

*Stephanie
Dodier*

**The Beyond The Food Show
PODCAST TRANSCRIPT**



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for Glucose Metabolism and Fighting Inflammation**

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Stephanie: Welcome to episode 49. In today's episode, we talked to Dr. Sinatra about grounding and earthing. To most of you this is probably like, "What is she talking about?" Well, grounding and earthing means the same thing. It's a simple practice of connecting your body to the earth and receiving electrons from the earth to help heal your body.

Now here's the thing. This is a totally easy, simple in three health practice that you can put in your life. Now Dr. Sinatra has written many books and done a lot of research particularly in the connection between grounding and heart condition and his results were absolutely fascinating and that's what he's going to take us through today of what grounding can do for you, for heart condition for cortisol and also for blood sugar.

Now grounding is something that I have been into for the last four-and-a-half years when I was trying to work on my anxiety although I had read of the panic attack piece, my nervous system was still in high mode. And I watched a documentary called *Grounding*, and there was a huge revelation to me and since then, I have been practicing grounding every single day. So, it's something that I'm very versed with.

So, I'd like to have your feedback once you listen to the episode. Please go to iTunes and share with me is that something that you do? Is it something that you have question about? And I can answer them for you.

Now the other piece about this show is because it is something that most people are not familiar with. Now we don't hear often about grounding earthing, but, like I said, it's three.

So, one of the ask I'm going to have from you today, and Dr. Sinatra during the interview touched on that as well is being somebody that shares the message. Because we can't rely on the mass media to share this message because there's no profit to be made in techniques such as grounding and earthing.

So, if you find that this is something that you will place in your life and something that you believe in or you're now convinced to try, please share this episode with your friends with your family on your social media so we can spread the word about grounding and earthing and or other techniques that I'm going to bring to you in the future. You got to help us share the message. I'm counting on you to help me share this podcast with your social network.

Now before you go, I want to thank our sponsor for today's show because there wouldn't be a show without them it's called Fbomb. And Fbomb are what I consider friend of mine now. They're a family based business that manufacture healthy snack on the go and Fbomb stands for fat bomb and their little packets are doses of fat.

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So you're ready to ground? Let's do this.

Prominent cardiologist an innovative leader in the field of cardiology and integrative health care he has written a number of books most recently, *The Great Cholesterol Myth*. Also the *Sinatra Solution Metabolic Cardiology* and also *Lower Your Blood Pressure in Eight Weeks*. Welcome to The Beyond the Food Show, Dr. Stephen Sinatra.

Dr. Sinatra: Stephanie, that was well done. That was really good.

Stephanie: It's funny for the listener.

Dr. Sinatra: My latest book was *Health Revelations of Heaven and Earth*. That's a real spiritual book where I met somebody who was run over by a car and went to heaven and back and that's an amazing book of spirituality.

Stephanie: I have to get this one I didn't even know about that. I did my research and that one escaped me completely.

Dr. Sinatra: That was the most recent one. It came out about a year-and-a-half ago.

Stephanie: I am going to buy that for my trip. Thank you very much.

Dr. Sinatra: That's great. And that's a great book and in that book when Tommy went to heaven and back, one of the insights that we learned in heaven was all about grounding. So, he sort of validated a lot of my life's work, and I actually became his cardiologist because he had a severe cardiac contusion; he needed a pacemaker, fibrillator, all that stuff.

And most incredible thing about that book was that what Tommy learned in heaven, I was preaching on earth. So, he was a real validation to me, and, actually my life's work so it's sort of a culmination of 22 books, that was my very, very latest book. And I had 21 books before that. So that was good.

Stephanie: It's fascinating how the universe brings us a messenger to confirm what our intuition tells us from the beginning.

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Dr. Sinatra: Absolutely. We all need confirmation and there's always pushback and that's okay, that's okay. But you're absolutely right. Confirmation really works. When you get spiritual confirmation, to me, that's the truth of the matter, really. When you get into that domain, you're at a higher vibration.

Stephanie: Absolutely. And you feel it that you are there and that's going to lead us to the topic of today. And I was saying to Dr. Sinatra earlier I could talk probably with him for hours but we're going to try to keep it focused today on one of his books which, for me, changed my life. It's called *Earthing*.

