

Every obstacle in life has a design solution.

May 2019, Volume 5, Issue 53

## Grounding: Not what you think.

Environmental medicine focuses on interactions between human health and the environment, including factors such as compromised air and water and toxic chemicals, and how they cause or mediate disease. Omnipresent throughout the environment is a surprisingly beneficial, yet overlooked global resource for health maintenance, disease prevention, and clinical therapy: the surface of the Earth itself. It is an established, though not widely appreciated fact, that the Earth's surface possesses a limitless and continuously renewed supply of free or mobile electrons. The surface of the planet is electrically conductive (except in deserts), and its negative potential is maintained (i.e., its electron supply replenished) by the global atmospheric electrical circuit.

Mounting evidence suggests that the Earth's negative potential can create a stable internal bioelectrical environment for the normal functioning of all body systems. Moreover, oscillations of the intensity of the Earth's potential may be important for setting the biological clocks regulating diurnal body rhythms, such as cortisol secretion (in other words help us sleep).

It is also well established that electrons from antioxidant molecules neutralize reactive oxygen species (ROS, or in popular terms, free radicals) involved in the body's immune and inflammatory responses. The National Library of Medicine's online resource PubMed lists 7,021 studies and 522 review articles from a search of "antioxidant + electron + free radical". It is assumed that the influx of free electrons absorbed into the body through direct contact with the Earth likely neutralize "Free Radicals" and thereby reduce acute and chronic inflammation. Throughout history, humans mostly walked barefoot or with footwear made of animal skins. They slept on the ground or on skins. Through direct contact or through perspiration-moistened animal skins used as footwear or sleeping mats, the ground's abundant free electrons were able to enter the body, which is electrically conductive. Through this mechanism, every part of the body could equilibrate with the electrical potential of the Earth, thereby stabilizing the electrical environment of all organs, tissues, and cells.

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### Did You Know ?

We are the leading local provider of tools and resources for people planning on adding on to, renovating or building a home.

We have several consumer guilds to help you.

**One of our recent publications is...**

**"The 10 Advantages of Design Build"**



Download it here and share it with

## Archi-fact.

Our Iconic Building of the Month is the Robbie House by Frank Lloyd Wright who created the Prairie House design

The Prairie Houses reflect an all-encompassing philosophy that Wright termed "Organic Architecture." By this Wright meant that buildings should be suited to their environment and a product of their place, purpose and time.

# Iconic Building Of The Month

The Robbie House

Completed in 1910, the house Wright designed for Frederick C. Robie is the consummate expression of his Prairie style. The house is conceived as an integral whole—site and structure, interior and exterior, furniture, ornament and architecture, each element is connected. Unrelentingly horizontal in its elevation and a dynamic configuration of sliding planes in its plan, the Robie House is the most innovative and forward thinking of all Wright's Prairie houses.

On the exterior, bands of brick and limestone anchor the building to the earth, while overhanging eaves and dramatic cantilevered roofs shelter the residence. The horizontality of the house is reinforced at every level of the design—from the iconic roofline, to the very bricks and mortar of the building itself. Through his use of materials, Wright achieves a remarkable balance of tone and color, as iron-flecked brick harmonizes with the iridescent leaded glass of the windows that encircle the building. Broad balconies and terraces cause interior and exterior space to flow together, while urns and planters at every level were intended to bloom with the seasons.



Note the Robie House is close to the ground while the Queen Ann Victorian which was in style at the time sticks up from the landscape.

*Photo credits: Wikipedia*

## Grounding:

Modern lifestyle has increasingly separated humans from the primordial flow of Earth's electrons. For example, since the 1960s, we have increasingly worn insulating rubber or plastic soled shoes, instead of the traditional leather fashioned from hides. Rossi has lamented that the use of insulating materials in post-World War II shoes has separated us from the Earth's energy field. Obviously, we no longer sleep on the ground as we did in times past.

During recent decades, chronic illness, immune disorders,

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## Archi-Quote

This quote is appropriate for both the lead article titled "Grounding: Not what you Think", as well as our Iconic Building of the Month...

"Study nature, love nature, stay close to nature. It will never fail you."

— Frank Lloyd Wright

# Grounding:

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and inflammatory diseases have increased dramatically, and some researchers have cited environmental factors as the cause.

In the late 19th century, a back-to-nature movement in Germany claimed many health benefits from being barefoot outdoors, even in cold weather. In the 1920s, White, a medical doctor, investigated the practice of sleeping grounded after being informed by some individuals that they could not sleep properly “unless they were on the ground or connected to the ground in some way,” such as with copper wires attached to grounded-to-Earth water, gas, or radiator pipes. He reported improved sleeping using these techniques. However, these ideas never caught on in mainstream society.

At the end of the last century, experiments initiated independently by Ober in the USA as well as K. and P. Sokal in Poland

revealed distinct physiological and health benefits with the use of conductive bed pads, mats, connected indoors to the Earth outside. Ober, a retired cable television executive, found a similarity between the human body (a bioelectrical, signal-transmitting organism) and the cable used to transmit cable television signals. When cables are “grounded” to the Earth, interference is virtually eliminated from the signal. Furthermore, all electrical systems are stabilized by grounding them to the Earth. K. and P. Sokal, meanwhile, discovered that grounding the human body represents a “universal regulating factor in Nature” that strongly influences bioelectrical, bioenergetic, and biochemical processes and appears to offer a significant modulating effect on chronic illnesses encountered daily in their clinical practices.

