

"Tired and foggy no more!"

Doctors couldn't figure out why Mary Joye, 62, was so exhausted. So she kept searching for answers until she found the shocking culprit—and the natural remedy that quickly restored her vitality

"Mary, you're really quiet today. Is everything okay?" Mary's friend asked. "I was at a baby shower for a friend's niece who was like family to me," Mary recalls. "Normally I would have arrived early to help set up and stayed afterward to clean. And I *always* bring my godmother's famous apple crisp to a gathering, but I couldn't muster the energy and asked someone else to make it. I was so exhausted that I just sat and chatted with my friend. It was disheartening! I was a multitasker and someone who did everything for everyone else. But lately, saying *no* was my new way of life—and it was devastating.

Nothing left to give

"That was three years ago, when no matter how hard I tried, even simple, pleasurable activities seemed impossible. If my friends invited me to dinner where they lived, which was two hours away, I'd tell them not to wait for me because I knew I'd have to pull over to rest. But it wasn't just long drives that were an issue—if I had to go to the mall or a local store, I took back roads instead of the interstate in case I got tired and needed to pull over.

"Although I'd always been active and full of energy, I could barely get by, even after sleeping for 11 hours. And as a licensed mental health counselor, I had to stay sharp for my clients. I never gave less than the best care, but I felt so sluggish during our sessions. And sadly,

fatigue wasn't my only symptom: I also had stiff joints, aches and brain fog. I tried to exercise more, but it didn't help.

"My brother had recently passed away unexpectedly. It sent me into a state of shock and, of course, I was incredibly sad. But I wasn't depressed. My gut told me something else was causing my fatigue and other symptoms.

"I was determined to find out what was going on, so I saw my doctor. He diagnosed me with high blood pressure and prescribed medication. When I asked him why he thought I was so depleted, he said, 'You've been through a lot and stress can take its toll.' But I knew that couldn't be the whole story.

"So I decided to call a family friend, who was a psychiatrist. We agreed that I had acute stress disorder, which is common after a traumatic event. He told me that since I was grieving, it would take at



Mary Joye, Winter Haven, FL

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One-minute QUIZ

IS A BIOELECTRICAL IMBALANCE MAKING YOU TIRED?

If you're always tired, plus have two or more of these symptoms, you may not be absorbing enough of Earth's free electrons

- ✓ Insomnia
- ✓ Stress
- ✓ Mood swings
- ✓ Muscle stiffness
- ✓ Anxiety
- ✓ Sensitivity to gluten
- ✓ Slow-healing wounds
- ✓ Chronic pain
- ✓ Headaches

least three to six months to feel like myself again. That made sense, but after six months, I was still physically wiped out all the time, even though I felt better mentally and emotionally. I knew I needed to get to the bottom of whatever was making me feel that way—and fast.

The surprising fix

"Things started to turn around after I talked to a friend about how I was feeling. She suggested I speak with a medical intuitive she knew. It definitely seemed unconventional, but I was open to anything if there was a chance it might help.

"When I told the medical intuitive about my symptoms, she suggested I try walking barefoot in nature—a practice called *grounding* or *earthing*. She said it would help lift my fatigue, relieve my stiffness and aches and pains and restore my mental clarity.

"I had never heard of grounding, so at first I was really skeptical that it would help. But I was also intrigued, and I figured it couldn't hurt to at least try the technique she recommended.

"So I started taking long walks by the lake near my home after work. I would find a place to sit, take off my

shoes and socks and wiggle my bare feet on the grass and walk around. I also went to the ocean and walked barefoot on the beach.

"I couldn't believe it—within minutes, I felt more energetic! So I kept doing it every day. I also traveled to Sedona, Arizona, with my husband, where we met other people who practiced grounding. While there, I walked and hiked for miles, and sometimes I'd take my shoes off, climb on a rock warmed by the sun and lie down to soak in the warmth and peacefulness. It helped me realize how nature nurtures me and has a healing effect. I still do grounding every day for 20 minutes—and meditate at the same time. I love how easy it is and how it helps me reset right away.

"Now that fatigue isn't weighing me down, I'm filled with energy and joy. I walk up to five miles a day and love soaking up the health-enhancing effects from the earth. Instead of falling asleep while I'm with my friends, I'm enjoying the time we spend together—including a European cruise, where I walked 12 miles a day and had energy to spare!"

—As told to Julie Revelant

News! Turn back the clock in 20 minutes!

Direct skin contact with the earth, a process called *grounding* or *earthing*, can help you look younger and more radiant, suggests research in the journal *Health*. Researchers found that grounding improved circulation and blood flow to the face in just 20 minutes—effects that can enhance skin tissue repair, reduce wrinkles and age spots and tighten skin.

"Cosmetic procedures like laser skin resurfacing, which reduces wrinkles, produce micro-damage to the skin to increase blood flow to the face," explains study author Gaétan Chevalier, Ph.D. "Grounding has this same effect, increasing blood flow—without the damage." To get the beauty perks, plus health benefits like more energy and better sleep, take a seat outside on the ground with bare feet touching the earth for 20 minutes a day.

Rise in screen time triggers an epidemic of "vitamin G" deficiency

Spending time indoors is making women sick and tired, says Stephen Sinatra, M.D., co-author of *Earthing*. The reason? They're missing out on what he calls "vitamin G," or *grounding*, the process of getting skin contact with the earth. When skin touches the earth, it absorbs earth's *free electrons*, which neutralize harmful free radicals in the body, says Dr. Sinatra. Our habitual lack of contact with the earth allows free radicals to go unchecked, causing body-wide inflammation that triggers fatigue, pain and more.

"Our bodies are governed by electrical charges, even more than chemicals and hormones," explains physicist Gaétan Chevalier, Ph.D., a leading researcher in the field. "We need free electrons just like we need other nutrients. They're an insurance policy against inflammation." But the hours we spend indoors on computers and phones and watching TV has drastically reduced the time we spend grounded, he says.

There's no way to test for vitamin G, but now is the prime time to soak it up, says Dr. Sinatra. Since all women need more, he suggests the tips below.

Putting your bare feet on the earth is the best way to absorb vitamin G, says Dr. Sinatra. In one study, doing so for 30 minutes a day reduced pain and inflammation by 50% in six days. Even better: Do it when the ground is damp. "Moist grass gives you the best connection," says Chevalier. Can't go barefoot? Wear leather-soled shoes, which conduct free electrons nearly as well as skin, or dig in the garden without gloves to connect directly with the earth.

You can ground indoors by touching steel faucets, stone or brick fireplaces or concrete floors, says Dr. Sinatra, who notes these materials conduct the earth's free electrons to deliver the benefits of grounding.