Jen Miner's Personal Meeting Room 2022-03-20 21:28:27 Transcript

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Introduction to the live schedule and earthing

Hey, everybody. I know the schedule for the live was a little wonky this week. So we're just playing around with some different times to see what works well for everybody so that hopefully you can watch live as much as possible.

Here's another experimental time that we are going to try. Today we will talk about earthing. We want to know, first of all, why it matters, and I want give you some great resources for it as well.

Why earthing matters and the science behind it

So remember, protons, electrons, all that stuff from your school science days. You got your positive charges and your negative charges. Well, the earth is a negative charge.

So meanwhile, all the tech that we have around these days are positive charges. So it leaves us with this huge imbalance. Getting back to our feet on the ground, walking on a beach, getting our hands in the dirt, hugging trees maybe.

Kidding, maybe I'm not kidding. I may hug trees, but that's another topic. Trees are a huge, huge source of energy that have been given on this planet.

Anyway, so there's a great documentary and it does a much better job of explaining all of this and It's beautiful beautiful Movie, it's free on YouTube and I just wanted to play the trailer for you guys So it is a quick little trailer.

It is only two minutes long so I'm going to share that with you now and I'll also post a link to get to the full movie.

Trailer and documentary resources

Now, from what I hear, it's on a few different platforms now. When I first saw it, It was just available on YouTube. But like I said, I think I believe that there's a view resources for it now, so let's get this started.

We have so much inflammation in the body and it comes out in illnesses. We go to a doctor with all his complaints, but a lot of it is silent inflammation.

So how do we reduce inflammation? In simple terms, frowning is literally putting your bare feet on the ground. When you do that, you're in contact with the Earth, and Mother Earth is endowed with electrons.

And these electrons are literally absorbed through your feet. like taking handfuls of antioxidants. Drowning means connecting to the earth to support the specific function of the organs of your body.

It supports the body as a whole, but it specifically supports organ systems down to tissues and the cellular function on the entire body You could take anybody who has chronic This is so incredible, this is Nobel Prize material.

We had 21 published studies in the medical literature on earthing and grounding, and this was peer-reviewed stuff in simple terms. What earting does is literally, it sponges the fires of inflammation, If you can impact inflammation, and you know, squelch it, kill it.

Stop it! You can be healthier beings. Go outdoors, take your shoes off. Stand barefoot on the earth, or sit on earth. Put your feet and your hands on here.

And you'll instantly notice the pain and the inflammation begin to drain from your body. I got my life back. This is

probably the most common refrain that I hear.

Thank you, I've got life. Awesome. So I'm going to put a link so you can watch the trailer better if you want to revisit that. And then I'll also put link to the full documentary as well, because it has lots of great information.

Lots of information See you guys soon.