And the reason why it changed my life is it was in my process for me, for my listener and for the benefit of Dr. Sinatra, I had a life changing event six years ago with a series of panic attacks that led me to completely transform my life. I went from executive vice president and the number one retailer in Canada to a nutritionist because I needed to heal myself and I went with the typical nutrition and movement. And then, still things weren't clicking and that's when spirituality entered my life and that's when grounding entered my life.

And that for me was what brought my anxiety down tremendously. And I wanted to share that with everyone and bring a world-renowned writer on this topic and a specialist to explain to us the scientific aspect of it. So, people who don't believe in this could actually be surprised by the evidence behind grounding.

So, if we can start by explaining to the listener what is grounding and earthing.

Dr. Sinatra: Sure, Stephanie. Before I answer that I just have a question.

Stephanie: Yes?

Dr. Sinatra: How did you actually meet the book or read the book? I mean how was it presented to you? Kind of curious.

Stephanie: Absolutely. It was a documentary. So, four-and-a-half years ago when I went into a semi-depression, so I went really down and I was looking for answers as to how to heal myself. I got into a network that presented a documentary and I came across the earthing documentary. And then that's when the book came to life from there.

Dr. Sinatra: I got it. All right, good. Well, earthing is very simple. Basically there's an energy of the earth we call it Schumann energy, the Schumann effect and it can actually be measured if you measure it at 7.3 hertz which is a very finite, small amount of electrical charge. And the earth gets this electrical charge which is struck by lightning. If you live around the equator, there's thousands of strikes a minute around the equator of the earth and then there's areas of the earth that have more lightning strikes

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than others. In fact, I live here in the Tampa area of Florida and that's a big lightning center. I mean there's a lot of lightning here because we get a lot of storms off the Gulf.

So why is that important? Well, first of all, when lightning strikes the earth the earth gets endowed with more electrons, more electrical charge. And if you walk barefoot on the earth let's say the sand at the beach. Or better yet when the tide comes in and it's wet and you're walking in maybe about an inch of water that's ideal because you're getting all of minerals and all the earthing components and this electrical charge of electrons it transferred to the body. Now you can walk on concrete brick, rock, grass is great especially if it's moist in the morning. The sand at the beach is wonderful but it won't conduct, let's say, in asphalt, it won't conduct on manmade situations. Ceramic tile it would conduct. But wood, no. If you're walking on like wooden floors, it won't be conducted to the energy spots of your body.

And remember this when you're walking barefoot and I say just go out the morning you live in Montreal right now and it's snowing out there, so you can't ground. But, if you have a basement and it's concrete in the basement or if you have a fireplace and there's bricks on a fireplace and you sit on, let's say, the hearth and you're touching the fireplace with your hands, then concrete brick will ground.

So, basically if you have barefoot or your hands somewhere in your house that's grounded even the faucets of your sinks that metal you can hold onto that, you'll be grounded. And what that means is that you're getting the Schumann energy in the body.

So, suppose you walking on the beach right. Or let's say it's July in Montreal but I'm going to be in Montreal in August. There's a conference there on spirituality.

Stephanie: You've got to let me know. I'm going to come and see you.

Dr. Sinatra: The IIIHS, it's their 33rd or 34th year. Marilyn Rossner is the coordinator. But basically, let's say it's July or August in Montreal and you're walking barefoot, and, you know, I've been in Montreal and a lot of those streets, the cobblestone, would you want to walk barefoot, that'd be fine. You'll be conducting the energy of the earth. And when you do that, that energy is going through your feet. And at the bottom of your feet there is a energy spot, so to speak. It's a conglomeration of acupuncture points where the charge goes through the feet. We call it the K-1, If you want the name of that. And, basically the charge goes through your feet and it goes up through the back into your nervous system, around the skull, and into your brain. And that's why walking barefoot is so medicinal because we get all these electrons in the body and the electrons are healing the supporter for the body and they do so many things.

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So, that, in a nutshell, is the whole essence of grounding. We can get lightning strikes is really the best way. But even sunspots which is not a good way, but when there's explosions in the sun and that electromagnetic radiation goes towards the earth then the earth gets wrapped in a blanket, so to speak. And whether it's electromagnetic radiation from the sun or lightning strikes or any of those situations where electrons are deposited into the crust of the earth and we walk barefoot on the earth we get those electrons and it's like taking a handful of antioxidants.

