

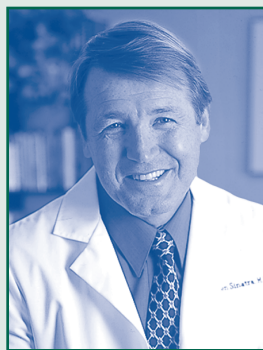
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"If at first the idea is not absurd, then there is no hope for it."

— Albert Einstein, 1879–1955



STEPHEN SINATRA, MD

Fellow of the American College of Cardiology; Fellow of the American College of Nutrition; board certified in internal medicine and cardiology; certified in anti-aging medicine, clinical nutrition, and bioenergetic analysis.

Dear Reader,

February is American Heart Month, and that means it's time to gear up for the usual mainstream messages about heart disease risk factors, symptoms, and prevention tips. I've written about those subjects often in past newsletters—which is why, this year, I want to acknowledge American Heart Month by sharing something new and really different. So different, in fact, that I regard it as the most important health breakthrough in my 30-plus years as a doctor.

The discovery is called *Earthing*, and it involves connecting the human body with the energy naturally present in the ground we walk on. Though few people realize it, the Earth's surface brims with subtle electrical energy. And until recently, no one has recognized the extraordinary benefits this energy can have on our health—and heart health, in particular.

I've had the good fortune to be part of the emerging research on this amazingly simple but impactful concept. Here's how it works. The Earth's surface contains a limitless number of free electrons that are continually replenished through solar radiation and lightening strikes; your body naturally absorbs these particles when you make physical contact with the ground. Inside the body, these electrons have an anti-inflammatory effect, reducing the free-radical activity that causes inflammation and chronic pain. The energy also helps keep your body's innate electrical circuitry properly balanced.

Without a regular connection to the Earth, people can develop what I refer to as an electron deficiency. This can lead to imbalances in the body and potentially to significant health problems. Chronic inflammation—which is increasingly being identified as the cause of many chronic diseases such as cardiovascular disease, cancer, diabetes, and autoimmune disorders—may be a byproduct of this lack of connection. Unfortunately, the problem is exacerbated by a modern way of living that erects artificial barriers between us and the Earth's healing energy at virtually every turn.

The benefits of Earthing are so profound that I believe it may be the greatest health discovery of our time. Now, I realize a declaration like that may come across as an exaggeration—and that the idea itself may seem far-fetched—but this idea is truly special.

The following pages are just the tip of the iceberg when it comes to information about the Earth's unseen natural healing power. For more on how you can harness it for your personal well-being, I encourage you to read a new book called *Earthing* (Basic Health, 2010). I'm proud to have been one of its co-authors, and feel strongly that you, as a loyal reader of my newsletter, should get a sneak peak at the tremendous healing potential the book details. So, read on. I hope you'll find the discovery exciting as well. ■

Stephen Sinatra M.D.

"VITAMIN G"—THE MISSING LINK IN HEART HEALTH AND OVERALL WELLNESS

For years I've been writing and speaking about energy medicine, or electromedicine, as the future of healing illness. With Earthing, I believe I've found one of the specific ways—if not the key one—in which this will come to pass.

Like all living beings, humans are bioelectrical creatures. The brain, muscles, and heart are electrical organs, and the trillions of cells that make up our bodies are constantly transmitting and receiving energy as they carry out the biochemical processes that give us life. As you might guess, health problems can occur when these electrical circuits begin to misfire. Malfunctions in heart's circuitry, for example, may lead to an irregular heart rhythm, some of which can be deadly.

The Story of Earthing's Discovery

Throughout history, humans have walked barefoot and slept on the ground—oblivious to the fact that the Earth's surface continually sends a subtle electrical signal to the body that helps govern its systems. Modern living has taken us away from many aspects of Nature, and this connection to the Earth is another example. We no longer sleep on the ground, and the widespread wearing of insulating

rubber-soled shoes has disconnected us from this energy and its health benefits.

Earthing—or *grounding* as it's also called—is about reconnecting to this basic energy. Grounding is a familiar term in the electrical world. It is the common practice of connecting equipment and appliances to the Earth in order to protect against shocks, shorts, and interference. As it applies to people, grounding provides a way for the energy of the Earth to flow into the body. The positive, rejuvenating impact it has on the immune and nervous systems, the heart, and the rest of the body—and even the aging process itself—is significant (and sorely needed). Just like sunlight provides us with vitamin D, the Earth provides us with another essential ingredient. Call it vitamin G, if you will—G for "Grounding."

