

# The Earthing Protocol

One-page grounding setup from [earthingprotocol.com](http://earthingprotocol.com) • also [groundingprotocol.com](http://groundingprotocol.com)

## The core rules

- Grounding is an electrical connection or it is nothing. Bare skin on the conductive surface. Socks, clothing, and lotion break it.
- The outlet must be truly grounded. A mat on an ungrounded outlet does nothing. Test before you trust it.
- Start cheap. A \$30 mat tests the whole idea. Do not buy a sheet until a mat earns it.
- Damp skin conducts better. This is why barefoot on wet grass works best.

## The protocol by level

Level	Setup	Time
0 Outdoors	Barefoot on grass, sand, or wet soil (free)	30 min
1 Mat	Conductive mat under bare feet at desk/couch	30-60 min/day
2 Sheet	Conductive sheet on the bed, skin touching	6-8 hrs (sleep)
3 Patches	Gel patch on a specific sore spot	as needed

## The 5-minute grounding test

1. Outlet tester (\$10-16): confirm the outlet reads correctly wired with a good ground.
2. Continuity tester or multimeter: confirm low resistance between the mat/sheet surface and the outlet ground.
3. No ground, or fails continuity? Use a ground rod in outdoor soil instead, or fix the outlet.
4. Retest sheets every few months. Silver fiber loses conductivity with washing.

## Safety: ask your doctor first if you...

- Take blood thinners (grounding may lower blood viscosity)
- Have a pacemaker or implanted device
- Are pregnant
- Have medicated blood pressure, blood sugar, or thyroid. Unplug the cord during thunderstorms.

## The honest verdict

The research on grounding is thin: small studies, rarely blinded, often run by product sellers. It is plausible, unproven, and low-risk for most healthy people. Try it cheap, judge by your own two-week experience, and do not expect a cure. Full evidence review at [earthingprotocol.com/does-grounding-work.html](http://earthingprotocol.com/does-grounding-work.html).

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