



## Earthing: The Most Important Health Discovery Ever!

*By Clinton Ober, Dr Stephen T Sinatra M.D., Martin Zucker*

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**Earthing: The Most Important Health Discovery Ever!** By Clinton Ober, Dr Stephen T Sinatra M.D., Martin Zucker

'Earthing' introduces readers to the landmark discovery that living in contact with the Earth's natural surface charge - being grounded - naturally discharges and prevents chronic inflammation in the body. This effect has massive health implications because of the well-established link between chronic inflammation and all chronic diseases, including the diseases of ageing and the ageing process itself.

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### **Editorial Review**

#### Review

""A brilliant hypothesis well-grounded in science. Highly recommended."" - --Nicholas Perricone, M.D., author of Ageless Face, Ageless Mind

#### About the Author

Clinton Ober started as a cable TV salesman in Billings, Montana, and rose to become a leader in the industry, forming Telecrafter Corporation, the largest provider of cable marketing and installation services in the United States.

Stephen T. Sinatra, M.D., is a board-certified cardiologist and certified psychotherapist and the author of books including Reverse Heart Disease Now and Lower Your Blood Pressure in Eight Weeks.

Martin Zucker has written extensively on natural healing, fitness, and alternative medicine for publications including Smithsonian and the Los Angeles Times and has coauthored or ghostwritten more than a dozen books, including Move Yourself and Preventing Arthritis.

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