It Started With Shoes

The discovery of Earthing's healing power belongs to Clint Ober, a pioneer in the cable television industry. Following a near fatal disease in 1993, he gave up his business interests—at the time he headed the country's largest cable installation company—and embarked on a personal journey

Nature's Most Abundant Anti-Inflammatory

Ten years ago, the word inflammation came roaring onto medicine's center stage when researchers at Harvard University presented evidence that chronic inflammation was the underlying cause of heart disease. Prior to that, inflammation was associated with the normal swelling that occurs with infections, trauma, and surgery.

Chronic inflammation is now regarded as the cause of many common diseases. In people who suffer from this problem, the immune system loses its natural ability to stop the normal inflammatory response to infection and tissue damage. Free radicals, which the immune system uses as oxidative weapons to combat infections and remove damaged tissue, proliferate uncontrollably and destroy healthy tissue—including arterial walls—and, in time, undermine overall health.

Research has identified a number of reasons for this runaway response, and they include poor diet, lack of exercise, and environmental pollution. Indeed, making healthier choices in relation to all three can reduce inflammation in the body. However, the Earth's own energy—that is, the free electrons on its surface—is also a factor in reducing inflammation.

Electrically speaking, electrons have a negative charge, while free radicals have a positive charge. Free radicals also are constantly in search of negatively charged electrons to which they can attach themselves. What makes free radicals dangerous is that they will strip electrons from molecules in healthy tissue if necessary. But reconnecting to the Earth allows for the transfer of free electrons into the body where they can neutralize the positively charged free radicals that cause inflammation. The end result, as our observations and research show, is that Earthing can prevent or reduce chronic inflammation. This is exceptional news for those of you with cardiovascular concerns who need to keep inflammation in check in order to prevent further arterial damage. It's also good news for people who regularly deal with pain (which is often accompanied or aggravated by inflammation), or are looking for a speedier recovery from injuries. ■

to find a higher purpose in life. But an odd thing happened. In his travels, he began taking note that almost everyone wore synthetic-soled shoes.

Because of his background in the television and cable business, it occurred to him rather innocently that, because of these shoes, people were insulated from the naturally occurring electrical charge in the Earth's surface. Then he started to wonder if rubber-soled shoes, which had grown more common since the 1960s, could have an effect on the body.

It seemed like a reasonable conclusion. After all, before cable, television screens tended to have a lot of or "snow" on them as a result of electromagnetic interference with the broadcast signal. Televisions hooked up to cable don't have this problem because cable systems are grounded and shielded to prevent interference. The cable is made of an inner copper conductor, an insulating layer, and an outer shield that's electrically connected to the Earth so the ground can either deliver or absorb electrons, and prevent damage from electrical charges.

Clint's interest in health was the result of a longtime problem with back pain and disturbed sleep. It was so severe that he needed painkillers to manage it.

Small Experiments, Big Results

To satisfy his curiosity about what effect being insulated from the ground might have on a person, Clint decided to perform a simple experiment on himself. Using conductive duct tape purchased at a hardware store, he created a kind of grid to lay on his bed. He attached an alligator clip to one end of the grid, connected a wire to it, ran the wire out the window, and fastened it to a ground rod outside. If it worked, the gizmo would provide a conduit for electrical charges in the ground to flow into his body. He then lay down on the grid and fell asleep. The next thing he knew it was morning. He slept soundly for the first time in years—and he hadn't needed a pill to feel that way.

He repeated the experiment for a week or so and got the same results. He was sleeping great. He also noticed a significant decrease in his pain. After telling some friends about his experiment, he rigged up a similar grid for each of them. They had the same experience: better sleep and less pain.

With this positive feedback, Clint began contacting sleep researchers and tried to persuade them to investigate his discovery. When no one was interested, he decided to do the research himself. Some research students at a nearby university told him how to set up a study.

