



**Clint Ober**

## What You Can Do To Eliminate Overwhelm Instantly

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### SUMMARY KEYWORDS

ground, inflammation, people, coyote, earth, body, immune system, talking, energy, emf, electrons, oxidative, atp, pain, put, home, electrical, arthritis, years, fight

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Hello, this is Dr. Patrick Porter. Welcome back to the optimum performance summit. Today I have a very special guest someone I can now call a friend. We've done events together, we've traveled, he's he's opened our eyes to a whole new world that we were standing on, but didn't realize we needed. And who I'm talking about here is Clint Ober. And he's going to tell us a little bit about what you can do to eliminate overwhelm, instantly. And if you listen to this, man, your life is going to change forever. And he's changing lives all over the world with something that is so simple, it seems, but people are making it so complex because of the environment we live in. So Clint, why don't you just tell us a little bit about grounding or earthing as it's known on your site [earthing.com](http://earthing.com), but tell us a little bit about how you discovered this and what made you so passionate about grounding?

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Okay, well, okay, I'll start at the beginning. Then. Basically, I was raised in Montana and out in the kind of the hinterlands and live in a very, you know, earthy rural area, cows and horses, whatever. But anyhow, so I, and then I grew up with Native American work, and they kind of teach you that, you know, everything is connected and whatever. And so you kind of have a nature. I have this nature thing inside of me. But it comes from my upbringing, but when I left

the ranch, and all of that kind of activity, I joined the cable television industry, I fell in love with that industry, because it was about, you know, instead of having one TV channel or two, now we could have Casper in Denver and her house in Montana at the time, you know, Helena or Calgary or Atlanta or LA. And so it changed the world. I just was in love with that concept. And so I spent 30 years in that industry. And I own a company called Telecrafter Corporation, but one of the things that I primarily did was we we why in grounding, any anything you do in the communications industry, you have to ground it to the earth. If you're going to run a drop into a home, the line coming in from the pole into the home, you have to cut the cable as before it was in the home, insert a ground block, and then drive a ground rod. And then you can go on into the home. The reason you do that is to prevent fire from lightning or static electricity on the line and to keep to maintain electrical stability. So you have good clean sound, good pictures with no snow or flex or cross mud in them, and those kind of things. But one of the hit but primarily it's two years, the reason we grounded is to prevent anything going into the home. So anyhow, I spent about 30 years in that industry. And one day, I mean, I left the industry I was naive, I was. I was 50 years old, and I had a little bit of a health challenge and almost didn't survive. And when I did, I kind of walked away from the business world because I just lost interest in you know, once once you were kind of once you find out that you are mortal, you are going to die and you could die any day, your life changes a little bit. So my life changed a little bit one man event happened. But I spent a couple three years driving around the United States looking for something to do that wasn't necessarily money related, but something that I felt better about myself what I was doing with life. And I ended up in Sedona, Arizona, of all places. And I was kind of I was, I was retired, I guess, because I had an RV in and I was traveling from city to city and park National Park National Park. And Anyhow, I stopped in Sedona because it was such a beautiful place. I thought, wow, you know, when I park in there, I said I'm not leaving here. This is like living in a national park and I don't have to get out in 14 days. But when I was there, I was quite bored. But they had a lot of art galleries, and a lot of tourist type stores. And their lighting was horrid. So I joined the Chamber of Commerce, I ended up meeting a bunch of people. And I said, you know, especially some of the art galleries, I said, Why don't you let me come and fix your lighting for some of these special shows you're having, because I can help the art look better and because I kind of background statewide, very young. And so I eventually got one person to go along with it. And I did such a good job that everybody in town and half the people down in Phoenix area, they all wanted me to come and do a special event. So I get started playing with lighting again, and electrical. And again, you have to ground everything, otherwise you're going to have problems. So one day after I was doing some work, I was playing with my computer, getting ready to order some parts and every time I've touched My computer crashed. This is back in 98. You know, back in that timeframe and and the computers weren't grounded back then they just had a polarized plug. And so sometimes when I would touch it, there'd be enough static on my body that it would crash. I mean, it would just get glitch and it would lock



up, then I'd have to restart the computer. And I recognized what it was because there was a pattern so I put a piece of copper tape across my desk, and I connected with an alligator and connected it to an electrical ground. So anytime I would touch the computer, before I touch the computer, I put my hands on the tape and discharged the static electricity on my body. And then I would go touch the computer computer work fine.

