



Welcome to summer!! The temperatures are heating up, the New Jersey humidity is here and my tomato plants are loving it! I can't say that I enjoy this weather, as I much prefer the cooler temps of fall and winter. But I head out around 5am to get my dogs out for a run while it is still cool!

This month I want to share a bit about a new concept I learned about called “grounding” or also called “earthing”. A dear friend of mine lent me a book essentially about going bare-footed as a way of maintaining health. At first I thought this was crazy, but after reading the book and learning about grounding, I have to tell you, it makes **TOO MUCH GOOD SENSE!** Part of what caught my eye was the co-author, Dr. Stephen Sinatra, MD, who I have always been a big fan of. He is a Connecticut cardiologist who uses a lot of integrative techniques in his practice. He is very good, and I encourage you to check out [his website](#).

I want to keep this letter brief, as I'd like you to check this out for yourself. But let me just say these few things about grounding and the electromagnetic world we live in:

- We live in a world that is surrounded by electricity and electromagnetic waves—WIFI, microwaves, cell

phones and cordless phones do their thing by working off the airwaves.

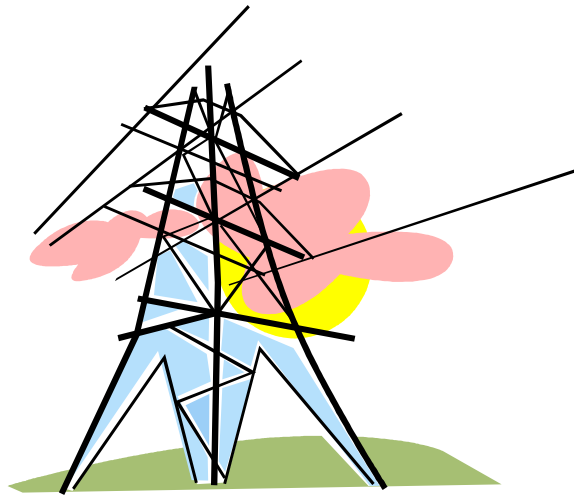
- Our bodies—our hearts!—are run on our own brand of electricity, which is why we use EKGs and other techniques to read the output and functioning of our heart.
- Living surrounded by all this extraneous electromagnetic influence has a negative impact on our health by creating an imbalanced state of electrons--- free radicals---that create inflammation and other deleterious effects on our bodies.
- Grounding our bodies by going barefooted or using special grounding pads causes our bodies to absorb free electrons from the earth and negate the harmful effects of our high-tech lifestyle. It balances our body's electromagnetic state and returns it to homeostasis!
- Grounding can accomplish a myriad of things including better sleep, reduced joint and muscle pain, better healing of injuries and better circulation.

Don't take my word for this—please check out [this website](#), and I also encourage you to read the book on earthing mentioned in this website. It is a quick read, and very informative and interesting. When you are finished, I suspect that you will be spending more time running barefooted in your yards!

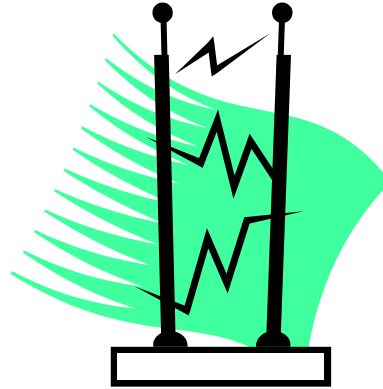
If this really grabs your interest, check out the “official website” of [the Earthing Institute](#) for more about earthing as well as a chance to look at the book I just read.

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In the meantime, I am spending more time in my garden without shoes. I also walk in the yard, and sit on the ground at work on my lunch breaks. I have removed any phones, clock radios etc. from our bedroom (the tv stays!). We use our cell phones on speaker phone where possible. The little changes we all can make will spare us from excess radiation and disruptive electromagnetic waves. Check it out: I hope you will make some adjustments in your lives that will improve your health over the long haul.



A side note: the farmer's markets are displaying their fruits and vegetables now and it's time to bump up the volume!!! While you are grounding yourselves and balancing your electrons, make sure you are eating as many fruits and veggies as you can! A daily intake of antioxidant-rich produce will protect you from a host of chronic diseases and will also protect your skin from the effects of the sun. And don't forget to keep your water intake up in this hot weather!



Phone and in-person consults are being scheduled now, **so please call or email me to book your session now!**

herbalgem@gmail.com

908-377-0773

On a personal note: I am currently finishing my degree in nursing and plan to start up a program to earn my Master's in Women's Health Nurse Practitioner. More education and more knowledge to share with you!

Enjoy the summer,

Diane