Initial experiments validated Clint's personal observations. For his first study, most of the participants—who Clint solicited by putting up posters in beauty salons—reported falling asleep faster, sleeping more deeply, and sleeping undisturbed through the night. They also experienced a reduction or elimination of muscle stiffness and chronic back and joint pain.

THROUGH DIRECT CONTACT WITH THE EARTH, FREE ELECTRONS FLOW INTO THE BODY, NEUTRALIZE POSITIVELY-CHARGED FREE RADICALS, AND STOP INFLAMMATION.

A second study was conducted by a skeptical Southern California doctor who set out to disprove Clint's findings. Instead, the doctor found that not only did Earthing improve sleep and reduce pain, but it often did so within days of beginning to do it. In addition objective measurements showed that sleeping grounded normalized levels of cortisol, a powerful stress hormone. In other words, participants were feeling less stress. The findings were later published in a 2004 issue of *The Journal of Alternative and Complementary Medicine*. A half-dozen additional studies have been published since, and more will be published this year.

An Inflammation Neutralizer?

I first met Clint in 2001 at an energy medicine conference, and his concept immediately intrigued me. Because it had such strong effects on pain and sleep, I was curious as to whether it might have an effect on inflammation.

I asked Clint about this. He didn't know the answer, but said he would find out. And he did—at

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for their personal health needs. Dr. Sinatra will respond in the newsletter to questions of general interest, and urges you to write him at P.O. Box 3264, Lancaster, PA 17604-9915, or send e-mail to feedback@drs Sinatra.com. He maintains a Web site with additional information and services at **www.drSinatra.com**.

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FREQUENTLY ASKED QUESTIONS ABOUT EARTHING

Based on some of the early questions I'm receiving about Earthing, I've put together the following list of questions and answers to further explain how this therapy works. I hope you'll find it helpful

What is Earthing?

Earthing is the simple practice of grounding yourself—reconnecting your body to the natural electrical field in the Earth's surface—and restoring the body's innate electrical balance. Scientific studies have led to the landmark discovery that Earthing generates significant health benefits by creating a stable internal electrical environment that promotes proper functioning of the body's self-regulating and self-healing mechanisms. It is shaping up to be an essential element of good health, along with regular exercise and a healthy diet.

Who uses Earthing?

For more than 10 years, thousands of people around the world—men, women, children, and athletes—have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary. Also, there are no health conditions that prevent you from using this exciting new therapy.

What happens when you're grounded?

Your body becomes suffused with negative-charged free electrons abundantly present on the surface of the Earth. Your body immediately equalizes to the same electric energy level, or potential, as the Earth.

What does being grounded feel like?

Some people feel a warm tingling sensation, as well as feelings of ease and well-being. You are not in any sense being electrocuted and will

not feel a shock. Earthing is among the most safe, natural things you can do.

What health conditions can Earthing improve?

Today, the dozen or so studies completed prove beyond any doubt that Earthing has significant positive effects on physiology. You'll find a comprehensive review in my book and at www.earthinginstitute.net. Here's a brief summary:

- Defuses the cause of inflammation and improves or eliminates the symptoms of many inflammation-related disorders.
- Reduces or eliminates chronic pain.
- Improves sleep.
- Increases energy.
- Lowers stress and promotes calmness in the body by cooling down the nervous system and stress hormones.
- Thins blood and improves blood pressure and circulation.
- Relieves muscle tension.
- Lessens hormonal and menstrual symptoms.
- Improves the efficiency of the cardiovascular, respiratory, circulatory, and nervous systems.
- Speeds healing by lessening inflammation.
- Reduces or eliminates jet lag.
- Protects the body against potentially health-disturbing environmental electromagnetic fields (EMFs).
- Accelerates recovery from intense athletic activity.

How long does it take to get results?

Results will vary from one person to another, but many people say their symptoms feel better in just an hour—sometimes less. The amount of long-term relief, and the speed in which it's realized, vary

depending on what condition is involved.

It is also important to note that Earthing's best results are the result of ongoing use. It is important not to give up too soon.

Where can I learn more?

Read *Earthing* (Basic Health, 2010), the book I co-authored with Clint Ober—who discovered the health benefits of connecting with the Earth—and my writing colleague, Marty Zucker. Copies are available by calling my office at (800) 228-1507.

How should I start using this therapy?