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And anyhow, so after I fixed it, I went outdoors That afternoon, and I was sitting on a bench and a big tour bus pulls up and they're a group from Japan. And they're a little shorter in stature. But they had these big white Nike type tennis shoes on. And for some reason my eyes were just drawn to because they, it looked like they'd all bought a brand new pair of white tennis shoes and like they'd been to a strip mall or outlet mall and they were on sale. It was just, it was just like it stood up like a sore thumb. And for some reason I intuitively asked, you know, I said, I wonder if there's any consequence to us no longer being grounded. Because in before 1960, we were all barefoot or we wore leather soled shoe, and when you were a leather shoe, your your semi conductive, and so they ground you an idea I had no idea so that night, just out of interest and curiosity. I went to the hardware store and bought a rolling three inch wide duct tape, metal duct tape, and I laid it across my bed. And I'd already identified there were some problems in my home life. Frankly, so it's your ground rod out the window and connected with an alligator clip to that piece of metal duct tape laying up and down in my bed to another wire connected to ground rod and connected it to a volt meter. So I could lay on the tape, and I would know that I was grounded. Where before I wasn't grounded, I wasn't at Earth book and tried static electricity from the mattress from walking across the carpets in the head, the EMF all that kind of stuff. And so anyhow, I am grounded myself out. And what was interesting was I was 50 years old. I had had back surgery, I had liver surgery, hated blown out knees blown out ankles, from skiing, tennis, you name it. And I was you know, 50 year old cowboy. And I felt like I'd been hit by a truck. I remember one night going out into the yard say God by Jimmy my body was so much pain on it. And then shortly later I found out he did with me. But, but anyhow, that night or when I was sitting there are playing with the teacher, the multimeter. Next thing I knew it was morning and the volt meter is laying down by my side. I thought, holy cow, there's something going on here because normally I can't sleep. And I can't go to sleep without taking Advil or something. And so I played with it for a couple more nights and similar. Then I gave him a couple of friends I grounded them. And a couple days after I grounded them, I mean, they both talked about sleep, but they said, what he said, Do you think this could have anything to do with arthritis? I don't think so. I think it just helps you sleep better, because you're getting rid of all the static in the noise. And he said, No, there's something going on. And then I recognized that my pain was gone. And this is I say a significant thing.



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So I started to look around and ask why this grounding, do this and How come nobody knows about it? How come nobody I mean, what going on, right? I couldn't figure it out. So I went down to University of Arizona in Tucson, they had no idea other than you have to ground the body before you open up the skin during surgery to prevent static electricity from leaking in and creating a cardiac event. And so if that wasn't as much Well, I found a little bit of anecdotal information about, you know, some of the Indian culture. And then, so I went out to UCLA and I said, Well, there's got to be somebody who understands that someone out there, ask them if they knew anything about and I told I got into the sleep lab where they do research. And one of the guys said, he says, You expect us to believe that you're going to put a nail in the ground, tie a wire on somebody, so it's gonna make them sleep better. I said was something like that? He says, Get out of here. You're nuts. And But anyhow, after that, we became somewhat friends. And this is the don't understand anything about electrical. And I knew I didn't understand anything about biology. So at that time, so anyhow, ended up they said, you have to give us more information. So that meant I had to go do a study myself. And so I got to cut help from a couple of kids hired a nurse. And we put together a simple study. And we went out and in Ventura, California, and we rounded up 60 people that had, you know, various issues, just general people. And we grounded half of them didn't ground the other half. And we ended up producing this study that showed that everybody slept better, everybody felt better, their pain was significantly less. And then a lot of people reported things like TMJ went away or their PMS issues went away or just a host of health disorders. And so that said, Okay, well there's something here. So then I would I want to The way I did learn one thing that really kind of put this whole thing in motion and how the word earthing came about is during that study, we had two people one day, one of them was an elderly gentleman in his 80s. And the other one was an elderly lady around 80 in her 80s, and she had inflammatory arthritis in both wrists. I mean, they were just you could feel the heat just touching it, but she was just couldn't do anything. And so, before I grounded them in the study, I always went in, put the pad in, make sure everything is working or not working, whatever, how am I supposed to be and then I would measure the electric fields when they were grounded versus when they were not. Well, in this bedroom, the person had like 20 volts of electromagnetic, you know, environmental EMF charge and heaven only knows company steady, but that has been one of the highest readings I've ever had. ever encountered. And but the problem was the pad was only one foot wide by two inches, two feet long, put it under the bed under the sheet, I mean under the sheet not under the bed. And you know, her job was to lay out and then six weeks later, they're going to come back and do whatever. Well in the process of grounding. I could only get her down to two volts of emf charge. And so everybody else that I've been grounding before they were at around two, three, and they went to zero, but this person I couldn't get fully grounded. And then that afternoon, and she had a iPad and then I went back and I had another iPad installed and this was an 80 year



