

Dr. Stephen Sinatra's

HEART, HEALTH & NUTRITION

A Cardiologist's Guide to Total Wellness

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

— Albert Einstein, 1879–1955



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Dear Reader,

February is American Heart Month, and that means it's time to gear up for the usual messages about heart disease risk factors and symptoms, as well as 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 completely 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 reconnecting 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 that has extraordinary benefits for our health. Until recently, though, no one has recognized just how much of an impact this energy can have.

I've had the good fortune to be part of the emerging research on this amazingly simple 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. In 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 regular connection to the Earth, people can develop what I call an electron deficiency. This in turn 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, including cardiovascular disease, cancer, diabetes, and autoimmune disorders—may be a result of a lack of connectedness. And while the problem is exacerbated by a modern way of living that places all sorts of barriers between us and the ground's healing energy, it can be easily addressed by re-establishing a regular connection via Earthing.

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 the early research has been eye-opening. Earthing is truly special.

The following pages are just the tip of the iceberg when it comes to information about the Earth's natural healing power. For more, I encourage you to read a new book called *Earthing* (Basic Health, 2010). I'm proud to have been one of its coauthors, and feel strongly that you, as a loyal reader of my newsletter, should get a sneak peak at the healing potential the book details. So, read on. I know 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.

A Lost Connection With Good Health

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

Throughout history, humans have walked barefoot and slept on the ground, oblivious to two facts: (1) The Earth's surface continually sends a subtle electrical signal to the body, and (2) this electrical signal helps govern and balance the body's innate electrical pathways. Today we're equally unaware, but not simply of those two facts. We're also unaware of how our health suffers because of the

disconnect from this basic energy that's created by modern buildings and synthetic-soled shoes. Fortunately, we can re-establish our connection through Earthing—or *grounding*, as it's also called. 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 on the aging process itself—is significant (and sorely needed). Just like sunlight provides us with vitamin D, the Earth provides us with another essential "nutrient." I call it vitamin G, if you will—G for "Ground."

The Discovery 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 to find a higher

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.

This health problem is now regarded as the cause of many common diseases. In people who suffer from chronic inflammation, the immune system loses its ability to stop the normal inflammatory response to infection and tissue damage. Free radicals, which the immune system uses as oxidative weapons to remove damaged tissue and combat infection, proliferate uncontrollably and, instead of helping repair injured tissue, destroy healthy tissue—including tissue in the walls of your arteries. Over time, this process can seriously undermine overall health.

Research has identified a number of reasons that this response gets out of control, 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—specifically the free electrons on its surface—provides a uniquely natural and powerful anti-inflammatory.

Electrically speaking, electrons have a negative charge, while free radicals have a positive charge. Because of their positive charge, free radicals are constantly in search of electrons to which they can attach themselves—and they will strip them from molecules in healthy tissue if necessary, causing tissue damage. However, Earthing allows for the transfer of free electrons into the body where they can be absorbed by free radicals before the free radicals have a chance to cause damage and inflammation. The net 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. ■

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 those shoes, people were insulated from the naturally occurring electrical charges in the Earth's surface. Then he started to wonder if being routinely insulated from those electrical charges could have an effect on the body and one's health. (Clint's interest in health grew from his own chronic back pain and disturbed sleep. They were so bad that he needed medication to manage them.)

He didn't know the answer, but he did know that before cable, television screens tended to have a lot of "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.

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 had slept soundly for the first time in years—and he hadn't needed a pill to do it.

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

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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 students at a nearby university guided him on how to set up a study.

Clint's initial experiments validated his personal observations. In one 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 separate 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 immediately after starting the practice. 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 also 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

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@drsinatra.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've received about Earthing, I 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—that is, reconnecting your body to the natural electrical field in the Earth's surface—and restoring the body's innate electrical balance. Scientific studies have shown that Earthing generates significant health benefits by creating a stable internal electrical environment. This environment promotes proper functioning of the body's self-regulating and self-healing mechanisms. Earthing is shaping up to be a requirement for 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. There are no health conditions that prevent you from using Earthing to improve your health.

What happens when you're grounded?

Your body becomes suffused with negatively charged free electrons, which are abundantly present in the Earth's surface. As a result, your body's electrical level becomes equal to that of the Earth itself.