Literally, go barefoot outside if conditions allow, as I do with my dogs on an almost daily basis. Just 40 minutes a day can make a difference in the amount of pain you feel. Grass, sand, dirt, and concrete are conductive surfaces from which your body can draw the Earth's electrons. Wood and vinyl are not conductive. If going barefoot outside isn't realistic for you at this time of year, a warm basement with a concrete floor will also work. Sit there and read or just relax, with your bare feet resting on the ground.

In my next issue, I'll explain where you can also obtain Earthing products—such as conductive bed sheets and body bands—that ground you while you sleep, sit, or work. These devices are connected to the Earth through a wire and plug that fits into a standard three-pronged electrical outlet.

Incorporating Earthing as much as possible into your life will generate significant healing benefits. I'm confident that you will be just as amazed as I have been. ■

first through his own research, and later with the help of a terrific biophysicist and expert in energy medicine, Jim Oschman, PhD.

Electrical engineers know that the Earth's surface pulsates with negatively charged free electrons. Doctors and medical researchers, on the other hand, don't know this. But they do know that the body is electrical in nature—and that the free radicals responsible for inflammation, tissue destruction, and many diseases are positively charged.

Clint theorized that if Earthing reduced pain, as he'd seen many times, it must be the result of reducing or neutralizing the positively charged free radicals. With the help of Dr. Oschman, Clint's subsequent research established a mesmerizing hypothesis for Earthing: Through direct contact with the Earth—either by going barefoot or using one a grounded sleeping device—free electrons flow from the ground into the conductive circuitry of the

body, neutralize the positively charged free radicals, and stop inflammation. And because inflammation causes pain, people who practice grounding experience less of it. This was a landmark idea—literally electromedicine from the ground up.

Eager to give this concept a try, I obtained a conductive mattress pad Clint had developed and started sleeping grounded. The difference was profound. My wife and I were both able to fall asleep faster. I still use that same pad to this day.

Clint and I stayed in contact as he continued to pursue scientific validation for his discovery. In 2008 he asked me to get involved in his research projects. The research was producing powerful results, he told me, and he wanted a cardiologist to participate. I was happy to say yes because I felt there was great potential for Earthing as a simple and natural tool against heart disease. ■

HOW EARTHING CAN IMPROVE HEART HEALTH

I have now personally participated in two studies—both being prepared for publication—that have me very excited about the specific benefits that Earthing can have on cardiovascular health. I'd like to summarize the for you here.

EARTHING'S LINK WITH THE SYMPATHETIC NERVOUS SYSTEM AND HEART RATE VARIABILITY

Reduce the amount of stress in you body, and you do a big favor for your heart. As you know, this principle is extremely important for maintaining optimum cardiovascular health. Chronic stress triggers the release of excess stress hormones, including cortisol and adrenaline. It also throws off the balance between the sympathetic nervous system and the parasympathetic nervous system, the two branches of the autonomic nervous system (ANS) responsible for speeding you up and slowing your down.

Too much “arousal” of the sympathetic side causes the body to go into fight-or-flight mode, a state of alertness that automatically switches on in reaction to imminent danger. This was useful to our ancestors who had to flee from predators. But in today's world, the response is more likely to be caused by concerns about our families, finances, jobs, or current events, and these stress levels are often persistently high—meaning more and more people are living day to day in an unhealthy state of physiological arousal.

A revved-up sympathetic nervous system easily overwhelms the calming influence of the

parasympathetic side. When this happens on a continual basis, you have a heightened risk of hypertension, arrhythmia, and even sudden death. One way you can determine just how severe the risk is to assess your heart rate variability (HRV). HRV refers to the beat-to-beat alterations in heart rate. People with low variability are less able to quickly speed up and slow down, or “go with the flow,” when faced with stress, and they are more prone to stress-related disorders, including cardiovascular disease. Chronic stress, in particular, impairs HRV, making HRV a good yardstick for knowing when your autonomic nervous system is out of balance.

Previous experiments had shown that grounded individuals experience a reduction in stress and a normalizing, balancing effect on the ANS. In 2008 I participated in an experiment to measure the effect of Earthing on HRV with electrophysiologist Gaetan Chevalier, PhD, a researcher from Southern California. In this study, data from 28 healthy men and women (average age of 48) showed that Earthing produces a trend toward improved HRV.