old gentleman. cardiovascular disease arthritis. Yes, you looked at him and you didn't expect him to live throughout the study. But anyhow, so I went into his bedroom and it was in Adobe home. Mud walls, no electrical on the on the adobe wall sides and the floor was concrete. I mean or brick, you know Mexican tile brick, and the only electrical outlets were on the far side of the room on a on a dresser. And so when we said in his bed there was no electric field charge on his body was a meal. And I thought to myself, man, this is a waste of a good pan. And I but I had to I had no choice I had to follow what they told me to do. So I did it and I didn't think too much about it until about a month or six weeks later when they went out and gathered all the information and they had them all lined up on the scanner going over and looking. And here's these two people come up. The first person

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couldn't eliminate all of the EMF only got rid of about 80% 90% and the other person didn't have any but they both had the same results. Their their arthritis disappeared. They their color came back, their energy came back. And they were just different people to look at them. And I said, you know, there's something really wrong here because this person didn't have any EMF. And I couldn't get this person fully grounded. And so that night I went home I was just totally puzzled because I was sure that it was just the EMF alone that was causing this problem. And so I started doing experiments I would ground myself with a put a capacitor in line. So there's not a flow there's just electrons being pushed forward. And I and eliminated EMF I mean, electric field by putting a shield around the wiring and stuff in the house, eliminated magnetic fields by making sure there was no current flowing, and all of these things, but the only thing that I could validate and verify 100% was if I'm connected to the earth, the pain goes away. But no matter what else I did, pain didn't go away. So it was the factor at that point I learned that it was connecting to the earth and the earth. At that time, I don't want to run over on time. But But at that time, I didn't know all of these answers I'm giving you but the what we learned was that the earth is negative, about 20 millivolts. And when you talk to electrical engineers, one of the reasons we ground everything electrical, is to prevent fire. And so when something is grounded, it is had Earth potential meaning it is, let's say negatively charged, meaning no charge. And there's an abundance of free electrons that can move and reduce charge. Like when you ground the cable system. You know, the lines are ground there at Earth potential so they can't build up static electricity from the wind and the dirt. Or if there's lightning, the lightning will just automatically absorb the electrons from the ground rather than

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one thing clear. Let me kind of butt in here just so the listeners understand most People had the experience, they tried to record something on their computer and there was a hum in the background, that 60 hertz hum is what you're talking about, really, because you're, that's part of



that electric static. So that's what we're talking about here. So just to put it into perspective for the, for the viewers, so they understand. But let's let I think that's great. We're gonna delve into a lot of that. But you've done a lot of research. I mean, when you when, when you're, when you're we're listening to you right now, just know that we can't go over everything, obviously. But so you graciously are going to give a link to your movie, you have a full length movie called earthing, which is incredible in the in the supplemental part of the the summit here, they can click on that link, they can watch that and really start learning more about it because you have some awesome, some real gifted people who have helped you. And I know. So I want to talk about a few of those things and what's happening, one of the studies that I want you to talk about because people why would you get rid of pain, and one of the studies was about inflammation. So talk a little bit about inflammation, and how great grounding helps to

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basically.

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Okay, the other thing is, what we found was that when you ground a person to the earth, when you have a stand barefoot on the earth, or you connect a patch to the earth, put it on the palm of their hand, it's grounded. What happens is there at Earth book can for me. Their body is negatively charged. They have. And so the point is you can't have inflammation in a grounded body. But at the time, back in 2000, boy first started dealing with this, the word inflammation did not exist. It was not in the literature. You could have a oxidative burst, and all these kind of things, but nobody really understood the cause of pain. I mean, even to this day, they say the cause of pain but basically when I I was doing this early research, I was lucky enough to run into Dr. Steven Sinatra's cardiologist. It was really good because cardiologists deal with electrical, and they know that hearts and they know everything in the body's electrical. And he said, Clint, he said if you're, if you're reducing pain, he said you need to be studying inflammation, because you can't have pain unless you have oxidation or you can unless you have inflammation, chronic oxidative stress. And so I started doing research on it, and it took me a long time to find anything. But one day I found out that you know, the paper on neutrophils, and how, basically when you have a pathogen, or a new, damaged cell in your body, the immune system sends a white blood cell, there's dozens of them, but the neutrophil is the most common for producing inflammation. So anyhow, the neutrophil will switch over to a pathogen or damaged cell Italy capsules wrap itself around it, and then it releases reactive oxygen species, which is the word reactive means it's electrically charged. And that's when I knew that the immune system was functioning with an electrical components. And then that's when the light bulb started going off. And so the cause of inflammation. Normally, you're grounded to the earth standing barefoot on the earth, you'll have an oxidative burst. If you have