What does being grounded feel like?

Some people feel a warm tingling sensation, as well as feelings of ease and well-being. You will **not** feel a shock, and in no way are you being

electrocuted or put at risk of electrocution. Earthing is among the safest natural therapies you can use.

What health conditions can Earthing improve?

Today, the dozen or so completed studies on Earthing prove beyond any doubt that it has significant positive effects on physiology. Here's a brief summary of health benefits seen so far:

- 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 moderating nervous system activity and stress hormone secretion.
- 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 important, here, to note that Earthing's best results are the result of ongoing use. Do not to give up on the practice if you don't notice immediate changes.

Where can I learn more?

Read *Earthing* (Basic Health, 2010), the book I coauthored with Clint Ober—who discovered the health benefits of connecting with the Earth—and my writing colleague Marty Zucker. Copies can be ordered by calling my office at (800) 228-1507. And because I believe so strongly that you'll benefit from the information it covers, I've arranged for newsletter readers to receive an **exclusive 20 percent discount**.

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 obtain Earthing products that ground you while you sleep, sit, or work. They're connected to the Earth through a grounding 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 a grounded sleeping device—free electrons flow from the ground into the conductive circuitry of the body,

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

Eager to give this concept a try, I obtained a conductive mattress pad that Clint had developed, and I started sleeping grounded. The difference was profound. My wife and I were both able to fall asleep faster. I still use the 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 become more deeply 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. The next story will explain how. ■

HOW EARTHING CAN IMPROVE HEART HEALTH

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

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

You know that by reducing the amount of stress in your body, you do a big favor for your heart. This principle is extremely important for maintaining optimum cardiovascular health. Not only does chronic worry trigger the steady release of excess stress hormones, including cortisol and adrenaline, it 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 you down.

Too much arousal of the sympathetic branch sends the body into fight-or-flight mode, the state of hyperalertness that automatically switches on in response to 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 families, finances, or jobs, and these stress levels are often persistently high—meaning more and more people live daily in a dangerous state of physiological overdrive.

A revved-up sympathetic nervous system easily overwhelms the calming influence of the parasympathetic branch. When this occurs

regularly, risk for hypertension, arrhythmia, and even sudden death increases. One reason this is true has to do with the negative effect that sympathetic nervous activity has on heart rate variability (HRV). HRV refers to the beat-to-beat alterations in heart rate, and it is indicative of one's ability to respond to stress in a healthy way. People with low variability are less able to quickly speed up and slow down, or "go with the flow." Therefore, they are more prone to stress-related disorders, including cardiovascular disease.

To reduce their risk, these individuals need to increase their HRV by bringing the two branches of their autonomic nervous system back into balance. Previous experiments have shown that people who practice Earthing 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. Data from 28 healthy men and women, average age of 48, showed that Earthing produces a trend toward improved HRV.

For the study, each participant's HRV was measured for 40 minutes while grounded and again while not grounded. The results showed that Earthing has potential for balancing the nervous system and supporting cardiovascular health. This and other studies have led us to believe that the ANS may be

the first major body system to respond to Earthing, and that it has positive 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, Qigong, prayer, 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 beats or more dangerous atrial fibrillation or ventricular irregularities, arrhythmias are frequently set off by stress and overstimulation of the sympathetic nervous system. I've 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.