Each participant's HRV was measured for 40 minutes while grounded and while ungrounded. The results produced more evidence that Earthing has potential for balancing the nervous system and supporting cardiovascular health. This and other studies lead us to believe that the ANS is possibly

the first major body system to react to Earthing, and this has effects throughout the body.

Cardiovascular, respiratory, gastrointestinal, hormonal, urinary, and other systems are regulated by the ANS. It is known that lifestyle modifications such as exercise, meditation, yoga, T'ai chi, quigong, prayer, restoration of normal sleep, and stress reduction help improve ANS function. Earthing now appears to be another tool for achieving this outcome.

A future study I look forward to is one measuring the effects of Earthing on arrhythmias. Whether they're relatively benign skipped heartbeats or more dangerous atrial fibrillation or ventricular irregularities, arrhythmias are frequently set off by stress and the overstimulation of the sympathetic branch of the ANS. I have heard a number of anecdotes involving people whose irregular heart rhythms improved after sleeping grounded, but this possibility needs to be carefully investigated.

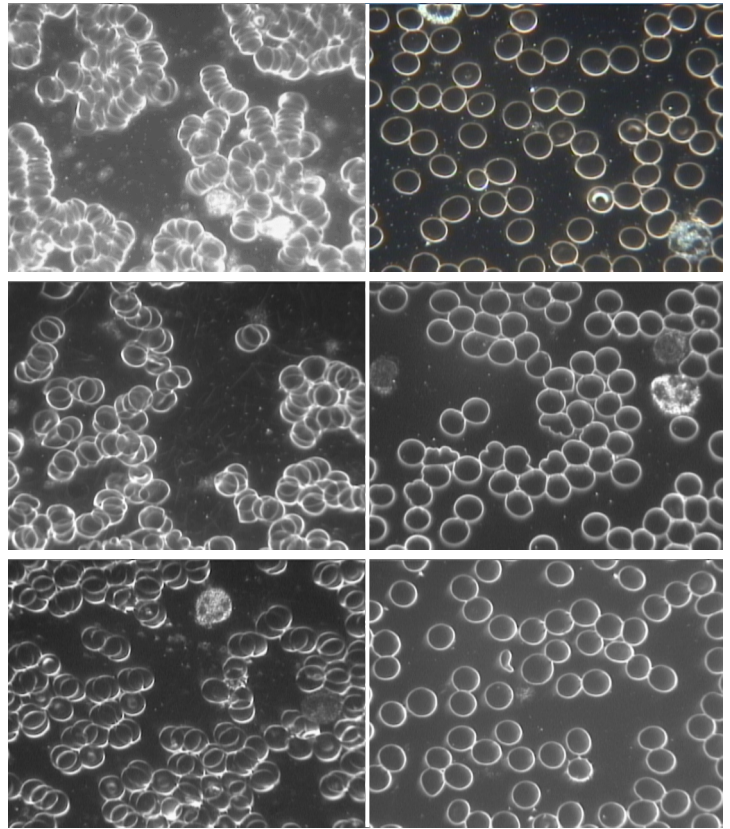
IMPROVEMENTS SEEN IN BLOOD VISCOSITY AND CIRCULATION

In the fall of 2008, I invited a group of colleagues to my home in Connecticut to participate in an unusual experiment. There were 12 of us—doctors, medical researchers, nurses, an attorney, two artists, a personal trainer, and Clint Ober

The experiment involved drawing a small amount of blood from each of us before and after 40 minutes of sitting in a chair with our bare feet resting on grounded floor pads. The samples were examined under a darkfield microscope—a device used by many doctors, particularly in the field of alternative medicine. This technique allows scientists to view “real time” cellular dynamics, as well as blood characteristics not normally analyzed as part of routine tests.