a damaged cell or you breathe in a pathogen, or you're dead, you have an injury and you have that kind of stuff going on. You'll you'll have that wall occurs, the immune system will act as normal, but you won't have the oxidative vikan pain you won't have the oxidation, you won't have the inflammation So, but you know what this happened, what causes it is if you don't have enough ground, if you don't have enough of redox potential if you don't have enough free electrons in your body to reduce any remaining reactive oxygen species after an oxidative burst, then those radicals are going to steal an electron from the closest thing to it, and that's usually another cell. So it's going to damage a healthy cell. Miss it screams out to the immune system, hey, something's still here getting me the immune system since another white blood cell cleans up that collateral damage, and then in it at that same time, it creates more radicals and more damage, more collateral damage. And so this is oxidation and this is where the body is on fire, or inflammation, or inflame means fire is in plant. And so the body's on fire is slowly oxidizing, slowly burning up just like a log in the woods. Now the real problem hear me so what we were eating early on, were easily Easy, easy to equate that while when you ground the body, you're just if somebody's got pain you ground them. So you're pouring water on the fire, you're pouring three electrons from the earth onto the body, the body absorbs them and automatically instantly neutralizes those radicals. So that's what it was all about. But the bigger challenge with all of this was because we ran into all of these health disorders, MS, lupus, all of these inflammation related health disorders, there's about 100 of them, including cancer and all that kind of stuff. And so what we found was that the immune system once you have inflammation

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in your body and you don't ground it out, you don't get rid of a you don't eating. This won't do it. But you once you have this inflammation, then your immune system, the resources of your immune system, are trying to recover clean up this fire that itself is creating. So the immune system Becoming more compromised, more compromised, more compromised. And that's when these inflammation related health disorders start to manifest like lupus, MS, and so on and so on. So as soon as you put the fire out there in the body, you stop that immune response to that inflammation. It just stops. It's like Ms. ypu ground somebody's got ms with a patch on there, they no longer have MS they have damage from your from the oxidation, the ongoing early oxidation, you know, once you ground them, you stop that oxidative process, and then the immune system slowly clean that up and clean up and then go back to work and restore the body and return the body to normal.

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Well, I was fascinated about was that the grounding research showed about a 25% reduction in all people were doing was laying there or sitting there on this mat that was grounding their energy. And so when we go back, how does that play into anxiety Or overwhelm and, okay.