I see in the background. You're a nutritionist and you have lots of vitamins and minerals and one of the best ways of supporting the body, I'm a big believer in taking supplements, is taking supplements because the way supplements work is that they're electron donors. They sequester free radicals and the way grounding works is an electron donor, so, you're also sequestering free radicals. And as a nutritionist you get that.

And basically, grounding makes you younger. It puts the fires of inflammation out and whenever you put the fires of inflammation out, you know, whether you're taking coenzyme content, or whether you're taking multi-vitamins and minerals and magnesium, whenever you put the fires of inflammation out your lessening the ravages of aging, so to speak. And you get less dis ease in the body or less pathology in the body.

So, what you are doing in nutrition is awesome because people need nutritional support and forms of supplements because nobody eats the right diet. And, unfortunately, our diets are full of GMOs and other things that we need to wipe out. So, grounding and nutritional support is the best of all worlds.

Stephanie: It's so true because, I mean, you can draw a parallel between grounding and nutritional supplementation, grounding we used to do naturally with our ancestor, we used to be on the ground and we used to be outside all the time, we used to be connected with the earth and that energy and same thing with our food.

We used to eat real food and food that were naturally organic, full of vitamins and anti-oxidant and nutrition which now both of those elements have been taken out of our life due to modern society.

Dr. Sinatra: Correct. Correct. In fact, in the early 30s I'm 70 and I can remember when I was 8 years old in third grade when I walked to school and I did walk to school, grammar school back then it was about five-eighths of a mile and I walked on leather shoes. So when I walked I was grounded and I was easing the fires and inflammation even when I was eight years old but I didn't know it because everybody walked on then.

Stephanie: It was natural.

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Dr. Sinatra: The problem today is the leather conducts the earth. So when you're walking on leather you're getting the electrons through the leather. But when we're walking today on plastic and neoprene and rubber and the soles are about two inches thick, this is not conductive. In other words, we are from the earth.

Now in the *Grounding* book we mentioned this. But around the mid-50s, when I was about – I was probably about nine-ten years old, around that time we were still working on leather. But then what happened in the mid-50s, early 60s, is we started to use apparel that had rubber. I call it the Nike generation, the Adidas generation, you know, the sneaker generation.

And what happens is when we walk on rubber, we're disconnected the earth. Around that time, there was an influx of the fast food restaurants. The Burger Kings, the McDonald's. I even worked while I was in high school at a 15-cent hamburger stand, we call it Bob's Hamburgers. And basically, we were eating foods that were probably not the greatest in nutrition. It contained a lot of sugar. You know, a lot of shakes with fast food and sodas and stuff like that.

So now I have the perfect storm. Now we have a situation where our dietary situation has changed. The diets become full of sugar. Started around the mid-50s to mid-60s. A lot of it was fast food with the shakes and the ice creams and the sodas and blah blah blah. So now we have an influx of sugar at the same time, and by the way, the average American, don't know about the average Canadian, but the average American takes 160 pounds of sugar a year which is frightful.

But now we have the perfect storm. We got high sugar in the diet, and now we're disconnected from the earth. And there's been experiments – they're in the grounding book if you take rats and you make them ungrounded. In other words, you put them in cages that are ungrounded and you feed them a typical [rat chow 00:15:31] diet, they get higher blood sugars.

So, we hypothesized in our scientific group that it's only a hypothesis, but we believe that the rise of diabetes in the world, and, especially in the USA, correlates around the same time as being disconnected from the earth. Because the experiments in rats have shown higher hemoglobin A1cs, which is the measure of insulin or insulin resistance in the body. That's a measure of sugar in the body but over instead of a spike blood sugar the hemoglobin A1c looks at sugar over a longer period. You're a nutritionist.

So, basically, with higher hemoglobin A1cs, higher blood sugars and the disconnection of being disconnected from the earth where now inflammation tends to increase, well, now we've seen an influx of type 2 diabetes insulin resistance and really, type 1 diabetes as well.

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So, with the incidence of diabetes skyrocketing, almost being exponential, I feel that one of the remedies for any form of increasing blood sugar is grounding. We've done a lot of research on grounding. I participated in a few studies, actually, more than a few but I've published two or three there's about 20 studies out there, there are small studies. But over the last 10 or 15 years this whole movement of earthing and grounding is finally getting traction where I think they'll be doing larger studies on it. I know the NIH is very interested in America right now so I just feel that – or research in the NIH, I should say. But I'm confident that in your generation, grounding is going to be a everyday activity just like it was a thousand years ago.