The pictures shocked me and my guests. The images taken after being grounded showed that blood changes dramatically within a short period of time when an individual is grounded. There were considerably fewer of the red blood cell formations associated with clumping and clotting, and the blood appeared considerably thinner. The pictures at right tell the story

In this informal home experiment, all but one of us had various degrees of thick, “ketchupy” blood before Earthing. The sole exception—the one with the healthiest blood of anyone present, before or after grounding—was Clint Ober. He'd been consistently Earthing himself every day for years! To all of us, the results suggested that people with heart disease and thick inflammatory blood (typical in patients with arterial disease and diabetes) may



The reproductions above represent darkfield microscope images of blood taken from three individuals in attendance at Dr. Sinatra house just before and after forty minutes of grounding. The before image is on the left side, the after on the right. The pictures clearly show a dramatic thinning and decoupling of blood cells

reap huge benefits from grounding themselves on a regular basis. Any time you can thin blood the consistency of ketchup to that of wine, as this simple experiment did, you minimize a significant risk factor for heart attack and stroke. This experiment showed that Earthing can have this effect in a short period of time

Cardiologists use the term viscosity to describe blood thickness. Though often overlooked in blood tests, viscosity is an emerging major marker for identifying risk for arterial disease. The thicker your blood, the slower it flows through your circulatory system, and the greater the risk of forming clots.

My home experiment inspired a study to further investigate whether Earthing can indeed influence the clumping of red blood cells, as we saw in the darkfield images. Working again with Gaetan Chevalier, the electrophysiologist from California, we designed an experiment to measure not only blood clumping, but also something called the zeta potential. You've probably never heard of zeta potential, but you shouldn't feel bad. Most people haven't. Zeta potential pertains to the strength of negative charge on the surface of a red blood cell.

An Electrosolution to Electropollution?

One of the most powerful stories in our book describes the health crisis endured by my eldest son, Step. Despite all the best care I could arrange for him, I watched his health mysteriously deteriorate over several years. Longtime readers will recall that I even wrote about my frustration in the newsletter.

In 2008 the situation got so bad that I feared I would lose him. He was a six-footer who was down to just 87 pounds at one point, and we didn't definitively know why. Doctors had diagnosed him variously as having an autoimmune disorder, parasites, and mercury toxicity.

I've written previously about electropollution—the bombardment of the body by man-made electromagnetic fields (EMFs). Many scientists believe that electropollution can cause disruptions in our physiology and may contribute to health problems in individuals who are especially sensitive to it. I now strongly believe that electropollution set Step up for illness. He started to become sick while working as a day trader on Wall Street, surrounded by a battery of computers, phones, and electronics.

Last year, Step made a remarkable recovery, literally from death's door. I attribute the recovery to his spirituality, his will to live, and a big boost from Earthing. Research shows that being connected to the Earth—sleeping grounded or going barefoot—powerfully protects you from EMFs. There isn't enough space here to describe the mechanics involved, but getting grounded is nothing less than the electrosolution to the electropollution problem that I've been concerned about over the years.

Now 33 years old, Step is doing just fine. He's careful about his exposure to anything electrical. He sleeps grounded and tries to stay grounded during the day as much as his schedule allows. And I'm very happy to say he's back up to a robust 150 pounds. ■

We selected 10 individuals to participate in the study. Individually they went to a health clinic in Southern California and sat comfortably in a reclining chair while they were grounded for two hours. Grounded electrode patches were placed on their feet and hands, as in previous studies. Blood samples were taken before and after two hours of continual grounding.

When the blood was analyzed, we found a powerful improvement in zeta potential. Just what does this mean to you? It might mean a natural solution for thinning the blood. In our experiment, two hours of grounding raised the average zeta potential of the 10 participants from a rather depressed level to a very healthy level. Blood *low* in zeta potential

is more apt to be sludgy and thick, flow less freely, and have a greater risk of clumping and clotting. By comparison, a higher zeta potential means that particles in the blood, including red blood cells, have a stronger charge. Therefore, they repel each other more readily and flow more smoothly. Earthing seems to rapidly normalize blood “voltage,” which improves zeta potential and viscosity.

Research on zeta potential is limited. In fact, I learned about the concept only recently. Generally speaking, cardiologists are unfamiliar with the bioelectrical nature of blood as well—so due scientific diligence and further careful study is needed. I can't say much more about the topic at this point, but its potential impact on treating cardiovascular disease is extremely promising and certainly warrants more research. A bigger study is planned.

If repeated studies of grounding show that blood is affected in the same way we saw in this pilot investigation, that means connecting with the Earth really does affect the body's metabolism at the cellular level. This further supports our hypothesis that grounded people have a different physiology than people who are not grounded.