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So that's where we get to so we and we learned what inflammation is, and how to reduce inflammation. But the question you have to ask is what's causing the inflammation? What's feeding the inflammation? You know, a lot of people, they say it's food, you know, overdoing your exercise. And, you know, there's a plethora of things that contribute to promote inflammation in the body. But the number one thing that I have found, it's like, people who like I've dealt with a lot of ladies who have fibromyalgia, MS, lupus, arthritis, cancer, so on and so on. And I remember one day, I was grounding a woman with Ms. And that's a pretty stressful thing. But anyhow, so I was there and I said, what happened in your life that caused Ms. You know, I mean, you weren't born with it because she was like, 37 years old. She had a couple children. She said, I don't know, you know, it just showed up. And so I was, she was in assembly. So fixing up everything for and getting the better organized everything. And then all of a sudden she said, You know, that's the you know, three years before it started, that's when I lost my house to eight. That's when my husband left. And I haven't had it as a child. And she just went in to trauma. And she said it all and I just went downhill from there and I've never been able to recover. So what she did is she went into a fight or flight state. Okay. And then. So, how do I get this across the simplest. I always have to go back to my cowboy source. Maybe when I was a kid, we used to babysit cows all the time, and we would have these rabbits. Some years we would have a plethora of these jackrabbits, the big longer jackrabbits and their rabbit grasses. Here's the coyotes over always sneaking up on the rabbit because they're eating the rabbits and bears forever this chase going on in the pasture, and when there's a lot of them. So here's a rabbit sitting there eating grass like nothing's going on like, and then all of a sudden the coyote sneaking up and he senses the Coyote. His ears go up like this, the coyote jumps, the rabbit springs, and he runs back and forth across the pasture, especially again, with zigzag so you can keep one eye on the Coyote. And then all of a sudden, the chases going on and then all sudden the coyote just drops, he stops. You run out of energy, he's bitten, and the rabbit will run just a little bit further. So you still keep an eye on the Coyote. And he'll sit there and he'll be quivering like this. You can sub visceral thing you can actually see him aching. And then after, you know, just a minute or so, the ears fall down. He has this big, huge visceral shake, boom like that. And then it goes back to eating grass like nothing ever happened. So I tell this only because So, so many women today especially, there's many reasons for that women are more more sensitive to their environments and what goes on in their lives and emotions and so on. And guys, you know, they get to go out and order. I mean, they just do things differently. They deal with life differently. And But anyhow, so a woman gets up in the morning, and if she's got kids and a husband, then she's in a race, you know, to get them out the door, get everything fixed, get everything done. And to her there. I mean, there are stressors, there's, you know, what about this or getting the kids or just the chaos that goes on then, after everybody's gone, she sits down from maybe has a cup of coffee that she's got to get ready, and then she's got to



get to work. So, but so I've tried to bring this around to coyotes. You know, women have, we have all these coyotes in our life. today. covid does a coyote. It's a major coyote science. It's sitting there ready to spring on us We are in this state like this. But But anyhow, so when we get a woman, let's say goes to the mailbox opens up a bill, that's a coyote because there's a, there's a fight or flight response every time. They experience something that is a threat or stress. They go to work and they're driving down the road.

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road rage, that's a coyote.

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They, they're wearing shoes and on carpet and they're sitting in desks, they're sitting in all these EMF, all this stuff all day long. Those are coyotes, but they don't look at them that way. But they're environmental stressors. And then a lot of people have personal problems, relationship problems, family problems, money problems. These things are all kind of like coyotes and what I tried to do and then what happens is they go home at night. But after the coyote Chase, they don't ground themselves out. They've got to go outdoors and put their feet on the earth for 15/30 minutes. And ground out that stress like the jackrabbit. So they can go back to life. So they can go to sleep at night, so they can wake up in the morning and recover. So it's really, it's, I don't know if this metaphor works. But anyhow, so, but if you don't get rid of this stress and get rid of the coyotes, that is feeding the cortisol, the cortisol is, you know, preparing you so you can run or fight and your parasympathetic is, you know, your adrenals is modulating the sympathetic response, trying to calm you down just enough that you can deal with it. But if, and that's fine, and that's the way it works. But if you are chronically stressed, then you're you're you're chronically, the sympathetic can respond forever. As long as you live, you will respond, but the parasympathetic is based on adrenals, and if you exhaust your adrenals, then they can no longer dampen that response. Then all of a sudden in overdrive, and then You start feeling anxiety, irritability, and then the pain because then the pain creates more stress. And it's just a vicious cycle. And an eventually comes ends up in depression sometimes. But so you you've got to ground yourself out, you have to ground distress or you have to stop this cycle. And the only way you can do it, I try to find a simple way to say it. But it's like, if you're young, if you have a kid, you want to ground them and you're trying to return them to normal. That's what it means, you know, get outdoors.

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Do people do naturally say I need to get grounded. I was saying for years before I met you in understanding this science, which you're you're so great, your book and your movies. They just clearly stated, but I tell people because I'm in electronics as well. And we always wore straps. If



we were going to work in a circuit, we are grounded, because you're doing the whole circuit with just a little spark, you know, and so but I told him I said you're like a capacitor. Yes, we don't think about it. But you're gathering energy all the time. We're portait beings, that's energy we, but now they've introduced other energies, like our light bulbs and our WiFi's and things like that. And Geez, all the G's in so that's got to go somewhere. Yes, we love what, at shows we've been bringing the grounding with us to all of our shows in Brain Tap back before this cord gene, we were going to anywhere between 50 to 60 shows a year. And our teams all had a volt ohm meter, and your grounding pad and in the in the hall. But it's so amazing is in the halls where we're doing this, all of them were over the range that a home was supposed to be in or a building, they should have been condemned. And when you show that to people, and then you show them, hey, when you stand over here we find a power box, we put this up there, it's throwing out energy, sometimes up to seven, eight feet from that plug because it's dirty energy, and then we show them hey, if you don't do something about that you're walking off this chart. So distress. They're fighting themselves, as you say. So grounding when you when you show the video in your movie, it's so awesome because you're showing the grounding this ion effect where it's being grounded in the earth and the earth. Tell us what what do we get from the earth? Because a lot of people don't understand they don't know that there's a there's a symbiotic relationship with our body has with the earth.