Earthing (also known as grounding) refers to contact with the Earth’s surface electrons by walking barefoot outside or sitting, working, or sleeping indoors connected to conductive systems, some of them patented, that transfer the energy from the ground into the body. Emerging scientific research supports the concept that the Earth’s electrons induce multiple physiological changes of clinical significance, including reduced pain, better sleep, a shift from sympathetic to parasympathetic tone in the autonomic nervous system (ANS), and a blood-thinning effect. The research, along with many anecdotal reports, is presented in a new book entitled *Earthing*.

# Archi-Speak

Can you find these words related to our lead article?

**ELECTRONS HEALTH FEET  
GROUNDING INFECTION**

D	B	K	F	W	O	N	Q	O	Q	B	B	R	O	O
S	B	M	A	Z	P	B	P	J	L	Q	U	J	C	E
Y	A	B	V	T	G	K	T	H	B	B	W	A	B	W
S	E	E	L	E	E	Q	Y	O	Q	L	E	Z	K	I
G	N	W	T	U	Q	Q	T	X	D	R	A	F	J	D
P	S	O	G	N	I	D	N	U	O	R	G	C	H	I
M	J	Z	R	F	E	E	T	N	A	E	H	O	L	V
Q	Q	C	H	T	F	P	O	O	G	T	Z	S	D	B
G	S	Z	F	W	C	T	L	I	H	H	M	J	G	C
P	W	X	G	B	X	E	N	T	N	K	R	X	K	X
Z	B	A	B	Q	T	C	L	C	P	H	M	G	F	G
M	U	Z	U	H	I	A	Y	E	P	E	X	Q	K	G
K	J	A	L	A	E	G	L	F	Z	D	Y	L	A	K
G	C	L	E	H	F	X	D	N	U	I	X	J	S	C
E	G	M	U	K	W	Z	M	I	A	G	D	F	J	W

# Ask M

In the James Bond books and movies the character “M” heads the Secret British Intelligence Service known as MI 6, of which James Bond is Agent 007. When contemplating adding on to your home or building, renovating or building a new home or building you should have someone like “M” on your side. Each month the “Ask M” column will answer a reader’s question to place more information at your finger tips. **This month’s question is...**

**When an architect designs a house do they prepare plans that show every electrical outlet?**

*Jeremy B.*

*Jeremy,*

*For a typical one family house they would usually not prepare that type of plan since building codes require the standard placement of outlets. However for speciality rooms or a high end house this would be an additional service.*

Email your questions to [info@designMgroup.com](mailto:info@designMgroup.com) ,and in the subject line type in “Ask M”. We look forward to hearing from you and hope we can answer the questions to everyone’s satisfaction.

## Want to speak with the Architect

Do you have questions but do not know where to start?

Do you know the legal consequences of starting a project without approvals?

Are you sure you have completed all of the research necessary so as not to waste your money and time during construction?

Are what you think are your NEEDS and OPTIONS truly the best for you and your future?

Does the contractor really have YOUR best interest in mind when suggesting solutions?

Answering these questions and more are the reason for enlisting a Needs and Options Review.

We can help you on your way to a successful project with less hassles and problems.

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## About

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President



photo credit: Jenna Glatzer

Marcus Marino, RA, AIA, NCARB is a leading architect in New York City. He received a Bachelors of Architecture from the prestigious Pratt Institute and a Masters in the Science of Architecture and Urban Design from Columbia University Graduate School of Architecture, Planning and Preservation. He received his license to practice architecture in New York State in 1981 and is licensed in a number of other States. Marcus Marino has served on numerous Governmental Panels and serves as an expert consultant to other architectural firms and legal firms. He is the former Vice President of Public Advocacy of the New York State American Institute of Architects.

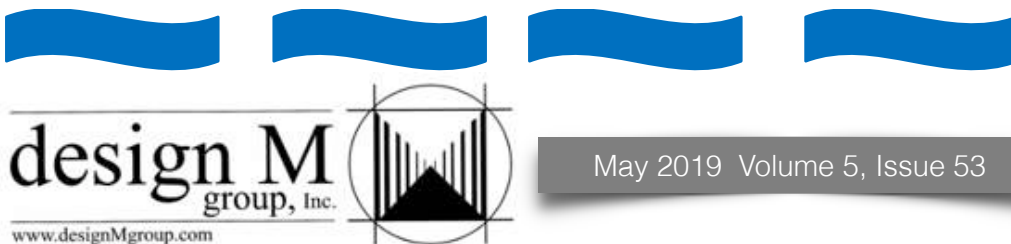
## Our core beliefs are ...

**Architects have a responsibility to our clients, community and the environment.**

**Architects should help provide information to our fellow world citizens about their homes, offices and the built environment in general.**

**Your Home should move you emotionally like your favorite song does.**

**Let Us Help You Build the Home You Knew Was Always There For You.**



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## Contact me !

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