Stephanie: It's funny you're almost reading my mind because I was going to ask you the question. I'm sure some people are listening to this right now and they're not yet at that place in their life where this type of call it medicine such as grounding is something that they believe in. So, there's a lot of skepticism around grounding. So, I was going to ask you is there are a lot of research demonstrating the positive effect of earthing and grounding?

Dr. Sinatra: Yeah. Actually, there's 20 peer-reviewed published studies. You can plug in grounding in the computer and you'll come up with several studies. Two studies that I did myself was on blood viscosity. I've been a heart specialist for over 40 years.

And the reason why people get heart attacks is that the blood becomes like with ketchup. In other words, if the blood sticks or if the blood clots in coronary vessels with the brain you get a stroke in the brain you get a heart attack and a heart. Many times it is deposits and blood vessels. They can be cholesterol, heavy metals. I mean we call an atheroma where you get blockages in the vessels and cholesterol is a small part of the puzzle. I mean that's why I wrote *The Great Cholesterol Myth* because it is a myth. But I mean it's a small part of the paradigm of the mystery.

But one of the reasons why people get heart attacks is the blood gets stuck whether it gets stuck in the brain for a stroke or in the heart for a heart attack. And what earthing does that makes the blood like red wine. And we did this research, and, as a heart specialist, I know why people get heart attacks.

It was an incredible A-ha for me. I mean it was like, "Oh my God. This was the greatest discovery I have ever made in my entire lifetime. When I realized that by putting your bare feet on the ground, you get a repulsion of red blood cells. In other words, the red blood cells go like this instead of clumping together like this. They go they repel one another and it's almost like a traffic jam in New York City. If it's a traffic jam in New York City the blood doesn't – the cars don't move. Your blood doesn't move.

So, if you're on the auto on, let's say, in Western Europe and Germany the cars are going like this that means there's more space, there's more activity. And basically, when we showed that grounding had an

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impact on what we call see the potential, which is the not the convergence or the [00:19:30] of red blood cells, but the dispersion of red blood cells. This Zeta potential increased 273 percent.

I said, "Oh my God. This was the greatest discovery I've ever made in my lifetime." As a heart specialist, I said, "Oh my. This is amazing when people have [angina 00:19:46] or high cramp or a heart attack [00:19:48] their bare feet on the ground and then call an ambulance, chew an aspirin it'll do all the good things. But I didn't know that earthing brought so much to the table and I sent this to the best journals in the world, *American Journal of Cardiology*, *Circulation*, they all turned it down. They turned that down. And I'll say to myself, "How can these researches look at this data that we did and turn it down?" Well it's too new it's too novel.

I remember I spoke to [00:20:17] Johansson from Sweden. He said the [00:20:19] clinic [00:20:21] clinic there and I said to him I said, "Ali," I said, "this is the greatest discovery I've ever made as a heart specialist. And I can't get this stuff published in the conventional Journal. And he's laughing and he's laughing.

He says, "You'll be dead and buried. You know, maybe look give me the Nobel Prize you know 20-30 years from now," he says, "but grounding is too new. It's too new for the conventional research."

So, it's kind of interesting that you're in your 30s and doing a radio show with your listeners. It's a good idea. But again, if you revisit this in five 10 15 years, it will be more of a mainstream phenomenon as opposed to something that's a little bit out of the box now.

Stephanie: Yeah, and it's also and we could go in the whole path of there's no money to be made on grounding because it's completely free.

Dr. Sinatra: It's FREE. It's free. It's absolutely free. I mean you know you can't buy grounding shoes. You can't get grounding sheets, I mean. But look, don't you want to go barefoot? It's free.

Stephanie: You go in your front yard you put your feet in the grass, you sit there you can read a book there, you can go to the beach, or even just like me since I've started grounding, I barely wear shoes. Granted in Montreal right now it's winter I have to wear shoes outside but the rest of the time I'm barefoot all the time. and it's good for grounding. But if you talk to body specialist, it's excellent for the strength of your feet as well to be barefoot.

Dr. Sinatra: Sure. Absolutely. I mean, just remember this: Grounding eases, puts the fires of inflammation now. We've shown that in our clinical research. Now cortisol levels go down, blood gets

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thinner, zeta potential improves. I mean, we have a lot of – if blood pressure goes down, we have lots of documented research.

