

SECOND EDITION

# Earthing

The most important  
health discovery ever!



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# Resumo de Earthing: The Most Important Health Discovery Ever!

'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body.

This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

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