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Yeah, there's two, two of them that relate to ground. One

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that the earth is charged with free electrons. Okay. You know, it's like an antioxidant. You know, like, I know we have a, an oxidant or free radical. And that's what we're talking about with neutrophils. they've released free radicals. And so the only thing that can neutralize a free radical is anti oxidant. Because the free radical the radical is an oxygen he can oxidize, and the free radical neutralizes it. So basically, in nature, it's like the animals Live in the wild, they're grounded all the time. They don't have any inflammation. They don't have a cardiovascular disease, lupus and mass, they don't have cancer. The animals that live in the wild don't have cancer. And the animals who live indoors with their owners 50% death rate of cancer just like the owners, but the end, but they manifest all of the other health disorders like diabetes and everything else. So anyhow, so what this is about if you use that as a metaphor, basically, we accidentally disconnected from the earth 60 years ago, when we invented polymers and put carpet syndromes. So now, we are insulated from the earth and we're no longer negatively charged, our bodies are not good. Our bodies no longer have this resident we have access to this reservoir of free electrons. But when these radicals are created in our bodies, your body is connected to the earth and it's flooded. It's negative, I mean, you can't have charge because it'll



neutralize it instantly. But when you don't have enough of these electrons in the body, then that's what creates mean if enough of these Earth's antioxidant, Earth is, Earth is your primal antioxidants, source of primal antioxidants. It's the base line to maintain the immune system electrically stable. If I said that right, yes. So

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one thing I just want to point out to the viewers is, if you find at the end of the day, you don't have any energy. It's probably because you've been fighting with your body's natural circuitry to try to just keep homeostasis. If you can think about it, you can't simultaneously live in the home that's on fire. You've got to get out of the home, take care of the fire. So one of the things so what we're saying what you're saying is get out in nature, do what you're going to do. Now, the problem is like with with if they came to my house, they would see my computer. I'm on a grounding mat right now because I'm inside. I have a grounding mat underneath my computer. So that I can have my hands there and every once in a while just ground myself. Right? What is it? So we can do it, we can kind of quote biohack because there's people are gonna give up their jobs. And even though I need to tell you that when I went to India, there's a school there called the creative school. And it's a very, it's a great school. We have 160 students, the whole school is grounded. She read your book, I said, How did you do that? Because I read Clint, Oprah's book, I go, I know, Clint. And she said, Oh, yeah, we teach all the kids that because in India, they're walking around barefoot all the time anyway, but they, they their whole building in then they also have the environmental light. They have open classrooms. I mean, they've what the school is, like you'd see in Scottsdale or something, but it's in the middle of Bangalore. And, but they know learning. They get moved, that when you're in a grounded environment, his brain works better. That's That's why we invited you on this is because we know that our brain is electrical in nature, right. So that's how Measure of these brainwaves is through eg. So tell us what you found with that and also maybe talk a little bit tell us some stories about you have some real superstars who've helped you promote this like Deepak Chopra in different people like that. So tell us what you found out there and you know you've had some really good flag wavers out there saying hey, we need to start grounding and doing things

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yeah, there's it's taken 20 years to one by one ground a lot of these people and get them excited to get. We all this is an accidental discovery. It's not a discovery. It's we re you know, we we just lost sight of the fact we never knew that our immune systems were stabilized by the earth itself. And Stephen Sinatra was one of the first ones to really come along and help and then we run we we've grounded probably a few hundred of the most elite athletes in the world over the last 10 years. And their life is all about recovery. So if they go work out or practice or they're in the game, they've got to stay in the game, they have to recover every night. So when



we start grounding them, they see recovery is easy, because they heal up 70 70% faster, and they have more energy that could stay in the game. The grounding effects ATP, I mean, it increases ATP. So you have more energy.