So, the body work is recommend, you know, going barefoot. I mean that's a great antidote to because this way now if you're doing body work, and remember, the body work is working on a shoulder, let's say, with a neck, when you ground that person, remember the neck and the shoulder they're connected to the feet and they're basically, you know, every cell in the body is connected and we are electrical beings and people don't understand that, Stephanie. We're electrical. Well, we have blood, we have bones, you know, we have organs and we're all electrical.

And what grounding does it floods the body with an electrical charge that puts the fires of inflammation down because we're all inflamed, you know, whether eating GMO foods or fluids or eating a lot of mercury or inhaling mercury in the air or lead or cadmium, I mean, there are so many toxins in the environment that we're all inflamed.

And the secret to optimum health is really putting those fires of inflammation out. So, it's great to eat an organic diet minerals and vitamins and take healthy waters. Water brings a lot to the table grounding – all these things – mind-body interventions, all these things we should be doing as not a nation, but as a species. We should all be doing these things because the bottom line is you want optimum health and you don't want to get sick or disease or pathology. That's it.

Stephanie: Absolutely. And another, for me, my personal experience with grounding was in the beginning around my nervous system. Because, as I said earlier, I suffered from anxiety which led to panic attack and a lot of my listeners, particularly women are in the same situation, because of the lifestyle that we live and the emotion we have inside of our body. And I don't know exactly how but I'm sure you can explain to me how grounding help with the autonomic nervous system and anxiety in people who may have or suffer from panic attacks as well.

Dr. Sinatra: Great, great question. Even in my practice of cardiology when I had people with panic attacks, I would tell them to go out with their bare feet on the ground. Years ago, the doctors will prescribe them valium and tranquilizers and psychotherapy. And by the way, I'm a psychotherapist. I also believe in you know seeing health professionals in that realm because I'm trained [00:24:08] psychotherapy.

But basically, what grounding does it takes the overcharged sympathetic nervous system and it helps to bring it down. And that brings up the parasympathetic limb of the nervous system and it balances the overcharge sympathetic nervous system.

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So if a person is like having ruminating thoughts or if they're just having panic or fear, fear is a bit proponent, and sometimes the fear takes over and then you get a full-blown panic attack which is awful it's a disaster. And what grounding does it tends to bring down the overcharged sympathetic nervous system and that brings the body back to homeostasis which means that the body is functioning in an optimal manner. So, basically, when it comes to any nervous activity, grounding is awesome and we showed that in our experiments where cortisol comes down.

By the way, I don't know what it is but grounding works better on panic and cortisol in women as opposed to men. And I can't figure that one out. In the studies we've done, there was more of a linear relationship with women. It works with men, but I don't know what it is about a male that maybe women could surrender more to the natural energies of the earth. And I think women have the ability to surrender more to their feelings than men do and probably gives grounding a better chance. That's only a speculation of my thought.

Stephanie: But I think you're thinking exactly the same as me as women we are emotional being and the way society pushes us to live our lives, we have to step away from our emotions to be a strong women and have many things on the go at the same time. And I think and, I know for me, that was the reason why I was having anxiety and panic because my work demanded for me to be disconnected from my emotion which is absolutely unnatural for women.

Dr. Sinatra: Oh, now you're getting into some really good stuff. Yes absolutely. When you become less like a woman, more like a man, you invite heart disease or panic or anxiety into your life. Because you're working like a dog at the same time. So, when you let go of your feminine qualities and become more like a man and then work like a dog, oh my gosh, you're inviting high blood pressure, fear, panic, anxiety, cardiac abnormalities, arrhythmia, blood clotting into your life.

I wrote the book *Heart Break and Heart Disease* years ago. I was actually your age when I wrote that book. I wrote that one when I was 37. It actually took me four years to write. It was probably my best book because I was in psychotherapy training at that time and I was really connected to the mind body and I have to tell you that that book was really years ahead of its time because when I wrote the book in the late 80s, women with heart disease were just starting to cross the graphs with men.

In other words, when I was in the Coronary Care Unit when I was an intern at Albany Medical Center only a few hours south of Montreal, I never saw a woman in the Coronary Care Unit. I thought women didn't get heart disease back in 1972. Then in the late 80s, when I was chief of cardiology at my institution in Connecticut, half the Coronary Care Units were full of women. Then in the 90s the Coronary Care Units had more women with heart attacks than men. That's why I wrote the book *Heart*

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Sense for Women in the year 2000 and *Heartbreak and Heart Disease* it came out probably in the early 90s or late 80s.