The Sinatra Solution

My advice now to patients, friends, and family is to add Earthing—as much as you can work into the day—to their health routine. It's powerful medicine, regardless of whether you use it for preventive or therapeutic purposes.

I've slept grounded for years. What could possibly be easier? I have a grounded floor pad at my desk. Whenever feasible, I walk barefooted. I've seen firsthand how, within minutes, Earthing changed the coagulability of my own blood. My blood now flows better than I could ever imagine.

For years, I suffered from flare-ups of psoriasis, a common inflammatory skin condition. It would appear on my lower legs and elbows. I'd noticed that whenever I would go bonefishing off the Florida coast—a favorite recreational pursuit of mine—the psoriasis would go away for weeks afterward. I attributed that to the healing influence of being out in the sun, the vitamin D, the minerals in the sea water, and time away from my busy cardiology practice. In bonefishing, you spend hours casting for fish with a fly rod while walking on white sand flats in knee-deep water. Now I realize that there was another reason for the improvement of my psoriasis. While fishing, I was grounded—I was barefoot in highly conductive salt water. I thought I was fishing, but in reality I was also simultaneously receiving Earthing therapy. With continued Earthing, the psoriasis has virtually disappeared.

The pain issues I sometimes write about, particularly the pain in my arthritic hip, have also improved. I attribute that to a combination of innovative treatments and keeping myself regularly grounded at night and as much as possible during the day. My colleague Richard Delany, MD, a Massachusetts cardiologist, has been doing the same thing. He says that Earthing has significantly reduced the pain in his knees. Many other people have told me that their pain problems have improved or disappeared. They shake their heads in disbelief that relief could come from the most surprising source—the ground beneath their feet. ■

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THE HEART BEAT: WHAT'S GOOD, WHAT'S NOT, IN CARDIOLOGY



More Good Reasons to Meditate

I've often told patients to start meditating as a way to reduce stress, and I, myself, have practiced Transcendental Meditation (TM) off and on since the 1970s. TM is amazingly simple to do, and now three new studies are adding to its heart-healthy reputation.

One study, presented at the American Heart Association's annual meeting, found that patients with heart disease who practice TM over the long term have an almost 50 percent lower incidence of heart attacks, stroke, and deaths compared to patients who don't meditate. The study, funded by the National Institutes of Health and conducted at the Medical College of Wisconsin, followed 200 African-American patients for an average of five years.

A second study, published in the *American Journal of Hypertension*, found that TM reduced blood pressure, anxiety, depression, and anger among healthy college students at risk for hypertension. Finally, a third study showed that after a year of meditating, a group of 50 diabetic African-American women had greatly improved HDL cholesterol and triglyceride numbers. Compared to a control group of non-meditators focusing on diet and exercise, the meditators scored a 29 percent higher HDL level and 20 percent lower triglyceride level. These blood lipid levels are often problematic among diabetic patients, and confirmation that TM can help lower them has the potential to benefit a large number of people.

For more on TM, visit www.tm.org.

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Coming Soon

- **My Personal Longevity Program, 15 Years Later**
- **Emotional Conflict and Its Connection With Cancer**
- **Thyroid Illness**

I Want to Hear From You!

My name may be on the cover, but this is *your* newsletter. Tell me what you found most useful about this month's issue and what you would like me to write about in future issues. Send an e-mail to:

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Stephen Sinatra, MD, FACC, FACP, CNS is a board-certified cardiologist and certified bioenergetic analyst with more than 25 years of experience in helping patients prevent and reverse heart disease. At his New England Heart and Longevity Center in Manchester, CT, Dr. Sinatra integrates conventional medical treatments with complementary nutritional and psychological therapies.

Dr. Sinatra founded Advanced BioSolutions, Inc., the nutritional supplement company that manufactures his proprietary formulations. He continues to formulate leading-edge supplements based on the latest available medical and scientific research. He is a fellow of the American College of Cardiology and the American College of Nutrition, and former Chief of Cardiology at Manchester (CT) Memorial Hospital.

Dr. Sinatra is an Assistant Clinical Professor at the University of Connecticut School of Medicine and is author of numerous books including *Lower Your Blood Pressure in Eight Weeks*, *Heart Sense for Women*, *The Sinatra Solution*, and *Reverse Heart Disease Now*.

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