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Let's stop right here just for a minute because some of our people don't know what ATP is what it is. So that's, that's what the body needs. Think of it like currency. We can't transact inflammation or healing in the body without this ATP that's produced. And so our body needs that some people want to get healed, but when they don't have any ATP, you can be eating the world's greatest supplements. But if your body isn't generating ATP, it's what breaks it down converts it into energy. So just so you know that we have some great speakers that are going to be talking about ATP and all of that. Make sure that they know that so what you're talking about there So go ahead. Yeah, that's good. So

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basically you we've had area, you know, Deepak Chopra shopper. I remember we found him one day and I went to Deepak because he was dealing more with people make getting mentally grounded. And this is putting the fire out. But again, it's talking about what's feeding the fire. And he understood the coyote effect and so on. And so but he got very involved with us and helped us as much as possible to spread the word and I can't think of all the people we have Richard katroo is what the FDA for 30 years with the environmental health protection for 10 years. And you know,

37:44

what we're gonna actually have on the summit if you haven't watched her talk yet, hopefully we'll put her after yours now clip but Mariel Hemingway, who most people know or grandfather, Ernest Hemingway, or read both of his books or saw one of the movies written about his books, but she found out By grounding, there's an epidemic out there a pandemic really about suicides? I mean, yeah. Because in the fighting of the struggle, so she found a grounding, and she's a great advocate for you. I mean, I heard her speak in Orange County and she's very articulate and she's, she's very pro earthing and grounding. So I think that's her. She's a great advocate for you.

38:22

Yeah, no, no Mariel as she's in the movie. And she's been helping us a lot. And she carries I mean, it's like, it's like if you're stressed, you're you know, anxiety, irritability, depression, these things all go together. So it's like we were talking earlier. If you are upset and angry or you've got this adverse energy going on in your body, go outdoors, take your shoes off and sit on a



chair and just put your bare feet either on the grass or on the patio, wet it down if you want and you Or put or sit in the grass, put your hands your feet on the grass, and just feel it, you can feel it drained out of your body, you can feel it just drained away, you cannot be angry at anybody, when you're grounded. When you're sitting in the yard or your feet on the grass, all that anger vanishes, all of this irritability, disappears. So this is nature I mean, you know, this is who we are, you know, we need to be reground we need to ground out all of this stress and, and there's something about when you get grounded in it's like, that's what I love about Brain Tap. I mean, you know, you can ground him out and quiet everything down then Brain Tap is much more powerful, you know, for me anyway,

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otherwise, we'll bring it up now because we we have you actually created some chairs, some nice reclining chairs that we have one at our home here and we have one we travel with, and I have one of my office so that you can sit in that chair and you just feel it. I mean, it's like you're sitting outside, you know, watching a movie instead of in my wife before we got the grounding chair, she would pass out in front of the TV. I mean, 9, 9, 9:30 she was gone. Now I have to tell her, Hey, it's 11 o'clock, you got to get go to bed because she does. She doesn't get knocked out anymore with the EMF. And I know that some of your team also uses Brain Tap, which we appreciate. It's great. I think it's a great relationship. Because if we can lower inflammation while they're working on their brain, and getting it I mean, I think we found that it's a great way to accelerate this this benefit. So where do you think you're going to go with? Where do you think the future isn't? Is because I know that more and more people. I mean, it's, it seems to be now it's it's very, it's uncommon, when I go to a health conference that they haven't heard of you or they haven't heard of earthing or grounding. So right, where are we going with this?

40:59

Well, that's what I'm trying to figure out myself. You know, I spent 20 years when I first got involved in this, I just wanted to do the research because it was so obvious that it needed to be done. And now that we have like probably 24/25, peer reviewed published studies, and we have everybody from Deepak to whoever kind of

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do for the people can look at we have Tim, Tim gray from the UK, he's one of the biggest biohackers over there you have Rogers notes in the nice thing is they're using Brain Tap to but they're, they're using grounding. You got Ben Greenfield, who he's either on a grounding mat or got a shirt off one of the two. So he's, he's really showing, you know, and he's somebody that really is there and doing it. So in, they could just go online and put in hashtag grounding in they're gonna see, I mean, you have a plethora of different, you know, icon of people using it



because these are people that need to be performers. These are peak performers. And that's why this is the, you know, when we talk about the optimum performance summit, they're talking about people, they Even if they can get like in sports, if they can just improve a fraction, they might have thousands of dollars. This is something everyday housewife, the business person of simple psychologists like myself, we can start using this and it's passive. You don't have to do anything you don't you just sit on it, where you put your feet on it. So you get outside, which is great. But today here in North Carolina, where I'm talking, speaking from, it's like a normal North Carolina dance storming out there, you don't want to go out there and you know, it's gonna be kind of crazy, but I can still be in the house grounded. So in one of the things that I like about it is almost every person that we've introduced the grounding to and in our doctors, they've all had an effect, a positive effect,