But I have to tell you even now women are getting heart attacks more than men. I mean women are afraid they're going to get breast cancer. I mean let's face it. I mean one in six women or maybe one in eight women will get breast cancer. But one in two women one in two women will die of heart disease.

So you're absolutely right. When you're in the workplace, when you're shutting off your feminine emotions, I'll tell you, Stephanie, the greatest emotion a woman has is intuition. When a woman shuts off her intuition, she becomes more like a man. When she becomes like a man, she's just going to get more heart disease because heart disease is the red badge of courage of men. Men don't. They don't show their emotions. They don't cry. They're supposed to be like cool and directed and everything else like that.

But when a man doesn't cry or he shuts off his emotions and men have the worst intuition, let's face it, let's just be honest here. Men are in their heads. They're in the left brain. Women are more in the right brain and less of the woman in the workplace becomes more like a man then she develops more heart disease. So, you did the right thing.

Stephanie: Yeah.

Dr. Sinatra: You did the right thing in your life. You listen to your voice, you see. When you listen to your inner voice, then, you're really a woman. So, if you deny your inner voice, your inner intuition, then you become more like a man. So, you gave up a career, you've switched. And what you've done is you saved your heart.

Stephanie: I saved my life.

Dr. Sinatra: You saved your life. Absolutely. Absolutely.

Stephanie: And the correlation I can make you know there's so many place I could go with this but we talk about breast cancer, we talk about heart attack for women. What I want to point out to people it's all around your heart. Both of those condition that women are affected by, as Dr. Sinatra said, it's the heart because that's where we are to be naturally as a woman. We have to be with our heart with our emotions and when we disconnect from that, that's when we create disease in our body get it as breast cancer, whether it is heart attack.

Dr. Sinatra: Absolutely. You're absolutely right. I mean one of the hardest things in cardiology right now and I lecture about this all the time is heart rate variability.

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If you suppress heart rate heart – what heart rate variability is it's really complex for cardiologists. But when the heart rate has a fixed b b b b b that's not good. We want the heart rate to be variable. You know even if it's only a few milliseconds between beats. So if we went b...b... b b b, like in other words, something like that where there's variations between heartbeats on a millisecond scale given over-exaggeration to that, we want a variation between the beating of the heart.

That's very, very medicinal. That's a very, very physiologic to the body. And we know that grounding supports heart rate variability. That's in one of the other studies I did, which we published [00:30:36]. I mean, that blew me away as a heart specialist. And that was at research where I said, "Geez, maybe grounding even thins the blood and that would be even better."

So when you can take blood thinning to the table and also have improved heart rate variability, now you've taken out two major cardiovascular risk factors that grounding or putting your bare feet on the earth and neutralize. So I feel confident that your generation, grounding's going to come back and it's my belief that the incidence of high blood pressure, the incidence of coronary disease, the incidence of sudden death, the incidence of heart attacks is going to go down.

If your generation carries the ball and everybody starts getting back to Mother Earth energy. Once we've taken Mother Earth energy we're healing the body.

Stephanie: Absolutely and that's people like me and people listening that find their healing and find their purpose in giving the platform to a message in the science that you've done to share with the world because, let's face, it the mass media will likely not support this message because there is no money to be made in that.

So you have to share this podcast. You have to share the blog post. I have to continue putting the message out to the world because that's self-healing grounding is something you can do at home for totally free that can help heal you, it doesn't cost anything and that's the beauty of earthing or grounding.

Dr. Sinatra: Sure, heal for free. That's the incredible situation. My son's writing that book, by the way, because he had a devastating illness with too much EMF, too much computers, too many cellular phones, cordless phones and he had a total immune system shut down and grounding saved his life. It's a big factor.

You know it's kind of interesting I wrote the book with Tommy Rosa, Health Revelations from Heaven and Earth and he learned on the other side from spiritual healers that grounding was vitally important. In fact, he was told by, I don't want to give away the book, but he was told by Jesus Christ. He said, "My

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sheep don't walk barefoot anymore. They're disconnected from the earth." And the last words he heard on the other side. And it's interesting. My phone rang about 10 minutes ago, I don't know if you heard it, and I looked at the number and it was Tommy Rosa. So, Tommy Rosa would probably was getting a psychic message because I mentioned he probably heard me somehow psychically through vibration.