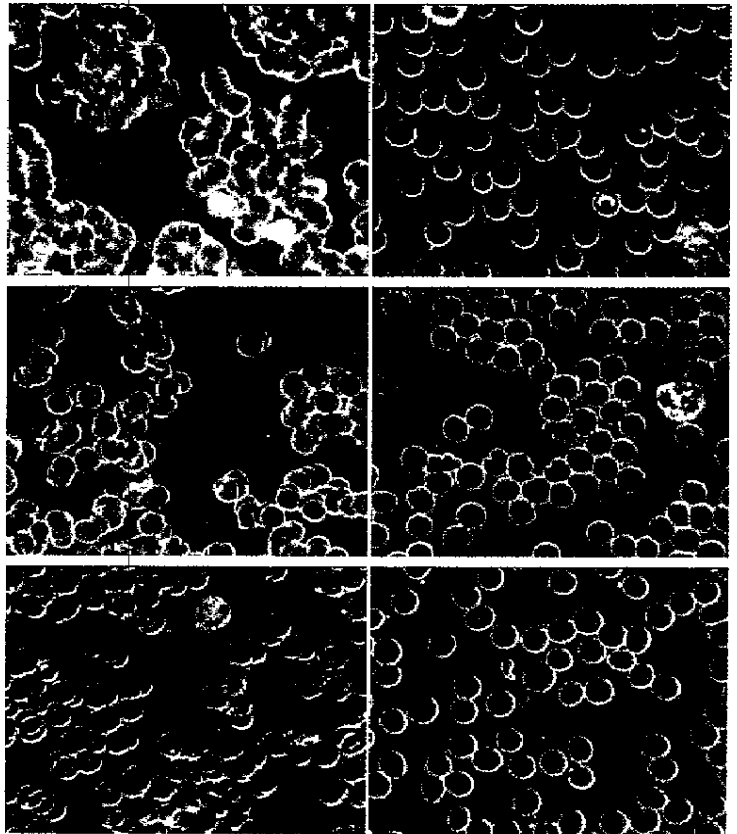
The experiment involved drawing a small amount of blood from each of us before and after 40 minutes of sitting with our bare feet resting on grounded floor pads. The samples were examined under a dark field microscope—a device used by many doctors in the field of alternative medicine. This technique allows scientists to view “real time” cellular dynamics, as well as blood characteristics that aren't typically analyzed during 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 after an individual becomes grounded. There were significantly fewer of the red blood cell formations associated with clumping and clotting, and the blood appeared considerably thinner. (The images at the top of the page tell the story.)

Before Earthing, all but one of us had various degrees of thick, “ketchupy” blood. 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 reap huge benefits from grounding themselves

Red Blood Cells Before and After 40 Minutes of Earthing



The reproductions above are dark field microscope images of blood taken from three individuals before and after 40 minutes of Earthing. The “Before” image is on the left, the “After” on the right. The pictures clearly show a dramatic thinning and decoupling of blood cells.

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. The 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 marker for identifying patients at 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 experiment inspired another study to further investigate whether Earthing could indeed influence the clumping of red blood cells, as we saw in the dark field images. Working again with Dr. Chevalier, the electrophysiologist from California, we designed an experiment to measure not only blood clumping, but also something called *zeta potential*. You've probably never heard of zeta potential, but don't feel bad. Most people haven't. Zeta potential pertains to the strength of the negative charge that exists on the surface of a red blood cell.

An Electrosolution to Electropollution?

One of the most powerful stories in our book, *Earthing*, 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 with this 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 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). (Visit www.drstinatra.com for more about EMF.) 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 his illness, because 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 it 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 he 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 where they sat comfortably in a reclining chair while wearing grounded electrode patches on their feet and hands (the same method that had been used in the 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. Two hours of grounding raised the average zeta potential of the study participants from a rather low 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.

What does this mean for you? It might mean a natural solution for thinning the blood.

That said, research on zeta potential is limited. In fact, I learned about the concept only recently. And generally speaking, cardiologists are unfamiliar with the bioelectrical nature of blood—so due scientific diligence and further careful study are 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 of zeta potential 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 to their health routine—as much as they can work into the day. 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 barefoot. 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, on my lower legs and elbows. But I had 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 my healing to the healing influence of being out in the sun, the vitamin D, the minerals in 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.) But now I realize that there was another reason for the improvement. While fishing, I was grounded—I was barefoot in highly conductive salt water. I thought I was merely fishing and relaxing, but in reality I was also simultaneously receiving Earthing therapy. With continued Earthing, my psoriasis 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 more studies are adding to its heart-healthy reputation.

One study, presented at the 2009 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 attack, stroke, and death 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 who focused on diet and exercise, the meditators had a 29 percent higher HDL level and 20 percent lower triglyceride level. The levels of these blood lipids in diabetic patients are often problematic, so this 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. For some simple meditation postures, visit www.drstinatra.com.

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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:

feedback@drstinatra.com

or write:

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Stephen Sinatra, MD, FACC, FACN, 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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