

# Accessing Life's Energy

## —The Earth's & Our Own

Marlenea La Shomb, LMT



In ringing in this new year, there's an anticipation and excitement for all the upcoming adventures it will hold. Knowing that as I greet each day full of energy and with a smile on my face, these will unfold—or on the flip-side, they won't turn out as well because I'll be dragging my feet, tired and energy-less!

**We are energy. It's all around us.** It's just a matter of either being plugged into it, or unplugged. The ancients knew of this and we've heard it called *qi*, *chi*, *prana*, or *life-force*. Albert Einstein informed us that energy is a constant; it cannot be created or destroyed, only changed into either higher or lower frequencies.

Back in the 1970s, Kirlian photography proved without a doubt that all living things emit an energy field. We know that we can source energy from sunlight (solar energy, Vitamin D), air (oxygen and pranic energy), H<sub>2</sub>O (hydration), cell foods (nutrition, minerals, enzymes, etc.), and from the Earth (PEMFs, pulsed electromagnetic frequencies), which was highlighted in our last article (Nov–Dec 2015, archived at [NaturalLifeNews.com](http://NaturalLifeNews.com)). However, we often insulate ourselves from these sources and come up short in accessing the energy we need.

Not only do Earth-based energies dynamically ignite cellular metabolism, they also recharge us in the two



Frequency	Effects
2 Hz	Nerve Regeneration
7 Hz	Bone Growth
10 Hz	Ligament Healing
15-20 Hz	Capillary Formation

main ways that the body stores energy: voltage across the cell membrane, called **TMP (Trans-Membrane Potential)**, and **ATP (Adenosine Triphosphate)**, a chemical hormone. Having energy for self-regeneration is simply a matter of charging up our cells to their optimal voltage!

As the Earth charges us, it's like hooking up our trillions of cells to microscopic jumper cables at a cellular level! The four main cellular benefits to accessing the Earth's PEMF are:

- 1) It recharges our TMP
- 2) It increases ATP production in the mitochondria
- 3) It enhances the sodium-potassium pumping in and out of the cell wall
- 4) It increases cellular pH to make the cells and body more alkaline (closer to the 7.4 optimal pH marker).

Whether we get our energy from the Earth or from other sources, our bodies require excited-state electrons to fuel the myriad processes that life demands. Electrons are the electricity that drives life. It's a universal formula: **oxygen = combustion; food = fuel; electrons/voltage = ignition**. These three together create life's energy.

Health is like an energy dance—the more you have, the better you feel.

The primary frequencies emitted by the Earth are the same ones that we emit when we're healthy. Biomagnetic pulsations from the hands (as in hands-on healing, massage, etc.) are in the identical range of frequencies (Hz) that the Earth emits—and what our cells and tissues respond to. They naturally sweep back and forth through the full range of therapeutic frequencies (0–30 Hz), thus being able to stimulate healing in any part of the body.

In Japan in 1992, a study was done on various martial artists and health therapists showing the emissions at this same range of 0–30 Hz. In 1995, Siskin and Walker, came up with the more detailed breakdown as shown on the above chart. As we absorb these frequencies, our brains are tuned to them, and we even emit them. Imagine that!

The Earth provides precisely the right intensities and frequencies that we need. If we are plugged into them, we will have our health and our energy. Keeping your energy pathways open and flowing means greeting the 2016 New Year and every day with the excitement of adventure as your journey unfolds. ■

*Marlenea La Shomb is a massage therapist and a holistic-health practitioner. For appointments in Bozeman call (406) 548-8822.*

# EARTHING & Other Tips to Access Life-Energy & Stay Healthy This Winter

Excerpted from  
BarefootHealing.com



**M**id-winter is such a typical time of the year for our immune systems to start failing us, isn't it? Often telltale signs that our immune systems have taken a battering include having a recurring cold, or finding that a wound is slow to heal.

I know for myself that since I've practiced Earthing, I don't experience severe colds or flu like I used to. Obviously in mid-winter, we can't walk barefoot on the ground, but there are indoor grounding mats that accomplish Earthing as well. There are many on the market but one trusted source is [Mercola.com](http://Mercola.com)'s Earthing Mat.

I also believe a combination of Earthing, good nutrition, and meditation has done wonders for my health and well-being. Here are a few tips for nutritional self-help:

- 🌱 *Cut out junk and opt for raw fruit and salads, lightly steamed vegetables, lean meats, and whole grains.*
- 🌱 *Supplement with probiotics. They will help boost your natural immunity and help you recover faster from illnesses such as colds.*
- 🌱 *Add fermented foods to rebalance and restore good bacteria in the gut. Try a daily glass of kombucha, drink kefir or eat fermented foods such as sauerkraut, tempeh or seed cheese.*
- 🌱 *Drink red wine. Latest research indicates that those who drink red wine may help develop a kind of immu-*

*nity against some viruses that trigger the common cold. Wine contains high levels of antioxidants called flavonoids.*

- 🌱 *Indulge in citrus. Loaded with vitamin C, grapefruit, lemons, oranges and mandarins boost your body's natural defense against infections.*
- 🌱 *Ginger & garlic. Both are warriors for the immune system. Ginger contains potent antioxidant, anti-inflammatory and anti-microbial properties. Raw garlic contains the phytonutrient allicin, which protects the body from infections and illnesses.*
- 🌱 *Boost your zinc levels. Great for wound healing and a healthy immunity. Add zinc-rich foods to your diet such as red meat, eggs, fish, pumpkin seeds, and sunflower seeds, or use supplemental zinc. ■*

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