By the way those are the lectures I give across America. I'll be giving that lecture in Canada, by the way, in Montreal, when I go to the IIIHSS conference in August. But one of the lectures I'm giving across America right now is a vibrational healing. In other words when it comes to the body it's all about vibration. I've been a doctor now for oh gosh, how long? More than 40 years 50 years maybe. A heart specialist more than 40.

So, when it comes to healing the essence of healing is improving the vibration of cells. I mean you've heard this where cancer cells have lower vibration and that obviously, the body has to fall in love as a heart specialist I never saw pathology when people were in love. I never did. I never saw. It was amazing just never saw it.

Because when you're in love, whether it's on a human or even a pet, for that matter, that's why dogs bring so much to the table and there's been so many clinical studies showing that the healing aspect of pets, because it improves the vibration of your cells. So, whenever you improve vibration, whether you do with grounding or nutritional supplements or prayer or meditation or improving heart rate variability whenever you improve that communication between cells, the vibration of cells, you're healing the body. And that's where the new medicine is going towards right now.

Now I think pharmaceutical medicine is still good for some people. But more and more doctors are getting away from drugs and they're getting more into natural healing modalities and I just feel confident that again earthing and grounding is going to be one of the major healing modalities in your generation coming up. So you got to pass the torch.

Stephanie: Well, I will link. I'll get back with you after the show to get maybe your agenda of where you're talking if there is any listener interested of going and I'll link to your books as well into your web site. And I'd like to have you back maybe I'll go and see you in August and do a live interview with you and talk about the whole relationship between vibration, emotion, and disease. Because I think that's absolutely fascinating.

Dr. Sinatra: If you want it interview Tommy Rosa.

Stephanie: Oh, yeah, absolutely.

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Dr. Sinatra: [00:35:07] Heaven and Earth, I'm sure Tommy...and Tommy talks the spirit all the time, if you want to take that leap, I mean. When I was a young doctor, I worked on physical aspects of healing. But I became a psychotherapist. I spent 10 years studying in bioenergetics [00:35:20] and I worked with Fritz Perls disciples and Gestalt and when I worked psychotherapy into my practice, now I was working with mind body. That's great.

And then Tommy entered my life six years ago and now I'm working on Spirit. So you know the whole essence of healing is really mind, body, and spirit. If you leave us spirit you're leaving out a big chunk of healing. We're not talking about religion here we're just talking spirit. But still, I mean, if I were you, your listeners with the state of grace, they listen to Tommy. Because Tommy when he's talking, he's getting hits from Spirit all the time. He's amazing. Just absolutely amazing. And it was interesting that he called during this interview because I mentioned his name and he got it like that.

Stephanie: It's a sign that I will for sure get in contact with you to bring him on the show to the guests so they can discover him and I can discover him as well.

Dr. Sinatra: Oh, yes.

Stephanie: I want to say thank you very much. That flew. It feels like it's only been five minutes. It's actually been 40 minutes. And I think we've explained and demonstrated to people the benefit of grounding. The book will be in the show notes. I also will link to earthing or grounding tools. So you're heard me talk about being in Montreal in the snow, what I do in the winter as I use grounding sheets. I put in my bed.

Dr. Sinatra: [00:36:37] all the time by the way myself, yes.

Stephanie: And I use a pad underneath my feet when I'm at work at my desk. So there is tools for people who may not have the beach or the grass available all the time. So I linked to that in the show note with as well. You can explore all of that and I will somehow have you back on the show and I will talk to Tommy absolutely and introduce that topic to the listener. Thank you very much, Dr. Sinatra, for your time.

Dr. Sinatra: It's good to be here. Thank you.

Stephanie: There you have it. You now know what earthing or grounding is. It was a very touching interview with me and I'm blessed to have had the opportunity to do that with Dr. Sinatra, but also to have shared it with you.

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So, as I ask in the intro if you think this can help someone in your life, remember it's totally free. Please share this episode. Now all the links of everything we talked about during the interview will be in the show note which can be found at www.stephaniedodier.com/049. That's where you can also pick up the transcript of the show and the link to join my private community. You can come and hang out with me and also check out the Keto Connector program which is my unique program that will allow you to move forward from worrying about food and move on to healing your mind and your body.