



ULTIMATE LONGEVITY
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QUICK VIEW: GROUNDING RESEARCH RESULTS

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This document contains two comprehensive "bullet-pointed" lists (one categorized and one alphabetical) of the **benefits of grounding** as seen in over 20 peer-reviewed research studies. This "quick-view" format will assist you to quickly scan through the research results, at a glance.

Note: All studies were conducted using indoor grounding devices.

SECTION 1: COMPREHENSIVE LIST (categorized)

- **Pain & Inflammation (Chronic Injury)**^[7,9,12,15]
 - Acute Inflammation (Decrease)^[12]
 - Chronic Inflammation (Decrease)^[12]
 - Pain (Decrease)^[7,9,12]
 - Chronic Back Pain (Decrease)^[15]
 - Chronic Joint Pain (Decrease)^[15]
 - Pain and Stiffness (Decrease)^[15]
- **Circulation (Cardiovascular Disease)**^[8,12,13,14,16,17,18]
 - Circulation (Improved)^[12]
 - Blood Pressure [Hypertensive] (Decrease)^[16]
 - Blood Viscosity (Decrease)^[8,14,17]
 - Facial Circulation (Improved)^[13,18]
 - Zeta Potential (Increase)^[14]
- **Fitness, Performance, & Recovery**^[1,2,3,4]
 - Recovery After Intensive Exercise (Improved)^[1,4]
 - Blood Urea Levels After Exercise (Decrease)^[2]
 - Creatine Kinase After Exercise (Decrease)^[1,3,4]
 - Inflammation Markers Associated with Muscle Damage (Decrease)^[1]
 - Post Exercise Pain Relief (Improved)^[4]
 - Performance After Intensive Eccentric Exercise (Increase)^[1]
 - Glycerolphosphorylcholine (Increase)^[4]
 - Phosphorylcholine (Increase)^[4]
 - Inorganic Phosphate/Phosphocreatine Ratio (Improved)^[4]

- **Stress, Energy, Mood, & HRV (Cardiovascular Disease)**^[5,6,7,9,10,20,21]
 - Anxiety (Decrease)^[9]
 - Blood Volume Pulse (Decrease)^[21]
 - Cortisol (Decrease)^[7]
 - Depressed Mood (Decrease)^[9]
 - Energy (Increase)^[9]
 - Emotional Stress (Decrease)^[7,9]
 - Fatigue (Decrease)^[9]
 - Heart Rate Variability (Improved)^[5,6]
 - Mood (Improved)^[10]
 - Tiredness (Decrease)^[9]
 - Vagal Tone (Improved)^[6]
 - Sympathetic to Parasympathetic (Improved)^[5,6,20]
 - Skin Conductance (Decrease)^[20]
 - Pulse Rate Variation [HRV] (Increase)^[20]
 - Perfusion Index Variation (Increase)^[20]
- **Diabetes**^[19]
 - Fasting Glucose in Non-Insulin Dependent Diabetes (Improved)^[19]
- **Serum Electrolytes & Blood Chemistry**^[19]
 - Serum Calcium, Iron, Magnesium, Phosphate, Potassium, Sodium^[19]
- **Bone Density & Osteoporosis**^[19]
 - Serum Calcium and Phosphate^[19]
- **Sleep (Improved)**^[7,9,15]
- **Thyroid & Increased Metabolism**^[19]
- **Wound Healing**^[12]
- **Vaccine & Toxoid Exposure**^[19]
- **Protective Immunity (Increase)**^[19]
- **Blood Oxygenation Variation (Decrease)**^[20]

SECTION 2: COMPREHENSIVE LIST (in alphabetical order)

- Anxiety^[9]
- Blood Oxygenation Variation (Decrease)^[20]
- Blood Pressure [Hypertensive] (Decrease)^[16]
- Blood Urea Levels After Exercise (Decrease)^[2]
- Blood Viscosity (Improved)^[8,14,17]
- Blood Volume Pulse (Decrease)^[21]
- Circulation, Including Torso and Facial (Improved)^[12,13,18]
- Cortisol (Improved)^[7]
- Creatine Kinase After Exercise (Improved)^[1,3,4]
- Depressed Mood (Improved)^[9]
- Emotional Stress (Decrease)^[7,9]
- Energy (Improved)^[9]

- Fasting Glucose in Non-Insulin Dependent Diabetes (Decrease)^[19]
- Fatigue (Improved)^[9]
- Glycerylphosphorylcholine (Improved)^[4]
- HRV (Improved)^[5,6]
- HRV HF (Improved)^[5]
- HRV LF (Improved)^[5]
- Inflammation, Acute (Improved)^[12]
- Inflammation, Chronic (Improved)^[12]
- Inflammation Markers Associated with Muscle Damage, including IP-10, MIP-1 α , and sP-Selectin (Improved)^[1]
- Immunity (Increase)^[19]
- Inorganic Phosphate/Phosphocreatine Ratio (Improved)^[4]
- Mood (Improved)^[10]
- Pain (Improved)^[7,9,12]
- Pain - Chronic Back or Joint (Improved)^[15]
- Pain and Stiffness (Improved)^[15]
- Pain Pressure Test/Post-Exercise Pain Relief (Improved)^[4]
- Performance After Intensive Eccentric Exercise (Improved)^[1]
- Perfusion Index Variation (Increase)^[20]
- Phosphorylcholine (Improved)^[4]
- Pulse Rate Variation (Increase)^[20]
- Recovery After Intensive Exercise (Improved)^[1,4]
- Serum Calcium^[19]
- Serum Iron^[19]
- Serum Magnesium^[19]
- Serum Phosphate^[19]
- Serum Potassium^[19]
- Serum Sodium^[19]
- Skin Conductance (Decrease)^[20]
- Sleep (Improved)^[7,9,15]
- Sleep - Quality (Improved)^[15]
- Sleep - Time to Fall Asleep (Improved)^[15]
- Sleep - Wake Feeling Rested (Improved)^[15]
- Stress, Subjective (Improved)^[7]
- Thyroid & Increased Metabolism^[19]
- Tiredness (Decrease)^[9]
- Vaccine and Toxoid Exposure^[19]
- Vagal Tone (Improved)^[6]
- Visual Analogue Pain Scale/Post-Exercise Pain Relief (Improved)^[4]
- Wound Healing^[12]
- Zeta Potential - Blood Viscosity (Decrease)^[14]

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