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and it's life changing for everybody. It's natured. It's one thing I try to help people with is inflammation is if you have any pain in your body, if you have any kind of a health disorder, then something is compromising your immune system. To the point that the immune system cannot maintain health. So if you remove that stressor, whatever it goes, then the body only knows to do one thing returned to health. And you know, it'll do it on even bad food you you're going to get up because the body is smart, it knows how to take any energy it can get converted to what it needs. But, but when your body is compromised with immune system, then what happens the a lot of the immune system uses a lot of energy, a lot of currency. And so it's kind of far out and maintain the body and you lose your energy become fatigued you become just ground out your demo.

43:43

just about ready to wrap it up. So but I want to kind of summarize, we have a body we have in these bodies are under stress from many different sources could be mental, physical, emotional, but we're talking about environmental stress. It's just hitting us all the time. And we find the grounding. You've used yourself memorizing grounding can help in all those areas help us with clear thoughts. Because think about it, our nervous system is a circulating nervous system, its white marker cells circulate through the body. If they're constantly having to fight, what your what your told us here, then you have 100% energy. If 80% of that energy is just keeping you balanced, you're not going to heal very well. So we want to get back to that balanced state, what might be called zero points. Some people call it that. So when you're there that no point like you said, Earth potential. Once you're there, our body the innate intelligence knows what to do. And I want to thank you for sharing your knowledge here. Click that was great. Remember that this the, the summit you can share with your family, your friends, your co workers, get them to tune in to click learn about this technology? I mean, it seems so obvious,



right? But people don't do it. They think I'm going to go outside and walk with my tennis shoes on like you said, they're not going to be grounded. So as we start to do those things, we have an option. opportunity here. So before we sign off from this, this summit talk, is there anything you can think of either reinforce or add to what you've said to leave our listeners with that will get them to think a little bit more about grounding and earthing their body so they can get get

45:18

the number one, the number one thing everybody can do is free. go outdoors, take note of your state, and go outdoors and sit for 30 minutes and put your bare feet on mirror, pain is going to drain away your cover is going to change your respiration is going to improve, you're going to feel better, you're gonna be happier can't be unhappy when you're grounded. So that's number one. But to answer your other question, Where does it go from here? And what does everybody do? I don't really have all the answers yet. I'm waiting. I mean, our whole mission was to it's about education. And I think we're doing a pretty good job of that. And it's eventually coming around now, and the movie starting to climb and we'll start marketing the movie this fall. But, but anyhow, we're looking at for answers, we're looking for how to value add this to other people's products or to, you know, whatever. The whole world this is going to be the industry of the future. Because if our immune systems are if the earth is what normalizes and maintains the electrical stability of the immune system prevents the inflammation. Then we have to ground our floors, our shoes, our bedding, anything we sit sleeping walk has to have carbon. And so it doesn't mean we so the next time you replace something you get with carbon, or you do a remodel, you have to ground everything. And it's simple and extremely important. It's going to take take me 20 years to get to here. It's going to take another 20 years for that to happen. But there's a lot of opportunity here for a lot of young folks to get on board and help figure this out.

46:52

Again, thank you for being part of the optimal performance summit. You've heard it here from Clint, Ober the cowboy from Wyoming who His own discovery and what a place to do it in Sedona, which is a wonderful place. But if you want to learn more, he's got a lot of resources, and he's willing to give you a free gift. Just go to the summit gift page, click on the link, and you can watch that movie he's talked about, for free. He's gonna give you the link, go there, watch the movie, learn more about it. Research, grounding, get outside, again, walk barefoot, start energizing yourself. Tell your family and friends about it. anybody you know, that has any of these inflammation disorders, which is pretty much everything. I mean, nowadays are saying everything is inflammation based. Our body just can't handle it. So here's a way they know clinically proven studies that 25% of that inflammation, at least can be drained out of the body just by going for a walk, you know. So there you have it. So thanks again. We look forward to learning more from you. I'm going to go watch that movie again tonight so that so that I can



refresh my memory. It's wonderful. And I look forward to next time we're together at at a convention again when we can get back out And travel. So thanks again but talk to you soon.

48:03

Namaste. Thank you

