

Is it good to use grounding patches?

Meta description: Discover how grounding patches could potentially benefit your health and whether they are a good option for you. Learn how to use grounding patches, their safety, and if they're really effective.

Just imagine if something as simple as physically connecting with the Earth's energy could help improve your well-being. Grounding patches are designed to transfer the Earth's natural energy into your body. They have gained popularity in their potential to reduce pain and inflammation, improve sleep, and even improve heart health. This article will help explain what grounding patches are, how to use grounding patches, and what health conditions they claim to benefit.

What are grounding patches?

Grounding patches are small adhesive pads designed to help users connect with the Earth's natural energy to help balance the body's electrical charge. Grounding patches work by transferring the Earth's natural electrons to the body through direct skin contact with the patch. They typically are available as grounding kits that contain patches and a cord you plug into a grounded socket that leads to the Earth's energy.

To use a grounding patch, you simply apply it to a part of your body, such as the palms of the hands, soles of the feet, or any area of pain, injury, or inflammation you wish to target. You then connect the patch to the supplied cord that plugs into the grounding port of the electrical socket or a rod placed in the ground outside. This allows the Earth's electrons to flow through the patch and into your body.

Are there any benefits of grounding patches?

Grounding, in general, may be beneficial to [overall well-being](#). Grounding patches, however, may be especially helpful for those seeking relief from pain or inflammation in specific areas of the body or to help speed up wound healing. Other potential benefits include reduced inflammation, better sleep, and an improved mood.

By applying the patches directly on or near the body area to be treated, you may get faster relief. However, further research is required to fully understand and confirm these claims.

Inflammation

Infrared imaging was used to assess 20 case studies in order to provide an explanation of how grounding can lessen inflammation in the body. Infrared imaging works on the premise of measuring body temperature, with different colors representing levels of inflammation. This review presented before-and-after images, revealing less inflammation after grounding. It also highlighted two cases where wound healing improved when grounding patches were applied near the wound.

Exercise recovery

Because grounding may have anti-inflammatory properties, researchers have also looked at how grounding may impact recovery from exercise. The benefits of grounding on muscular recovery after intense downhill treadmill training were investigated in one study involving 22 healthy adults. The study reports faster recovery and lower levels of inflammatory blood markers in people who were grounded during sleep. However, more clinical research is needed to confirm these findings.

Pain

A small [study](#) of 16 massage therapists reported that standing on a grounding mat while working reported significantly less pain, fatigue, and depression compared to those who didn't use a grounding mat.

Sleep

A [12-week study](#) of 15 patients with Alzheimer's disease reported an improved sleep score in patients who used a grounding mat. [Another study](#) suggests grounding can help improve sleep and affect cortisone levels, potentially helping to regulate circadian rhythm.

Mood

A [double-blinded study](#) of 40 participants measured 4 mood scales and concluded that 1 hour of grounding improved moods more than expected by relaxation alone.

Heart health

Studies suggest that grounding may help heart health by improving blood flow and decreasing blood pressure. A [study](#) of 10 healthy adults who were grounded with patches on the palms of their hands and soles of their feet reported they had improved blood flow after 2 hours of grounding.

High blood pressure was improved in a small [study](#) of 10 participants who used a grounding sheet for at least 10 hours. The study reports systolic blood pressure decreased by an average of 14.3%.

Safety of grounding patches

In general, grounding patches are considered safe to use, and side effects from using these patches are rare.

- **Discomfort.** Some people may experience symptoms such as tingling, numbness, or fatigue during their first few grounding sessions. This is temporary and thought to be part of the body's adjustment to the process of balancing its electrical charge.
- **Risk of shock.** Grounding patches connected to a grounded outlet should not be used during a lightning storm. While uncommon, lightning strikes can send electrical currents through the ground, which may result in a shock through the grounding port. Since grounding practices haven't been extensively studied, detailed safety information is still limited.

- **Skin irritation.** People with sensitive skin might experience mild irritation from the adhesive used in the patches.

The effectiveness of grounding patches: does it work?

Currently, research on grounding is limited to small studies and anecdotal evidence, offering minimal scientific proof of its benefits. In addition, some studies that used grounding patches also used grounding mats, sheets, or blankets in addition to patches.

While small studies show promising benefits of grounding for pain, inflammation, sleep, mood, and heart health, more scientific research and larger studies are needed to fully understand the benefits of grounding.

An increasing number of case studies and [personal testimonies](#) report that grounding has been beneficial in a wide range of health conditions. However, these rely on somewhat subjective measures, such as self-reported pain, feelings, or mood. A growing number of people and researchers have taken an interest in exploring the potential benefits of grounding.

Alternatives of grounding patches

There are a number of products available in different forms to make grounding work with your lifestyle. Grounding wristbands and socks are available and provide a portable option, allowing you to easily ground on the go. However, keep in mind these will still need to be plugged into a grounding source.

A popular alternative to grounding patches is [grounding mats](#). They can be put under a desk while working, which may be an easy way to get the benefits of grounding. [Grounding sheets](#) and blankets are designed to provide grounding benefits while you sleep.

[Walking barefoot outside](#) each day is another way to benefit from grounding and connect with the energy of the Earth in a more natural way. Additionally, gardening and swimming in natural waterways like lakes or rivers are excellent ways to benefit from Earth's healing power.

If you prefer a holistic way to improve your overall well-being, then grounding patches could be worth looking into. Whether you want to relieve a specific discomfort or apply patches for overall well-being, they offer a simple way to tap into the Earth's energy. Many users report positive effects, especially when patches are applied directly to areas of discomfort, though scientific research on grounding is still very limited. As more research explores grounding, future studies can help understand its full potential.

Everyone will respond differently to grounding, so make sure to talk with a doctor or healthcare provider before using grounding products.

We'd love to hear from you! Share your experiences with grounding patches or any questions in the comments below.

FAQs

How does a grounding patch work?

Grounding patches work by transferring the Earth's natural electrons through the skin and into the body. The electrons the body absorbs work as natural antioxidants that neutralize positively charged free radicals that can damage your body.

Are earthing patches reusable?

Earthing patches are typically designed for single use. Once applied and removed, they generally lose their adhesive properties and may no longer offer effective conductivity. Patches can sometimes last up to 3 days for a single use. Opt for grounding mats or sheets if you prefer a reusable product.

Where to put earthing patches?

Earthing patches can be applied anywhere on the body to get the benefits of grounding. Patches may also be applied directly to areas of pain, inflammation, or discomfort, such as joints or muscles, which may potentially provide more targeted relief.

Key take-aways:

- Grounding involves direct contact with the Earth's surface to absorb its natural electrical energy, which is claimed to have various health benefits.
- Grounding patches may have the benefit of helping specific areas of pain and inflammation more quickly, but additional research is needed to fully understand their effectiveness.
- Grounding patches are generally safe to use, although some people might feel tingling, mild discomfort, or fatigue when first starting a grounding practice.

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