't wait to buy the book. Please tell everybody where to find all your stuff, cause he's fantastic.

So I always try and direct people to the website. First thing, the web site is the groundedathletellc.com or if you Google search the Grounded Athlete, it'll be the first thing that pops up.

What you're going to find on that website is all the research associated with grounding. You'll find all my videos, all of my podcasts. And you'll also find links to my book, which will take you to Barnes and Noble.

On Instagram, it's the grounded athlete. I have another page, Olympus Earthwear on the Grounded Athlete. The website for the footwear is olympusearthwear.com.

You can get the sandals on there, you can the boots on, there you get sneakers on. But, and then Twitter, Earth Poppy is my handle. That's my alias, but I'm pretty active on their.

If you guys ever have questions or anything, or if you just want to connect, I am pretty good with my emails. Pretty good of my DMs. Reach out to me if have any questions about anything.

Or if you need help with trying to find the right sizing or where to get the book, I'll do my best to help out there. Oh man. Yeah. Thank you. So I'll make sure it's all in the notes the right way and make it easy for you guys, but I'm going to get back on your website.

I haven't really been there for a hot minute. You guys I've used his website, I have shown web developers his site and I am like, this is so good. Can you make mine more fun?

And then he does it all himself. so I commend you for your dedication to the earth. Honestly. And then opening up yourself and letting all that creativity flow through you and your commitment to playing and having some fun with it and taking a serious topic.

That's profound, but having fun. With it. and being light about it, and bringing joy to yourself. From the people around you. I'm not going to not be myself to like it great.

If you don't, that's okay as well. And I think we need more of that type of courage than everybody who's trying to bend themselves to fit in a box for everybody.

I say it a lot, I'm not for anybody. If I am not, that's fine. Go on. And we get coached a lots in business to change, to soften up or to go into, if you just did this, more people would like you.

Like, maybe everybody doesn't have to, so I commend that because you are running a business and Profit does matter. We do need money to survive, but you've put a hell of a lot of work into it and it's fun and playful.

And I can't wait to get some of your shoes. I had no idea you had some other things. That thought it was just sandals. So I'm going to give a little bit of shopping and I look forward to it.

Dr. Imka. It's been awesome. Always appreciate the opportunity that people give me to talk some grounding and This is a message that's very near and dear to my heart.

It's always fun. I hope that the passion that I have is infectious and it rubs off on people because it is something that. Really care about. And it's something I can put a lot of myself into a little of my personality and.

Very fun for me. So. Yeah, thank you. Thank you for the opportunity. It's a clear calling. I think that's what's so honestly beautiful about you when anybody is doing what they're clearly supposed to be doing.

Yeah. People are just drawn to that to look at it. Like how pretty that is. Wow. And even if you don't even have to agree with it, but you know, that they were born to do and wow, I just love seeing that.

So I can't wait to see where you're going to. In five to 10 years with this, cause you've gotten a hell of a jumpstart. Some people at 60 still don't know what they're supposed to do.

So I'm happy for you. Thank you! See you, have a good one!